

The Continuum Exchange

Fall 2015

New Home Sweet Home

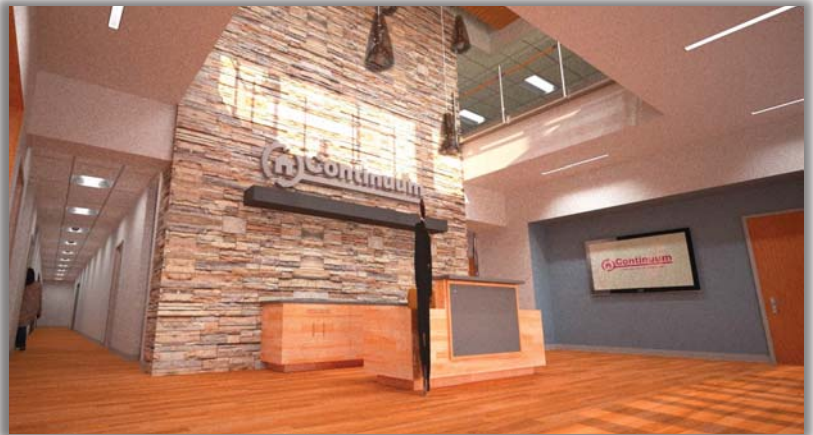
Letter from the President



Time flies when you are having fun ... building a new space to house a rapidly growing Continuum – 30,000 square feet of it to be exact. The three-year project is nearing the end with 60 people working diligently each day. Centerplan expects construction to finish in late December and, with final touches for infrastructure to follow, we'll be moving in sometime in January or February.

If you drive down Legion Avenue you will see that some of the sheetrock is up and all of the windows are in place at Continuum's new home. Most people will find it difficult to envision the finished building considering its current incomplete state, but I will try to put the picture into words here. In a few short months, a three-story brick building with metal paneling artwork of people interacting in a city and suburban landscape – an artistic rendering of the elements that make up Continuum – will greet staff and visitors as they pull up to 109 Legion Avenue.

The main entrance will be comprised of store-front glass and a glass vestibule, which lead to a custom-built reception area showcasing an impressive two-story stone wall. This wall represents a hearth (or a fireplace wall) that, along with a hardwood ceiling and vinyl wood flooring in the reception area, is intended to make our new space feel more like a home and less like a corporate office. The building's earth-tone colorway of blue-grays, tans, browns and green-grays, and the abundance of sunlight coming through the many windows, will also create a warm, hospitable environment for visitors and staff. Artwork and photographs will be featured in each floor's break room to showcase the people of Continuum.

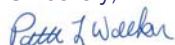


This is what the reception area will look like.

Our productivity, communication, and relationship-building will be enhanced by Continuum of Care and Continuum Home Health sharing one building, and we will be able to do so much more with more space in terms of large group meetings, group activities, and trainings. I am also anticipating the positive contributions that Continuum will be making to our new neighborhood, such as employment opportunities for residents and the deli that we are designing to serve both Continuum and West River's needs. As an officer on the board of the West River Neighborhood Services Corporation, I care deeply about the value and quality that Continuum brings to the area.

Working with Svigals + Partners and Centerplan has been a phenomenal experience. They have done an amazing job and Continuum is extremely lucky to have been able to work with them. That being said, as wonderful as it is going to be, this new building will not be big enough to fully provide for our expansion in the coming years. We will need a place for our new outpatient clinic, a large warehouse for our donations, a wellness center, and likely so much more. This inevitable building may also include mixed-used residential or elderly housing. We are at the very beginning stages of planning and meeting with consultants to figure out what we may need, so nothing is certain right now. What is certain, however, is that Continuum continues to expand thanks to the hard work and dedication of our employees.

Sincerely,



Patti Walker, MSW
President & CEO

You Gotta Have Friends



Often, good news and good works are the best-kept secrets. But every organization needs support and friends in order to strengthen and expand its programs. Continuum's Board of Directors is helping to spread the word about how the organization has helped stabilize and transform the lives of thousands of individuals and positively impacted their families.

