



mental health
CONNECTICUT

2025 ANNUAL REPORT

Advancing Mental Health Services Since 1908



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A Letter from Our Board Chair & CEO



This past year, Mental Health Connecticut (MHC) continued to build on over a century of progress by deepening our impact, growing our reach, and driving systemic change. Guided by our core values and vision of well-being rooted in respect for the condition of being human, we remain focused on creating environments that support long-term health and wellness.



The need for our work has never been more urgent. According to the CDC, over 1 in 5 U.S. adults are living with a mental health condition, and rates of anxiety, depression, and suicide continue to rise, especially among youth, veterans, and communities impacted by systemic inequities. The demand for services is growing faster than the system can respond, leaving many without timely access to care.

In response, MHC is taking bold action. This year, we led advocacy efforts that helped pass S.B. 10, a landmark law strengthening enforcement of mental health parity in Connecticut. We expanded supportive housing in Bridgeport, introduced new trauma-informed programs for LGBTQIA+ youth, students, and veterans through the Art of Wellbeing, and continued to elevate lived experience and peer support as central to recovery.

And while the challenges are significant, so is the response from our community. During Let's Face It 2025, thousands of individuals, families, and organizations came together to raise over \$106,000, exceeding our original goal by \$30,000 and helping spark conversations across the state. Lawn signs, green lights, and powerful stories lit up neighborhoods and social media feeds, reminding us that we are not alone and that change is happening.

As we move forward, we are energized by what's possible when we come together. Thank you for standing with us. Your partnership is helping build a future where mental health care is accessible and stigma-free for all.



Laurie K. Molinari
Board Chair



Luis B. Pérez
President & CEO

Mission, Vision, & Values

MISSION & VISION

Mental Health Connecticut (MHC) partners with individuals, families, and communities to create environments that support long-term health and wellness.

We envision a future where well-being is rooted in respect for the condition of being human.

OUR VALUES

★ Safety

In our programs and across our staff and communities, safety is fundamental to individual growth and collective success, in all the ways safety is defined, including physically, emotionally, and creatively.

★ Trust

Our mission is a shared journey. We strive to be good partners by building and sustaining trusting relationships with all whom we encounter.

★ Accountability

In all that we do, we hold ourselves accountable to our purpose and charge. We operate with the highest ethical principles, employ best practices, and are a responsible steward of community resources.

★ Respect

Everyone's contact and journey are different. We recognize, appreciate, and embrace our differences, assume positive intent, and meet each person and community where they are.

★ Support

Progress is advanced through everyday thoughtfulness and the persistent pursuit of new ideas and approaches.



Learn from Deb Gearty, Owner & Principal, Connect Design, LLC

"I am so happy to have the opportunity to become MHFA (Adult, Mental Health First Aid) Certified. Our amazing instructors led an in-depth program that exposed us to real life situations, gave us a new vocabulary and helped us to be the change, to both remove the stigma and provide assistance to those in need of mental health first aid support. The statistics are staggering. If you are suffering with mental health challenges or know someone who is, you are not alone."

Our Impact

The state-established target for these satisfaction measures is 80%.



Access to Treatment

95% of members reported that MHC provided them with adequate access to treatment, reflecting our commitment to creating environments that support long-term health and wellness.



Overall Satisfaction

96% of members reported overall satisfaction with the services provided by MHC, highlighting our dedication to partnering with individuals, families, and communities to foster wellbeing.



Outcomes of Treatments

88% of members reported positive outcomes from their treatment at MHC, demonstrating our effectiveness in supporting long-term health and wellness through respectful and human-centered care.



Participation in Treatment

95% of members reported active participation in their treatment plans at MHC, showcasing our approach to collaborative and individualized care that respects the unique needs of each person.



Professionalism of Staff

96% of members reported that the staff at MHC were of high quality and provided appropriate care, underscoring our mission to partner with communities and deliver services that uphold the dignity and humanity of our members.



Level of Respect

96% of members reported that MHC treated them with respect, aligning with our vision of a future where wellbeing is rooted in respect for the condition of being human.

