

*the care and hope
every family deserves*



YOU BUILD SAFETY IN HOMES & FAMILIES: JACQUIE'S STORY

"I didn't feel good about myself for a really long time," says Jacquie.

Today, because of you she doesn't say that.

"The first few weeks were really tough," Jacquie (age 15) says. "My mom's drug using was getting *really* bad. I had to leave my house, my friends, my school and go live with Grandmom and Grandpa but I didn't want to.

"I WAS MAD AT EVERYONE AND JUST FOUGHT AND FOUGHT WITH THE NEW KIDS AT SCHOOL AND TEACHERS AND MY GRANDPARENTS."

Grandmom remembers being scared. "She was getting into daily fistfights," she says. "We got calls every day. And then that anger would come home with her and she was just really mad and destructive."

Adds Grandpa, **"IT WAS THE WORST TIME I CAN RECALL,** but

getting connected to Clifford Beers was one of the best things to come out of it.

"The school brought Clifford Beers into our lives and right away got Jacquie therapy and then family therapy for all of us. It was remarkable what they did and especially for Jacquie. She got to meet other kids who had a parent using drugs which was really powerful."

The process helped Jacquie develop self-confidence and life skills, and it also brought to everyone's attention Jacquie's love of writing music – something that has helped her cope with all the changes.

"I HAVE LEARNED SO MUCH," says Jacquie. "I can't even tell you what my Clifford Beers team has meant to me. We're even talking about Mom and seeing her. They've helped me see I'm not responsible for Mom and that I can love her and be mad at her at

the same time."

Today, Jacquie and her grandparents continue to learn about each other's expectations regarding rules and compromise, but they all say they are feeling better and doing well.

They have hope. **"WE'RE GONNA BE OKAY,"** says Grandpa. "We're all gonna be okay."

That hope only happens through your kindness and compassion. THANK YOU for making that happen.



"I have learned so much!"

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STEPHANIE FARBER: CONTINUING THE COMMITMENT



Stephanie Farber

With decades of commitment to CBC, we thought we'd chat with Stephanie Farber who recently ended her second term on the Clifford Beers Clinic Board of Directors. Our visit revealed a lifetime of community connection and strategic innovation – all to help children and families!

A do-gooder: that's how Stephanie describes herself, and as a public hospital case aide worker that's how she began her career.

At about the same time, the Women's Liberation Movement of the '60s marched into her life and inspired Stephanie to set and achieve many goals including the pursuit of a graduate degree in clinical/community psychology.

Her husband and children offered much support. "I remember doing my homework at the kitchen table right alongside my children!" says Stephanie, with fond memories of those days.

Turns out Stephanie was just getting started in the field of mental health! Among her many professional achievements, she would help to create the Greater New Haven Domestic Violence Task Force. Ultimately, Stephanie would become a community behavioral health leader and serve as Director of Outpatient Psychiatric Services at the Hospital of St. Raphael.

Certain questions drove Stephanie throughout all her pursuits. *Why not think about health at the community level? Could population health models reduce the need for individual care?*

With this thinking it's no wonder

she has been such a friend to Clifford Beers.

"To support the community is vitally important," she says, **"and in supporting Clifford Beers, you are supporting the community."** Stephanie's philosophy of systems-level change made her a perfect fit to help lead the agency through its 2013 Centennial Celebration.

"Planning CBC's 100 year anniversary was one of the highlights of my work with this organization. I was proud to be a part of creating the vision for the next 100 years. **I think everyone involved made a real impact on how we provide mental health in OUR community,**" says Stephanie.

Stephanie's help in articulating the Clinic's vision will forever be part of her Clifford Beers legacy. The agency benefited enormously from her professional insight, strategic thinking, and leadership. Her contributions helped to position Clifford Beers as the innovative thought leader it now is here in Greater New Haven – and beyond!

Thank you, Stephanie, for your compassion and commitment to children, families and community.

We cannot do what we do without people like YOU!

ALL GEARED UP

THANK YOU so much for investing in **THEIR** future!

Thank you
**Wireless Zone of
Branford** for donating
133 filled backpacks!
Wow!

YOU sent over **300** kids
representing ten towns
off to school with the
tools for success!

Thank you
Friends of Jimmy Miller
for donating 175 backpacks!
You're awesome!



Trevor: Your Compassion Is His Way Forward

Trevor smiled today, and that is a big deal. To find out why, let's go back about a year.

At that time Trevor was seven and living a pretty conventional life: a mom, a dad, an older brother, an older sister, a nice neighborhood, a comfortable home. Things were good! Mom was even able to find a part-time night job to contribute to household expenses.

On the nights mom worked, Trevor's dad started "movie nights." They started out as special Trevor/Dad time (while the teen siblings were out and about), but they soon took a sharp turn. It wasn't long before eight-year-old Trevor was being sexually assaulted by his own father.

Don't you dare tell anyone, Dad would say after. This is a special thing for us. If Mommy finds out

you will really hurt her feelings.

You know how this goes. This vulnerable little boy said nothing. Over about six months "movie nights" followed the same pattern. Again. And again. And again.

Well, because of **you we were already working in Trevor's school training teachers on signs of childhood trauma like distraction, distress and unhappiness; Trevor's teacher saw some of this in Trevor and contacted us.**

Trevor's mom was a wreck. "I didn't know what to do," she says. "Our world caved in and I still can't believe it all happened, but I cannot imagine where we would be without the people who helped us. They connected us to people who

**"Thank
you for all
you have
done!"**

could get us protective orders and keep our house safe. **That happened instantly**, and so did therapy for Trevor right in his school."

Trevor's mom still shudders to think about that time but adds that it would've been much worse without Clifford Beers.

"They were amazing," she says. "This will never go away, and we still are working through this. There is still hurt left, but **we see a way forward**. Thank you for all you have done."

Your compassion changed everything for Trevor and his family -- and will do so for many others like them.

Thankfully, you care. That's why Trevor smiled today, *and that is a big deal.*

Create Your Legacy Today

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

**Your decisions now can
change a life.**

Contact: Kitty Champlin
203 777-8648 x.2246 or
kchamplin@cliffordbeers.org

Hello Friends ~

I am so thankful for you.

Your gifts provide more than just care for countless families! These families and their children – like Trevor and Jacquie – can become so overwhelmed by the challenges facing them. Sadly, they can lose hope.

We all have our struggles, that's for sure. Some families find that the holidays can be particularly difficult. **But with you and your support, we can provide the care and hope children and families need now and throughout the year.** I can promise you that your support delivers real help and healing.

My hope for all families including yours is one of wellness. Thank you so much for the love you show your own families as well as those we serve at Clifford Beers. For many, your compassion is what they need now . . . more than ever.

With warmth and gratitude,



Operation Happy Holidays

You can bring joy, smiles and memories to a child this holiday season!

ORGANIZE A DRIVE

Gather co-workers, friends or family to collect toys or gift cards for children

SUPPORT A FAMILY

Collect gifts for one family based on their wish list

VOLUNTEER

From December 13 through December 21 you can assist with toy drive pick-ups or help us in the CBC Toy Store

Questions? Contact Jennifer Cretella
203 777-8648 x.2208 or jcretella@cliffordbeers.org



THANK YOU!
www.cliffordbeers.org