Board Member Tom Macy and his wife Alice invited approximately 30 of their close friends to a garden party at their lovely house by the lake. At the party, CEO Patti Walker briefly described Continuum's mission, its humble beginnings and the exponential growth it has experienced. She told compelling stories about individuals who have recovered and rebuilt their lives thanks, in part, to Continuum's services. A client's parents and aunt shared their significant challenges and experiences as family members. They also resounded their heartfelt praise and gratitude for Continuum's staff and the help they provided.

We're thankful to Tom and Alice for hosting this "friend-raiser." Additional events to introduce new people to Continuum are in the works. **Help us — spread the word, share our newsletter, "like" us on Facebook, and do what you can so we can further help those we serve.**

- Deborah Cox



Continuum & DDS: A Rewarding Alliance



Congratulations to Reggie Bok, Continuum’s Vice President of Developmental Disability Services, and her staff. The Connecticut Department of Developmental Services (DDS) presented Reggie and the DDS South Region Staff with the **2015 Private Public Partnership Award**. This award is given to individuals, families and organizations that facilitate and nurture private and public partnerships that benefit the community.

The award states, “Successful partnerships are integral to the work we do. Collaboration and teamwork require effort and patience.”

Continuum and the DDS South Region collaborated to prevent a crisis situation for an individual with highly complex behavioral and mental health needs. The situation occurred when another provider suddenly stopped providing residential supports to that client. There was little time for an appropriately planned transition to a new provider. DDS turned to Continuum for help and to become the individual’s new provider. The two entities, along with DDS’ Private and Self-Determination Division, worked in partnership to develop a safe and seamless transition, and to ensure stability for the client. New relationships were formed quickly and the client’s trust was established. Thanks to this hand-in-hand partnership, the client transitioned smoothly and crisis was averted.

Reggie said, “The DDS South Region was involved with the very first program for individuals with intellectual disabilities that Continuum opened 15 years ago, and it’s been a good partnership since then. This award was only possible because of the caliber and strength of the team and our staff. I am so proud of them.”

- Deborah Cox

“If you meet opposition, maybe it shows that you are doing something that counts.”
- unknown

Continuum in the Great Outdoors

Another Successful Resident Cookout

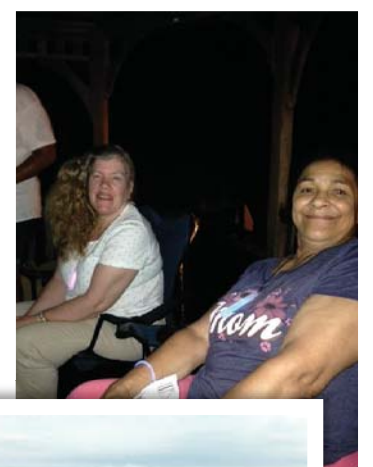
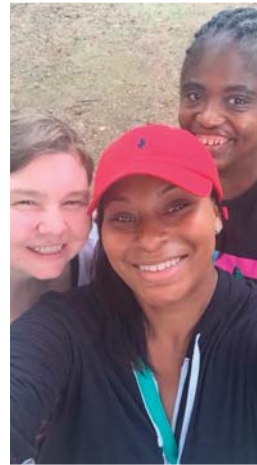
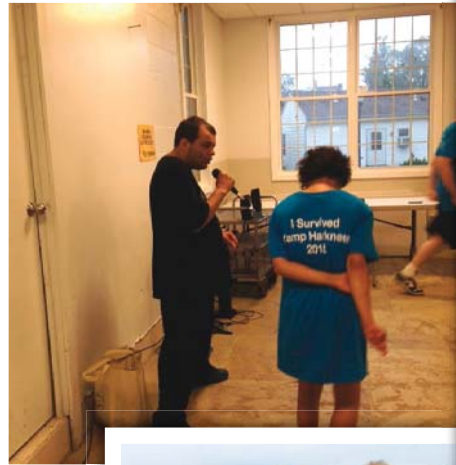
Spirits were as high as the sun in the sky at Lighthouse Point Park on Wednesday, September 16 at Continuum's 5th annual cookout for our Mental Health Services residents. Between the delicious spread of food – ranging from standard cookout fare of hotdogs and burgers to mac n' cheese and rice and beans – and the calming ocean breeze coupled with perfect 80-degree weather, people enjoyed themselves and it showed in the smiles on each person's face. Anywhere you looked in the park, people were engaging with one another: playing board games, sprinting circles around each other in touch football and kickball, laying out on the beach, collecting sea shells, and catching shade while chatting in the pavilion.