Highlights



Recognized for Excellence: Living Our Values Every Day

In 2024 and 2025, Mental Health Connecticut received multiple prestigious honors that reflect not only our excellence in service delivery and workplace culture, but also how we actively uphold our core values of Safety, Trust, Accountability, Respect, and Support, .

We were named a 2024 Hartford Courant Top Workplace, a 2025 USA Today Top Workplace, and received the 2025 Top Nonprofit Workplace industry award, each recognizing MHC's commitment to creating a safe, respectful, and supportive environment where staff feel empowered and valued. These recognitions are based on direct feedback from our team, reflecting a culture grounded in trust and mutual accountability.

In addition, MHC received the Platinum Bell Seal for Workplace Mental Health from Mental Health America, the highest level awarded, highlighting our leadership in promoting mental wellness at every level of the organization.

These honors demonstrate how MHC's values are not just words but guiding principles we live by. They shape our internal culture, drive our external impact, and ensure we continue to grow as a trusted leader in mental health care.

Highlights



Advancing Parity: A Landmark Win for Mental Health Access in Connecticut

In a major victory for behavioral health advocacy, S.B. 10 passed with strong bipartisan support in 2025, advancing Connecticut's efforts to enforce mental health parity. The bill, championed by the Connecticut Parity Coalition, which Mental Health Connecticut leads, authorizes the Insurance Department to impose penalties of up to \$625,000 per insurer per year for parity violations, requires annual compliance certification, and increases transparency by repealing insurer protections. The Coalition played a key role in shaping the legislation, which passed with minimal changes. We're grateful to state leaders for their collaboration and look forward to continued progress in expanding access to mental health care.

"Physical health and mental health are one and the same. We're going to make sure our insurance companies remember that every day." - Governor Ned Lamont



Christian Damiana, Public Policy Manager at Mental Health Connecticut, was honored for his outstanding leadership during the 2025 legislative session. He received the Public Policy Award from NAMI Connecticut, presented in memory of Sheila B. Amdur, a passionate advocate for behavioral health access, and the Outstanding Citizen Award from the Connecticut Psychiatric Society. Both awards recognize Christian's pivotal role in advancing mental health parity, holding insurers accountable, and improving access to care across the state.

MHC's Art of Wellbeing Expands Access and Reaches New Communities

We expanded our reach in FY25 by deepening community partnerships and tailoring programming to meet the needs of diverse populations. In Bridgeport, we partnered with OurTransLife to deliver trauma-informed, expressive arts workshops for LGBTQIA+ adolescents. We brought Write On!, a creative writing and mental health series, to students at CREC Impact Academy, and, for the first time, launched workshops specifically designed for veterans and their families through a new collaboration with Homes for the Brave. These efforts reflect our commitment to meeting individuals where they are and using the arts as a powerful tool for healing and connection.

These expansions were made possible thanks to the generous support of our funders and partners, including ConnectiCare, The Hartford, Macy's, Mid-America Arts Alliance, and the National Endowment for the Arts.



Expanding Housing Access and Continuum of Care



Mental Health Connecticut's Bridgeport team partnered with DMHAS and Marrakech to open a new scattered-site home adjacent to our existing programs. This new residence creates vital step-down housing for five individuals graduating from 24/7 supervised care into more independent living with continued MHC support. In turn, their transitions opened up five supervised beds for individuals who are discharge-ready from inpatient units, helping to ease hospital capacity and ensure timely community reintegration. This collaboration strengthens the continuum of care in Bridgeport and reflects MHC's commitment to recovery-oriented, community-based mental health services.

Highlights

Let's Face It 2025: Breaking Records and Sparking Change

Let's Face It 2025 was our most impactful campaign yet, thanks to the incredible support of our community. We surpassed our fundraising goal, raising \$106,138, exceeding our \$105,000 target and topping last year's total by an impressive \$30,000. Every donation helps us expand programming and strengthen mental health support across Connecticut.

The campaign also received widespread media coverage, amplifying awareness statewide. Coverage included features from NBC, WFSB, Noticias Univisión Nueva Inglaterra, CT Voice, LatinColors, Hartford Times, and podcasts like Preston & EZ Bluez.

