







MOVING FORWARD

## IMPACT

Project CATCH (Collaboration, Advocacy, and Treatment for Children and Families) is a program of Clifford Beers (CB) designed to help families affected by sexual abuse, domestic violence and bullying. In 2019, CB assisted 609 clients; 47% of those clients reported their child being sexually abused.



## Donor Spotlight: Anne Godsey



**Anne Godsey**

Now and then, you come across a person who radiates passion and a growing desire to help others. Clifford Beers is lucky to have many friends who believe in our mission and our innovative treatment approaches, but one friend stands out. **Anne Godsey** -- a familiar face here in New Haven and along the shoreline, is the epitome of commitment.

In her earliest years, Anne followed in her parents' footsteps as she volunteered and worked within the community. As a young adult, she volunteered as a candy striper and found herself coordinating events around town. And, if you know

Anne, you know she throws a great party!

Over time, Anne went on to serve as the president of the Junior League of Greater New Haven, a senior membership director and interim CEO with the Girl Scouts, and worked as a development director for Clifford Beers. Anne subtly describes her passion as a "go-getter," but she is SO much more than that.

Anne continues to spend her time coordinating events for several organizations such as the First Congregational Church in Guilford, Open Door (homeless) Shelter, and of course, Clifford Beers' Builders of Hope Breakfast.

Still, if you were to ask Anne what she admires most about helping her community, it would be the innovative system-change. "I assist

with writing grants now, and as a grant writer, it always amazes me how organizations like Clifford Beers find a way to do more for their community," says Anne. "In return, these innovative organizations help the community we live in, too."

Who does Anne owe her success to, you ask? "My husband and family are my biggest supporters. They consistently push me to do better and get involved," says Anne. "My husband was the reason I started to become more involved in coordinating events. He retired and was happy to stay at home with the children while I was able to do what I love!"

We thank you and your family for all the time, kindness, and commitment you have given Clifford Beers over the years. We cannot do what we do without people like YOU!

**"Meet new people. Allow yourself to connect in order to make change."**

**- Anne Godsey**

## Mid-Fairfield Corner: Extending The Reach with New Funding to Support Victims of Crime

In recent months, The Child Guidance Center of Mid-Fairfield County\* (Mid-Fairfield) was awarded funding through the Victims of Crime Act.

What does this mean for our communities? **EXTENDED ACCESS TO CARE!**

This funding has two components: 1) community and clinical-based services to children who are victims of abuse, and 2) education to youth on bullying.

With this funding, Mid-Fairfield was able to onboard a bilingual, bicultural advocate who will work with children, adolescents,

and even their families who are victims of abuse.

Clifford Beers and Mid-Fairfield could not be happier with the result of this new funding. It is our mission to deliver the most efficient and effective care to children and their families.

Congrats Mid-Fairfield!

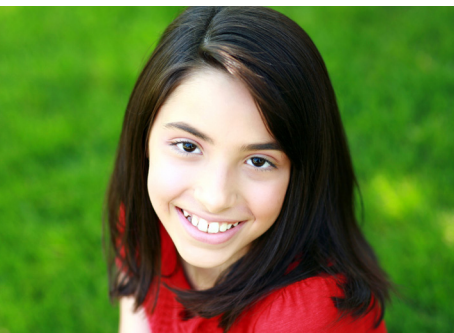
\*In past newsletters, we announced that Clifford Beers and the Child Guidance Center of Mid-Fairfield County (Mid-Fairfield) joined forces to expand community access to high-quality, affordable, behavioral health services.

Violence and sexual abuse is never a survivor's fault.

**If you or someone you know are struggling with violence in a relationship, you are strong, and you are not alone. For emergencies, dial 9-1-1. For confidential calls, help is available 24/7 by dialing 2-1-1.**

**For non-emergency care, Clifford Beers services are accessible through our Open Access program. Please visit our website, [www.cliffordbeers.org](http://www.cliffordbeers.org), for updated times and days.**

## Breaking The Silence: A Story About Domestic Violence



Isabella\*, now thirteen, still struggles to talk about her harsh experience back in her hometown in Guatemala. It is not something she prefers to talk about, but she does remember a time when she would not speak at all.

