Thank you for making 2019 a great year!

Pictured on the cover are featured performers from MHC’s 2018 annual fundraiser, *Art of Wellbeing: A Time to Dance*. (Photo by Mike Marques)
The ability to relate to each other as human beings is the only place to start when facing challenges we may not fully understand. Finding common ground with someone else is easy when we realize that we all want an opportunity to live our best life.

Yet, we also must honor each other as individuals. Our life experiences, relationships, trauma, perspectives, personalities, and many other factors are unique to each of us. Like our individuality, a person’s path to wellness also never shows up the same way. Mental Health Connecticut (MHC) respects the recovery journey and the twists and turns that no one sees coming but will inevitably be there. We walk side-by-side with our program participants by providing person-centered care and ensuring they receive the support they need to face any challenge.

Our partners in the community also understand that it’s the condition of being human that comes first. With this common belief system and passion for collaboration, our impact continues to deepen. Together, we are leading mental health reform, fighting against discrimination, increasing access to community-based care, and making alternative paths to wellness more common.

Thanks to our community of advocates, educators, employees, donors, and supporters, MHC stays true to our roots while we define our own unique path. As part of a growing list of mental health champions, we are in good company to build a future where long-term health and wellness is the norm, not the exception.

Be well,

Luis B. Pérez
President & CEO

Kim Sirois Pita
Board Chair
According to the Substance Abuse and Mental Health Services Administration (SAMHSA), long-term mental wellness is achieved through four pathways: Home, Health, Purpose, and Community.

**HOME**

Program participants at MHC work to obtain safe and affordable housing and increase life skills through our Residential, Young Adult, Homeless, and Mental Health Waiver Services.

- **81%** Residential program participants that maintained stable housing

**HEALTH**

Program participants of our residential, employment, education, mental health waiver, concierge, and case management programs partner with staff to create personalized recovery plans upon enrolling in the program.

- **70%** Program participants that successfully completed their recovery plans

**PURPOSE**

Program participants enrich their lives through our Supported Education and Supported Employment programs, as well as gardening, storytelling, and the arts.

- **88%** Program participants of MHC’s Supported Employment program in Waterbury that retained employment

**COMMUNITY**

Program participants develop new friendships and strengthen natural connections to their community, while MHC staff engages the general public through events, workshops, and community education offerings.

- **75%** Program participants from the Mending Art program who engaged with the community through art
Our Programs  
Number of participants enrolled in each program within FY19

<table>
<thead>
<tr>
<th>Program</th>
<th>Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waiver Services</td>
<td>120</td>
</tr>
<tr>
<td>Supported Employment</td>
<td>150</td>
</tr>
<tr>
<td>Supported Education</td>
<td>50</td>
</tr>
<tr>
<td>Recovery Resource Center</td>
<td>300</td>
</tr>
<tr>
<td>Supported Residential</td>
<td>350</td>
</tr>
<tr>
<td>Homeless Services</td>
<td>250</td>
</tr>
<tr>
<td>Community Education</td>
<td>200</td>
</tr>
<tr>
<td>Nursing Home Diversion</td>
<td>100</td>
</tr>
<tr>
<td>Supervised Residential</td>
<td>150</td>
</tr>
</tbody>
</table>

Our Outcomes  
Program Participant Satisfaction Survey (424 individuals participated in FY18)