Community engagement was equally powerful. From lawn signs to Light It Up Green displays across Connecticut, individuals and organizations, including ConnectiCare, Mystic Aquarium, Town Halls, Theater Works, and the Stilts Building, sparked vital conversations about mental wellness.

We're deeply grateful to our sponsors, donors, fundraisers, and partners whose generosity fuels our mission and creates lasting change. If you haven't already, we invite you to read this year's powerful stories of lived experience, resilience, and hope.



Our Programs



Mental Health Connecticut (MHC) supports hope and achievement for people with mental health conditions through access to services and supports that promote the four pillars of recovery: (1) home, (2) health, (3) purpose, and (4) community.



Our Programs



The Independence Center

The Independence Center is a community resource center located in downtown Waterbury, where we offer an environment for individuals with mental health conditions to gain the knowledge, skills, and confidence to achieve their goals and realize recovery.



Mental Health Concierge

We provide flexible in-person and telehealth counseling, case management, and in-home support throughout the state of Connecticut for individuals with and without insurance.



Residential & Supportive Mental Health Services

Our residential and home-based services, offered in Bridgeport, West Hartford, Danbury, Torrington, Waterbury, and Stamford, and statewide through Mental Health WAIVER provide essential supports for adults with mental health conditions. We offer in-home care as well as 24-hour supervision, care, and housing, including support for individuals with a serious mental health condition.



Deaf & Hard of Hearing Services

We offer specialized mental health services, including the only housing program and social club in the area for individuals who are deaf or hard of hearing and experiencing a mental health condition.



Addressing Homelessness

We actively engage in the Northwest Coordinated Access Network (CAN), offering essential services like homelessness outreach, prevention, and diversion.

Lifelong Learning Supported Education

We provide the supports that people with mental health conditions may need to earn their high school diplomas, GEDs, certificates of learning, and college degrees.

CHOICES

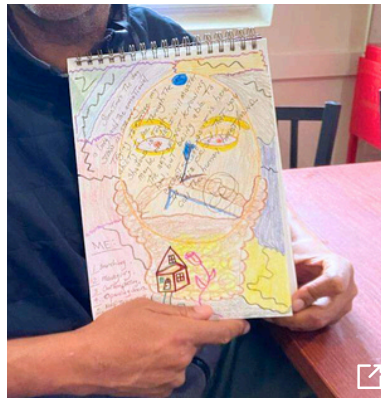
Choices works with job seekers who are deaf or hard of hearing and have been identified as needing employment services and supports by matching them with employers offering employment for skilled and committed workers.

Our Programs



Community Education

We believe education is critical to changing the way in which mental health is perceived and how individuals take action for themselves and loved ones. We offer a wide selection of workshops and coaching for workplaces, communities, and individuals.



mhc art of wellbeing

A Program of Mental Health Connecticut

The Art of Wellbeing

The Art of Wellbeing, which is free to participating individuals, explores how creative expression leads to good health and how the act of being well is, in itself, an art form.



Advocacy

For over 100 years, we have worked to broaden and improve access to community-based services at both the federal and state levels, ensuring that people with mental health conditions can access the care they need, when they need it.



Free Art Studio

MHC has brought the Art of Wellbeing to The Hispanic Health Council's Family Wellness and Cultural Heritage Center. We offer free workshops and an open studio.