Paralyzed from fear, until YOU helped Isabella shed her fear and get help.

Isabella came to the United States at the age of nine, with a significant language barrier. Isabella and mother fled their hometown to start a new life and to escape a history of physical and sexual abuse by Isabella's father. Living in constant fear, Isabella was afraid she would have to return to her hometown, in spite of her mother assuring her daily that they were secure in their new home.

Isabella's teachers first observed Isabella looking stressed daily. One teacher described: "She would have moments of happiness, and then it was like someone flicked a switch off. She had a pale, nervous look to her. As if she saw a ghost."

They assumed these behaviors were a result of Isabella's drastic move from Guatemala. Her teacher suggested that Isabella could benefit from talking to someone and referred Isabella and her family to our Open Access "walk-in hours" -- intake and assessment services for children and families that YOU made possible last year. Isabella was paired with a Project CATCH (Collaboration, Advocacy, and Treatment for Children) clinician and began services.

Isabella's extensive trauma history became better understood, and multiple behavioral issues were identified, including anxiety, emotional stress, anger, paranoia, and extreme night terrors. Isabella's clinician explored the details of her past, which caused Isabella to be silent, grow nervous, and then get angry.

Isabella described that she felt afraid that her father would come to find them. She remembers sleeping with her sister some nights to protect herself from her father's sexual advances. She visited her clinician weekly, where they would work on techniques to make sense of her experience, including relaxation, mindfulness, and coping skills.

Isabella's childhood story is, unfortunately, not unusual. One in four women and one in seven men have experienced severe physical violence.<sup>1</sup> Roughly 13.6 million children have been exposed to violence in the home.<sup>2</sup> These numbers are real, and Isabella is an example of a brave, strong survivor of violence.

Your generous support makes success stories possible. Isabella is now well versed in English, has strong grades in school, and her mother has been able to utilize Project CATCH services and more. Recently, Isabella's mother worked with an advocate to navigate the court system to proceed with a divorce from Isabella's father.

**Because of you, stories like Isabella's are possible. We appreciate your advocacy and generosity. THANK YOU!**

<sup>1,2</sup>2019 Connecticut Coalition Against Domestic Violence, Connecticut Service Statistics, <http://www.ctcadv.org/information-about-domestic-violence/statistics/>

\*The child's real name has been changed to ensure confidentiality.

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## Create Your Legacy Today!

A simple, life-affirming gift through your will or estate can set a lifetime course of health and wellness for a child and their family.

Your decisions now can change a life. Become a legacy donor.

Contact: Jennifer Cretella  
(203) 777-8648 x.2208 or  
[jcretella@cliffordbeers.org](mailto:jcretella@cliffordbeers.org)



Hello, Friends --

Let's talk about thankfulness.


What are you thankful for? Family, friends? Good health?

I can tell you what I am thankful for and humbled by -- the incredible support of YOU, the hard work of our staff, and the dedication from our community.

Your gifts provide more than care for countless families. Without you, families like Isabella and her mother wouldn't be where they are today. In fact, without you, Isabella would continue to struggle with stress, anger, paranoia, and, sadly, loss of hope.

We all have our struggles, but what is essential is we support one another, and that is precisely why I am thankful for you — your support.

My hope for all families, including yours, is one of health, wellness, and love. Thank you so much for your generosity. I wish you a happy, healthy holiday season!

Warmly, 

## SAVE <sup>THE</sup> DATE

17<sup>TH</sup> ANNUAL  
BUILDERS OF HOPE BREAKFAST  
THURSDAY, APRIL 2, 2020

## NIC SHEFF

Author, Recovering Addict & Subject of  
*Beautiful Boy*

Nic Sheff's heartbreaking and inspiring struggle with substance use is the story of *Beautiful Boy*, a major motion picture starring Timothée Chalamet as Nic and Steve Carell as his father, David.

Go to [www.cliffordbeers.org/events](http://www.cliffordbeers.org/events) for speaker videos, information and more.



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