It was a great way to say **goodbye to summer** and **hello to both new and familiar faces** at Continuum.

- Janday Wilson



Adventure at Camp Harkness



Continuum's Developmental Disability Services (DDS) division had their annual camping trip September 9 - 11 at Camp Harkness, an amazing camping site nestled on the coastline of the Atlantic Ocean near the New London Harbor. There was an incredible turnout this year and a couple of DDS case managers even came to check out the activities. Although everyone did not stay over, there were over 90 guests at the clambake on Thursday, September 10.

- Reggie Bok

Grant Recipients' Projects Inspire

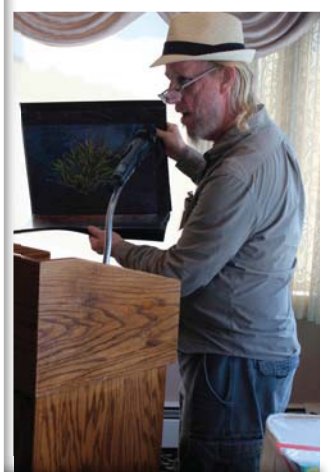
As different as their projects were from each other's, recipients of South Central Peer Services' Consumer Initiatives Grants shared some similarities: they all put in strong applications and had the will to execute their projects.

Out of the 100 applications submitted for the 2014 cycle of the grant program for individuals in recovery from serious mental illness and co-occurring disorders, only 50 applications were approved and 38 projects were completed. The program has given out over 700 grants in the more than 13 years it has been in existence.

Projects on display during the luncheon at Amarante's Sea Cliff on September 1 were a unique mix that even included soap sculptures and American Sign Language trading cards. Each grant awardee stood at the podium to explain the meaning behind his or her work or to perform for the crowd if it was a musical project. A few presentations reinforced the grant program's mission of enabling individuals to do projects that will help themselves and others. A budding clarinetist described the connection she found between learning the clarinet and managing her mental illness – practice results in growth and progress. And a craftsman, whose depression is partially alleviated by aromatherapy, said that the process of creating his scented candles and other products is therapeutic for him.

The Consumer Grant Administrator Ivette Altieri is thrilled to report that the mail and faxes keep pouring in for this year's grant cycle. We cannot wait to learn about what next year's grantees will do.

-Janday Wilson



Oh, the Places We've Gone!

The gentlemen from Red Fox Run had the pleasure of going to Foxwoods Casino. John, Ron, and Alan enjoyed walking around the casino and window shopping. They loved trying out the slot machines and were amazed by how many different games there were to play. The guys also had a wonderful lunch at the Hard Rock Café while looking at the musical instruments and photos of famous musicians all over the walls. Although they did not win big at the casino, they all want to take another trip up there soon.



Congratulations to the four young men from Young Adult Services who graduated from high school and received their diplomas in May! They were so excited to walk across that stage and YAS staff were proud to watch them each accomplish a piece of their dreams. These men have grown during their time with Young Adult Services and we wish them the best in whatever they choose to conquer next.



Extended Living Program, Team 1 took a trip to Lyman Orchards to pick apples. They also had lunch at the Apple Barrel store and fed the ducks in the pond.



No one could miss Continuum's fluorescent pink and orange shirts walking around Hartford's Bushnell Park at the 2015 NAMI Connecticut Walk.