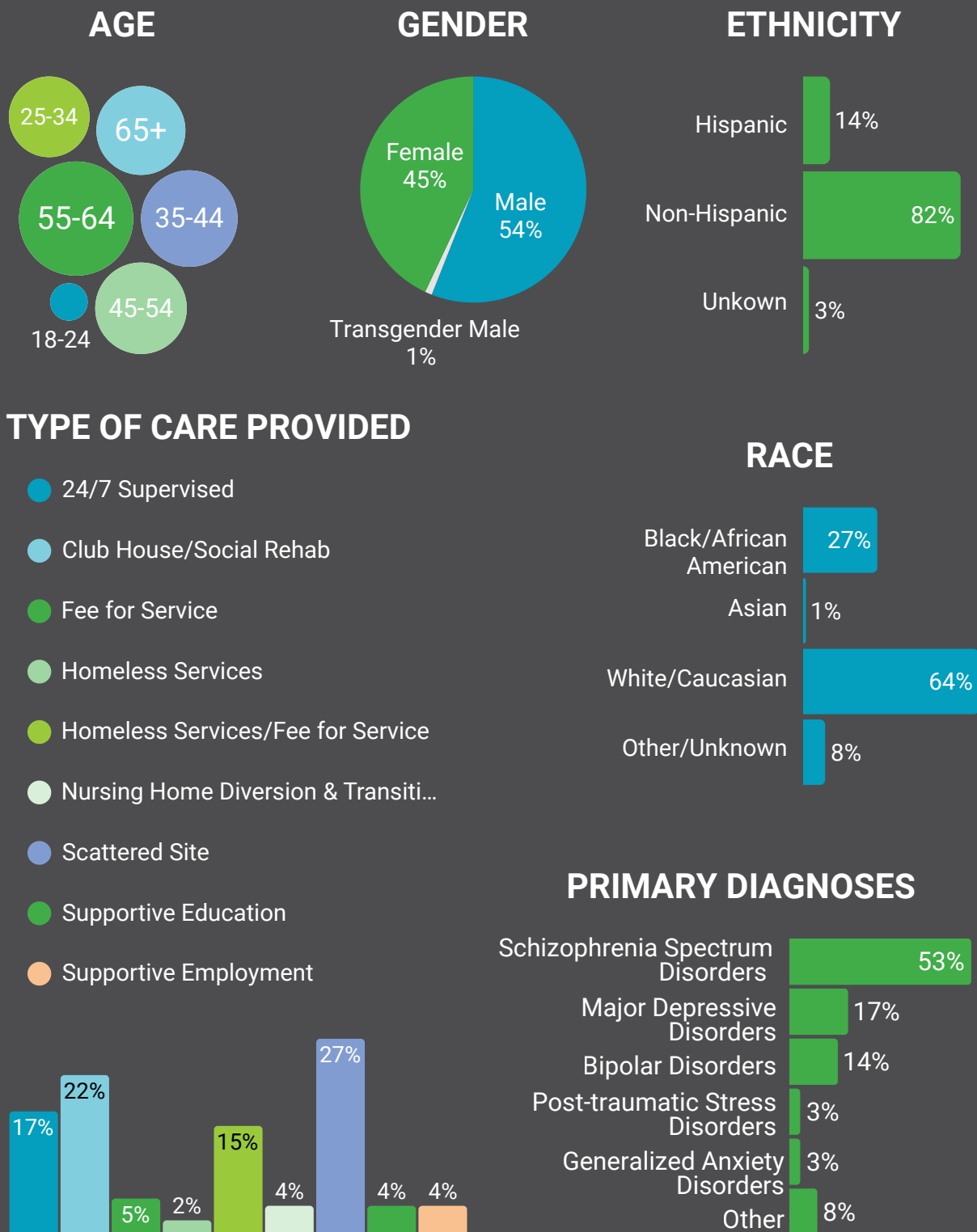


Let's Face It

Let's Face It takes place every May in celebration of Mental Health Awareness Month. Throughout the month, we increase awareness of mental health and available resources while helping to break the stigma through sharing stories of individuals addressing and overcoming mental health challenges.

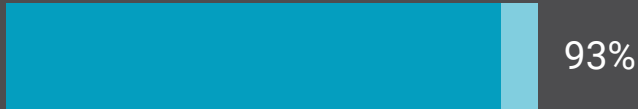
Program Data

We serve people statewide, reaching individuals in every county. The following data does not include the impact made by the Art of Wellbeing, community education, advocacy, or awareness campaigns.



Outcomes Snapshot

CLIENT GOAL ACHIEVEMENT



93% of program participants successfully achieved their goals outlined in their Individualized Recovery Plans, demonstrating the effectiveness of our programs in supporting individuals to reach meaningful milestones in their personal recovery and well-being.



MAINTAINED EMPLOYMENT



77% of program participants maintained employment in fiscal year 2025, reflecting the effectiveness of our initiatives in supporting long-term employment stability. This data is from West Hartford Choices.