<table>
<thead>
<tr>
<th>Question Domain</th>
<th>Satisfied % vs Goal</th>
<th>Satisfied %</th>
<th>Goal %</th>
<th>State Avg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quality and Appropriateness</td>
<td>93%</td>
<td>93%</td>
<td>80%</td>
<td>93%</td>
</tr>
<tr>
<td>General Satisfaction</td>
<td>92%</td>
<td>80%</td>
<td>92%</td>
<td>92%</td>
</tr>
<tr>
<td>Participation in Treatment</td>
<td>91%</td>
<td>80%</td>
<td>92%</td>
<td>92%</td>
</tr>
<tr>
<td>Overall</td>
<td>91%</td>
<td>80%</td>
<td>91%</td>
<td>91%</td>
</tr>
<tr>
<td>Access</td>
<td>90%</td>
<td>80%</td>
<td>88%</td>
<td>91%</td>
</tr>
<tr>
<td>Respect</td>
<td>90%</td>
<td>80%</td>
<td>91%</td>
<td>91%</td>
</tr>
<tr>
<td>Outcome</td>
<td>82%</td>
<td>80%</td>
<td>83%</td>
<td>83%</td>
</tr>
<tr>
<td>Recovery</td>
<td>79%</td>
<td>80%</td>
<td>79%</td>
<td>79%</td>
</tr>
</tbody>
</table>
Mental Health Connecticut serves nearly 1,000 individuals each day.

*Figures do not include data from program participants from our homeless or community educations programs.
CARF Accreditation

Mental Health Connecticut’s treatment programs are accredited by CARF (Commission on Accreditation of Rehabilitation Facilities). Accreditation is the result of rigorous reviews and certifies that MHC conforms to nationally and internationally recognized service standards focused on quality and effectiveness.

CARF's accreditation process is conducted by peer surveyors during an on-site survey. Accreditation is an ongoing process that distinguishes a provider’s services delivery and signals to the public that the provider is committed to continuous performance improvement, responsive to feedback, and accountable to the community and its other stakeholders.

“Mental Health Connecticut has a longstanding and well deserved reputation in Connecticut with a tremendous history of being in existence for 110 years. The organization is viewed as an integral part of each community, a valuable service provider, and an organization with great integrity.” - Excerpt from CARF Accreditation Report for Mental Health Connecticut, Inc. (June 2019)
Why I Give to Mental Health Connecticut

“Together we can bring mental health awareness and support to every resident of Connecticut and be there when those suffering need us the most.”

I know from personal experience how crucial mental health support, education, and advocacy are. My boyfriend and I both struggled with depression for many, many years. While I continue to fight, my boyfriend unfortunately lost his battle and took his own life. During this time, I’ve turned to the martial art form of Brazilian Jiu Jitsu (BJJ) as a mental and physical method of wellness. The BJJ community is a tight-knit group of folks who are extremely passionate about the sport. We support each other in everything, from training, to our careers, our families, and even other hobbies.

I give to Mental Health Connecticut because the people who live, cope, and suffer with mental health conditions look like the people I interact with every day. They look like my friends, my family, and me; and if the measures we take individually to manage our mental health aren’t quite enough, I want to know that there is an organization that can fill in the gaps and ensure that the people like me, who are part of my community, have the support and help they need to live their fullest, best lives.

With help from everyone at my dojo and being involved with the work of Mental Health Connecticut, I've been able to maintain a healthy mind and body. Donors like you make it possible, so please join me in supporting their work. Together we can bring mental health awareness and support to every resident of Connecticut and be there when those suffering need us the most.

Thanks,
Victoria Pelka

www.mhconn.org/donate
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Art of Wellbeing: A Time to Dance

On November 10, 2018, supporters, staff, and program participants of Mental Health Connecticut gathered at The Cabaret Theatre of Mohegan Sun for our Annual Fundraiser, the Art of Wellbeing, sponsored by KÔTA. Event Emcee, Jocelyn Maminta of WTNH-News Channel 8 and Honorary Co-Chairs Lt. Governor Nancy Wyman and ConnectiCare President Eric Galvin helped us kick off the evening with inspiring speeches that warmed our hearts.

We partnered with the award-winning Judy Dworin Performance Project (JDPP) for an evening of movement, song, and inspiration for what became our biggest fundraiser to date. The ensemble cast included formerly incarcerated and professional artists who performed live, showing the impact of giving voice to populations who have been silent or unheard.