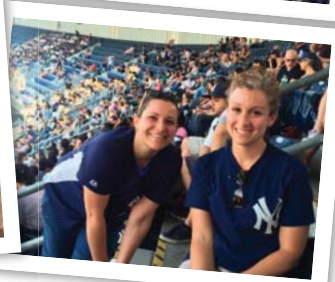
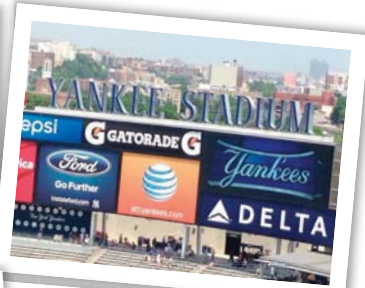
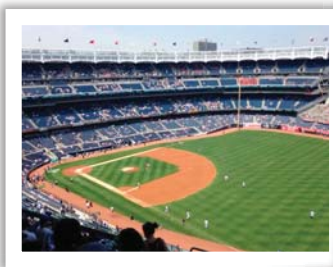
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The W.I.S.E. program attended their 3rd annual Bluefish game in July. They enjoyed a day of watching baseball and socializing with their peers at the park. It's always a good time and they look forward to next year.



On September 9, Continuum attended the Veterans Affairs Connecticut Healthcare System's 3rd annual Mental Health Summit – this year's theme was "Building Resilience." The Mental Health Summit brings together key stakeholders in the community with the goal of enhancing access to mental health services and addressing the mental healthcare needs of Veterans and their family members residing in Connecticut. Continuum's Acute Mental Health Services Clinical Director John Labieniec presented on the panel "Building Resilience through Peer Support" and Continuum staff ran a booth offering information on our Crisis and Respite and Peer Support programs.



In May, the Young Adult Services programs also took in a baseball game – Yankees vs. Kansas City Royals.



The Lincoln Street program celebrated Anthony's (third from left) 33rd birthday with a backyard cookout. He had a great time with his housemates and staff dancing to music and eating delicious food.

Gardening for the Greater Good

Who knew Continuum had so many green thumbs? Our company-wide wellness initiative inspired many program staff and residents to plant their own gardens to “offer clients healthier food options and to get them involved in nature,” according to Director of Health and Wellness Shelley Halligan. A few programs share the flowering results of their hard work below.

- Janday Wilson



Sylvan has taken on a slogan of eating closer to Earth. They have successfully grown squash, cucumbers, parsley, string beans, peas, tomatoes, and broccoli using organic seeds. Residents tilled the garden and staff managed it, but everyone nurtured the garden with love.



Sylvan residents are now eating healthier as a result of switching processed foods with the fresh produce they harvested. They also cut out soda. Residents have welcomed the process, especially since they have lost weight and kept it off. Sylvan is proud of the work they accomplished!

- Rose Jackson



The residents at A Common Bond wanted a garden so that they could enjoy eating fresh vegetables. They also planted many beautiful flowers that border the house’s fence. This joint effort between residents and staff has helped the residents feel good about their yard and they have taken pride in keeping their garden watered and tended. They are already planning their 2016 garden.

- Sharon Fitzmorris



Two residents at the Crisis New Haven program were thrilled when the idea of starting a garden came up. The resident with gardening skills took charge of the spot they would plant and dug with vigor. The other resident jumped in and took charge of pulling up weeds. She used the process as a therapeutic outlet for her anger and would release feelings as she pulled the weeds. Both residents, assisted by the program director, put the garden together with love, laughter, insight, and support.

- Anne Gaetano



This summer, the Quinnipiac Avenue Program garden sprouted peppers, tomatoes, lettuce, and herbs — perfect ingredients for healthy meals. Program staff Genovia Pope initiated the Quinnipiac garden after an inspiring experience working on the Sylvan Avenue Program garden. Staff Brett Daley and residents Travis, Lloyd, and John went above and beyond to make it happen. Last summer, they planted flowers and next summer they look forward to planting more vegetables and herbs.

- Janday Wilson

Healthy Ways to Get Through the Holidays

As the holiday season approaches, many of us will be faced with parties, family get-togethers, travel, shopping, decorating, cooking, and house guests! This can create a minefield of health hazards, including hangovers, over spending, over eating, exhaustion, dehydration, depression, and stressful relationships.