Northwest Coordinated Access Network Data

1,888 Assessments completed

791 Participants diverted from shelter

805 HUB walk-ins supported

A Letter from an MHC Participant on What MHC Means to Them

Mental Health Connecticut (MHC) is a very well needed support for the people who live with mental illness because not only do we live with the positive network of services that MHC offers, but we have the opportunity to enjoy a social network of people who are just like ourselves. And, we get the kind support of mental health workers who counsel and advise us in making our life choices.

The vital life decisions that we make are crucial to our wellbeing as well as decisions we can come to conclusion with. Making decisions are a difficulty that begin when we are babies. We process slower than the average individual. Our minds do not comprehend what we are mentally digesting and we misunderstand what is being said until we process it and understand. This takes patience for the individual as well as the care giver who helps us.

I can speak for myself, with the help of medication I came from a person who could not sit in one place for too long, and spoke in incomplete sentences and did not have a peaceful state of mind to a person who graduated a community college with a mental health certificate. I also graduated Advocacy Unlimited and can advocate for myself and others. I also graduated from the Institute of Children's Literature and I have a diploma for writing for children and teenagers. I also have a book published telling of my story of recovery. It is called Resilience.

MHC is a place for people of all races and backgrounds who have difficulty with mentally functioning or problems with communication can come and relax, let go; enjoy art, music, food together in other people's company in a social community setting, be part of the community and have the satisfaction of living a full life.

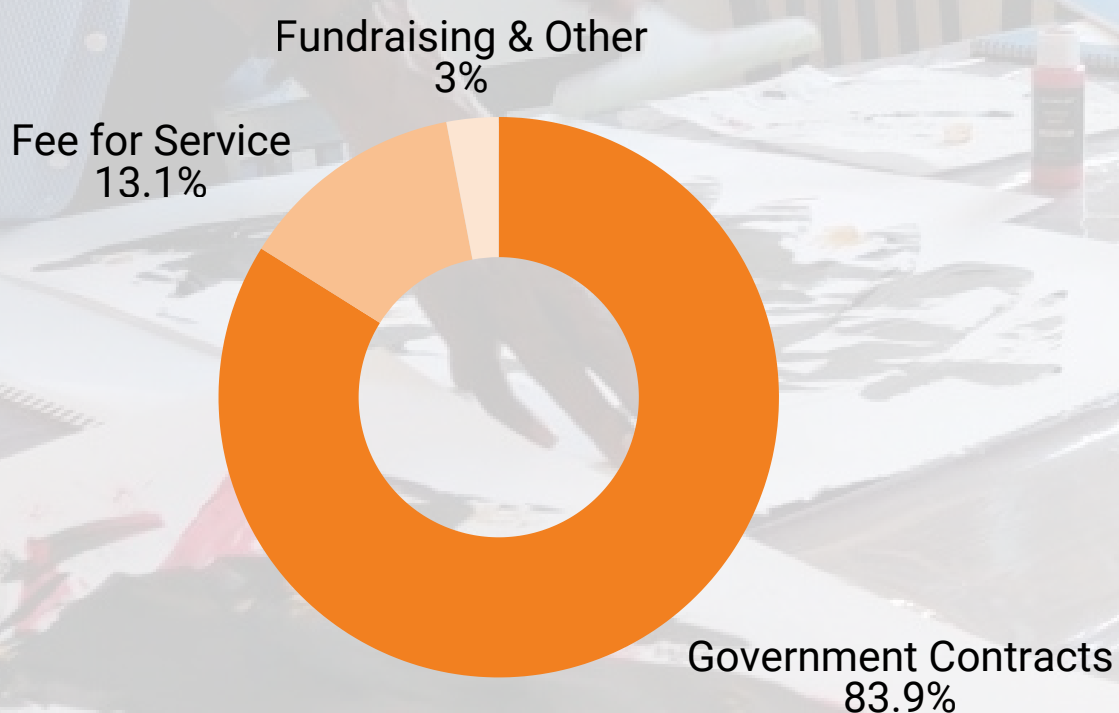
-C.G.



Financials

FY25 Total Revenue

\$17,222,314



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