Over the years, the Art of Wellbeing has evolved to more than just an event for MHC. This event showcases various forms of artistic expression and how that expression benefits whole health and wellness. Each year we select a different art form – such as jazz, comedy, songwriting, and dance – to help us explore the unique methods and approaches to wellness that others utilize. We also recognize that being well is an art form all its own and the path to get there is unique to each of us. We embrace those differences and hope to foster a safe environment, open to everyone, so that we may learn from each other and grow as a community.

Save the Date for Art of Wellbeing: Truth be Told, taking place at Infinity Hall (Hartford) on Friday, May 1, 2020 to kick off Mental Health Awareness Month!
On Monday, July 8, 2019, Governor Ned Lamont signed An Act Concerning Mental Health and Substance Use Disorder Benefits (Public Act No. 19-159), into law. This law is the result of a multi-year, collaborative effort, and the bi-partisan support of legislators who fought hard to keep the bill alive. The result was unanimous support from both chambers for a win!

Passing this legislation allows Connecticut to join the majority of states in the U.S. that require private health insurance plans to comply with the federal parity law enacted in 2008, which states that health care coverage for mental health and substance use disorders can be no less restrictive than for medical and surgical benefits. This is an important step towards ensuring that Connecticut’s consumer rights are protected and that barriers are removed to accessing behavioral health services.

The CT Parity Coalition, led by MHC, was essential to supporting the passage of this legislation. A true collaborative effort, MHC worked with 25+ diverse organizations and national experts, including former U.S. Congressman Patrick Kennedy, and Connecticut legislators from both sides of the aisle to pass the parity law. Our biggest champions, Rep. Sean Scanlon (D), Sen. Matthew Lesser (D), and Rep. Brenda Kupchick (R), were instrumental in rallying support from other legislators.

Advocacy is in MHC’s roots and it makes this win an even greater source of pride. Our founder, Clifford Beers, is known internationally as the “grandfather of recovery.” He showed the world that people living with mental health challenges deserve every opportunity to live a healthy, fulfilling life in the community of their choice.

In 2008, Domenique Thornton, Esq. (an MHC executive at the time and now MHC’s general counsel) worked with Sen. Chris Dodd to course correct language in the proposed federal legislation so that it would not pre-empt Connecticut’s already existing parity law, which allowed for greater equity in benefits coverage. As a part of the CT Parity Coalition in 2019, MHC was honored to support an effort that will positively impact so many lives. Our work is not done, as we continue to collaborate with leaders and advocates across the state to fight for equal rights in the health care system. For more info, go to: ctparitycoaliton.org.

The CT Parity Coalition was funded by the Beverly A. Walton Memorial Advocacy Fund. “Bev” Walton was the former President & CEO of MHC for 30 years, and was a leader in advocacy throughout her career. Her legacy lives on at MHC, as well as through the advocacy efforts of her family.

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Established in 1908, Mental Health Connecticut (MHC) is a statewide, private nonprofit organization focused on mental health advocacy, education, and service. Following in the footsteps of our founder, Clifford W. Beers, we continue to move toward a future where individuals with mental health conditions are treated fairly and have the opportunity to lead a rewarding life on their terms.

With a person-centered approach to care, MHC partners with individuals, their families, and the surrounding communities to create environments that support long-term health and wellness. We measure success by our ability to help individuals obtain a safe home, achieve whole health, realize a meaningful purpose, and develop connections in the community.

MHC’s 200+ employees serve nearly 1,000 individuals each day. We provide residential and support services in Stamford, Bridgeport, Danbury, Waterbury, Torrington, and West Hartford while our in-home support and community education programs are statewide. MHC leads homeless outreach, diversion, and rapid rehousing efforts in Waterbury and the Northwest corner, and we operate one of the only housing programs in the U.S. for individuals who are deaf and have a mental health condition. Our advocacy efforts include working with federal, state, and local governments to protect civil rights and increase access to community-based care.

We are committed to delivering the highest quality services to our program participants while partnering with other agencies, local business, advocates, legislators, and other thought leaders across the state for the betterment of our communities and a shared wellbeing for all.