Here are a few tips for staying healthy, wealthy, and happy during this celebratory time:

1. **Don't overspend!!** I cannot stress this enough! This can add so much unwanted and needless stress for months, and possibly years, to come. Have a budget, use cash and not credit cards — most importantly, stick to your budget!
2. **Say no.** All too often we feel we must attend every party or event or give some grand explanation as to why we cannot attend. In reality, we can just say 'no, thank you' and give ourselves a break.
3. **Give back.** Spend some time this year volunteering in your community and get the whole family involved. Nothing feels as good as helping others in need.
4. **Have realistic expectations** or, better yet, NO expectations. We can set ourselves up for disappointment and resentment by having expectations for how a holiday should go or what gift we should receive.
5. **Don't overindulge!** This has to be the biggest complaint I hear every year: "I gained so much weight over the holidays!" Plan a family walk before and after meals, play games, make only one dessert, use dairy-free alternatives for gravies and additives, serve fruit-infused waters and teas instead of alcohol and coffee, and skip the bread. The way to avoid unwanted weight gain is to limit or avoid alcohol, skip the desserts, avoid heavy gravies and breads, leave butter or salt out of food, and portion control! Load up on fruits and veggies and offer a vegan option at your holiday party this year.
6. **Exercise!** One of the best stress relievers is a good cardio workout. Walk, run, kickbox, yoga, spin class, or Zumba your way through the holidays! This is also a great way to battle seasonal depression and burn off unwanted calories.
7. **Hydrate!** 68% of us are walking around dehydrated, which causes depression, lethargy, headaches, irritability, joint pain, back aches, and insomnia. DRINK WATER!!! The rule to follow is to drink 50% of your body weight in ounces daily. Example: $140 \text{ lb} / 2 = 70$ ounces of water daily.
8. **Don't take life too seriously!!** Laugh! Laugh at the things that irritate you or at your passive aggressive mother-in-law. Forgive your family and friends for their shortcomings and let go of control.

Above all, be happy and enjoy the gift of life!

- Shelley Halligan

Health Matters

Coping with the Seasonal Blues

Fall is here, and because we live in New England, it is time for Patriots football, fresh apples and crisp air. Most people are energized and ecstatic about this time of year, but for others the change in seasons brings an entirely different feeling. Something begins to happen in mid-August. As the sun moves lower in the sky, positive attitudes seem to lower along with it. While most people are embracing the brisk weather, some are freezing. Some people wake up in the morning feeling anxious and tense. Others get a sense that there is something wrong when there isn't.

If the changing seasons are taking a toll on your mental state, it may be a sign that you are afflicted with Seasonal Affective Disorder or SAD.

What causes SAD?

Experts aren't sure what causes SAD. But they think it may be caused by a lack of sunlight. Lack of light may:

- Upset your "biological clock," which controls your sleep-wake pattern and other circadian rhythms
- Cause problems with serotonin, a brain chemical that affects your mood

What are the symptoms? If you have SAD, you may:

- Feel sad, grumpy, moody, or anxious
- Have low energy
- Be irritable
- Have appetite changes, especially a craving for foods high in carbohydrates
- Gain weight
- Lose interest in your usual activities
- Eat more and crave carbohydrates, such as bread and pasta
- Sleep more but still feel tired
- Have trouble concentrating

Anyone can get SAD, but it's more common in:

- Women
- People who live far from the equator, where winter daylight hours are very short
- People between the ages of 15 and 55 (the risk of getting SAD for the first time goes down as you age)
- People who have a close relative with SAD

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed, you feel hopeless, think about suicide, or turn to alcohol for comfort or relaxation. Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications.

If this is your reality, don't brush off that yearly feeling as simply a case of the winter blues or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year. Whether you are affected by anxiety, depression or SAD, you can move more gracefully through it and embrace life more fully.

– Debra Sticht

Better Sleep, Better Health

Your behaviors can have a major impact on your sleep and can contribute to sleeplessness. Your actions during the day, and especially before bedtime, can make it difficult to fall asleep, stay asleep, or get restful sleep. Your daily routines – what you eat and drink, the medications you take, how you schedule your days and how you choose to spend your evenings – can significantly impact your quality of sleep. Even a few slight adjustments can, in some cases, mean the difference between sound sleep and a restless night. Completing a two-week sleep diary can help you understand how your routines affect your sleep.

The term **“sleep hygiene”** refers to a series of habits and rituals that can improve your ability to fall asleep and stay asleep. Board certified sleep physicians recommend following a series of common-sense, healthy sleep habits to promote better sleep. These healthy sleep habits are a cornerstone of cognitive behavioral therapy (CBT), the most effective long-term treatment for patients with insomnia. CBT can help you address the detrimental thoughts and behaviors that are preventing you from sleeping. It also includes techniques for stress reduction, relaxation and sleep schedule management.

Sleep specialists recommend that you follow the healthy sleep habits that are highlighted below if you have difficulty sleeping or want to improve your sleep.

Follow these 'quick sleep' tips to establish healthy sleep habits:

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime that is early enough for you to get at least seven hours of sleep.
- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed.
- Establish relaxing bedtime rituals.
- Use your bed only for sleep.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to light in the evenings.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.
- Avoid consuming caffeine in the late afternoon or evening.
- Avoid consuming alcohol before bedtime.
- Reduce your fluid intake before bedtime.

If your sleep problem persists, the American Academy of Sleep Medicine (AASM) recommends that you seek help from the sleep team at an AASM-accredited sleep center.

Republished from the American Academy of Sleep Medicine

What is K-2?

Synthetic marijuana is a plant-like material sprayed with cannabinoids and a variety of chemicals used for incense and marketed under brand names like K2 and Spice. It emerged in the U.S. around 2008 and became readily available in small retail outlets like convenience stores and head shops as well as on the internet. It generally costs about \$30 per 3-gram package, similar to marijuana.

It became popular because it was easy to buy, people thought it was harmless, and its chemicals aren't detected on standard drug tests. K-2 can be 4 to 100 times more potent than regular marijuana and can cause vomiting, seizures, hallucinations, elevated blood pressure, loss of consciousness, and death.

A huge spike in hospitalizations last month caused by a class of drugs often called "synthetic marijuana" illustrates the potency and dangers of the chemicals used to make them and the shifty tactics authorities believe manufacturers are using to evade regulation. Synthetic marijuana products are easily obtainable because of this.

Hospitalizations have increased by 132% over the years and deaths have risen as well due to these drugs. The damage they cause to the cardiovascular and central nervous system of users are unknown, but the risks are high.

K-2 is illegal in several states and others are considering legislation. **Please share this information with anyone who will listen. You may save a life!**

- Reggie Bok

Creative Corner



Artwork by Kathleen M.,
W.I.S.E. Resident



Artwork by Kanya Polavarapu,
Assistant Controller



Artwork by Savanna,
ELP II Resident



Artwork by Charles T.,
Crawford Resident

Need to Know

New Programs

This past June, Long-Term Services opened a new program in Wethersfield called Meggat Park – Normajeane Desrosiers is the program manager. The program, which houses four individuals who are faced with the challenges of autism and mental illness, gives people who have previously been in long-term, inpatient stays the opportunity to live within the community at a program specialized for their needs. An additional long-term services program is slated to open in Wethersfield in 2016.

40 South Main opened in Norwalk in May 2015. The program offers 12-hour support services for up to 25 individuals within a Permanent Supportive Housing building. The program is overseen by Director of Crisis Bridgeport Tracy Young.

- Dianna Gleason

Shopping with a Smile

There is an easy and FREE way to help Continuum's clients and our programs — go shopping! Amazon, the world's largest online retailer, offers a donation program called AmazonSmile at no cost to you.

AmazonSmile is a simple and automatic way for you to support Continuum of Care every time you shop, but requires that you go directly to the url: **smile.amazon.com**. When you shop at smile.amazon.com, you'll find the exact same prices, selection, and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate 0.5% of the purchase price of eligible items to the charitable organization you select.

The first time you shop at smile.amazon.com, you must select Continuum of Care as your Charitable Organization. Once you've selected Continuum of Care, every eligible purchase you make while shopping at smile.amazon.com will result in a donation. **But, you have to remember to go directly to smile.amazon.com each time you shop.**

Millions of products on AmazonSmile are eligible for donations. You will see eligible products marked as **"Eligible for AmazonSmile donation"** on their product detail pages. If a product isn't eligible for the donation, you can still purchase it through smile.amazon.com. The purchase price is the amount paid for the item minus any rebates and excluding shipping and handling, gift-wrapping fees, taxes, or service charges.

Start your holiday shopping now at smile.amazon.com. Shop early and shop often at smile.amazon.com.

- Deborah Cox

“ My father said there were two kinds of people in the world: givers and takers. The takers may eat better, but the givers sleep better. ”

- Marlo Thomas



Helping Hands

Community Thrift Store & Furniture Bank

- ♥ Cleaning out? Buying new furniture? Clothes no longer fit? **Let Helping Hands turn your gently used items into cash for Continuum.** Donate items to Helping Hands, and when your donation is sold in the Helping Hands Thrift Stores a portion of the sales price will benefit Continuum.
- ♥ Your donation is tax-deductible.
- ♥ Helping Hands has two central locations for donation drop-offs and shopping, or call 203.782.4800 for a furniture pick-up.
- ♥ You can also drop off your donations at Tzedakah House, 8 Lunar Drive, Woodbridge, CT (203.387.2266).

Visit the Helping Hands website at: www.helpinghandsctfb.com.

Store Locations:

North Haven
77 State Street
203.691.5529

Hours: Tues-Sat 10:00 a.m. – 5:30 p.m.
Closed Sunday & Monday

Orange
334 Boston Post Road
203.298.0499

Hours: Mon-Fri 9:30 a.m. – 8:00 p.m.
Sat 9:30 a.m. – 6:00 p.m.
Sun 10:00 a.m. – 5:00 p.m.

- Deborah Cox

December 1 is Giving Tuesday



We have a day for giving thanks, and two for getting deals. Now, we have **#GivingTuesday, a global day dedicated to giving back. On Tuesday, December 1, 2015**, charities, families, businesses, community centers, and students around the world will come together for one common purpose: **to celebrate generosity and to give.**

It's a simple idea, AND a simple way for you, your family, and your friends to **come together to help Continuum help those we serve.** Start now by telling everyone you can about how you are giving. **"Like" us on Facebook (Facebook.com/ContinuumConnecticut)**, and watch out for more information.

Join us and be a part of a global celebration of a new tradition of generosity.

- Deborah Cox

Special Awareness Dates

October: Each year, the first full week of October is **Mental Illness Awareness Week**, as designated by Congress in 1990. 'I Am Stigma Free' was the theme of this year's week, which was October 4 through October 10. Approximately 1 in 5 adults in the U.S. (43.7 million people) experiences mental illness in a given year, according to the National Alliance on Mental Illness (NAMI), so these seven days of promoting awareness and education about mental health and advocating for equal care are dedicated to a critically pertinent cause.

November: National Alzheimer's Disease Awareness Month, observed in November since 1983, honors the nearly 5.4 million people across America who experience this disease today as well as their caregivers whose lives are also touched by Alzheimer's. Alzheimer's disease, the most common cause of dementia, is fatal and there is currently no cure for it.

December: December 3 is the **International Day of Persons with Disabilities** — sanctioned in 1992 by the United Nations General Assembly. It is a time to encourage acceptance of and support for the rights of people with disabilities and spread awareness about their contributions to the world. The World Health Organization estimates that there are 1 billion people worldwide living with a disability.

January: Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: 'What are you doing for others?'" Each year, millions of Americans come together on the federal holiday Martin Luther King Jr. Day to answer this question and honor Dr. King's legacy by volunteering their time in service of their communities. Next year, **Martin Luther King Jr. Day of Service** is **January 19**, but it's not too early to plan how you will serve those around you.

February: The theme for **World Cancer Day** 2016-2018, which is observed on **February 4**, is 'We Can. I Can.' to highlight the ways people can take action to reduce cancer's impact on our society. Right now, 8.2 million people worldwide die from cancer each year, out of which 4 million people die prematurely (aged 30 to 69 years).

March: Congress designated March as **Women's History Month** in 1987 to celebrate the contributions women have made to American history and society. This year's theme of 'Working to Form a More Perfect Union: Honoring Women in Public Service' honors the women who have shaped America through their public service and government leadership. One of the honorees this year is Ella T. Grasso who served as the 83rd Governor of Connecticut from 1975 to 1980. She is the first woman governor of any U.S. state elected in her own right.

April: National Autism Awareness Month draws attention to the millions of Americans living with the challenges of Autism Spectrum Disorder (ASD). It is a time to promote autism awareness and acceptance and commit to advancing the research, supports, and services that enhance the lives of those with ASD. More people than ever before are being diagnosed with ASD and the Centers for Disease Control and Prevention estimates that 1 in 68 children in the United States has been identified with the disorder.

-Janday Wilson

Celebrating Continuum's Employees

Nothing is more important than recognizing the great work our employees do and their dedication to Continuum's mission. On May 8, staff came together dressed to the nines to do just that. The 10th Annual Employee Recognition Dinner was a lively, celebratory event and we have the pictures to prove it.

- Janday Wilson



Continuum Flashback: Our Inception

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YALE DAILY NEWS, FRIDAY, OCTOBER 28, 1966

Editors Frank W. Clifford G. Barry Golson

Friday Supplement

Student Group Piloting 'Halfway House' Project

By Strobe Talbot

Halfway between sickness and health, halfway between incarceration in a hospital and life in the real world, there is a point where a mental patient's chances for recovery are most fragile. A group of Yale seniors has mustered support to set up, staff, and run a "halfway house" where mental patients from the New Haven area can be helped toward re-entry into a normal life.

The group feels that adequate after-care facilities are crucial for a successful transition between the psychiatric ward and the community, and it sees the need to be particularly great here in New Haven.

Bill Mace, 1967, points to current public health statistics as a clear indication of the need for a halfway house. He said that college students should be a prime source of active support for follow-up assistance to the increasing number of patients being released from state institutions.

In 1965 the Connecticut Valley Hospital alone released over 600 people into the New Haven area, said Mace, and readmittances are increasing along with release rates.

Dick Glendon believes that one of the underlying factors behind the increase in readmittances is that an ex-patient's scarred "sense of self" is often unable to withstand the confusion and loneliness of a new life in a city which is no more ready to accept him than he is ready for it.

"Someone just out of a mental hospital isn't equipped to handle the aggressiveness, the insensitivity, and the tempers of people around him," said Glendon. "He needs to be eased back into the world sympathetically, not dumped back

into it."

With the help of 14 trustees and a fund drive which is already underway, Mace, Glendon, Chuck Lidz, and Reece Burka plan to open a halfway house for a dozen resident patients in February. They have been helped by Nia Lane, a Smith senior; Sherry Marcy, a secretary in a New Haven bank; and Vicky Babcock, a nurse.

The Transition

Their project will be located either on Dwight Street or in the Hill area; and it will house five college students in addition to the patients themselves. The resident students will live and work with the patients on a day-to-day basis.

"If we can just provide them with an invigorating social experience while they're engaged in job training, the transition will be far easier and more meaningful for them."

The organizers of the project do not intend for the students living in the halfway house to serve as clinical supervisors or therapists.

"The students will be living there simply as people and as friends," said Glendon. "The vitality and excitement of these kids should add a certain creative confusion to the house, hopefully counteracting the months or years of dullness and hopelessness in hospital wards."

Lidz added, "We're not trying to deal with the diseases of these people, but rather with their problems of readjustment. If someone just out of a mental ward is yelled at by a foreman on the job or a saleslady who's had a bad day, it can be a really shattering thing for him."

The hope is that the halfway house will provide a home base for people recovering from mental illness while they make the often frustrating effort to re-establish



Four of the students who are planning a "halfway house" to help mental patients make the transition between life in the psychiatric ward and life in the real world: WILLIAM M. MACE, CHARLES W. LIDZ, W. RICHARD GLENDON JR., all 1967, and NIA LANE, a Smith senior. They hope to have the halfway house program operational in February.

their social and economic independence. With this aim in mind, the program's organizers are hoping to keep the atmosphere of the halfway house permissive and free-wheeling.

This means that there are obvious limitations to the kind of psychiatric outpatient that the house can admit.

"We won't be able to accept alcoholics, drug addicts, or people who still act out too much anti-social behavior," said Mace. "We don't want anything approximating rigid discipline or rules."

Extra Tolerance

A halfway house is already at work in Cambridge, Massachusetts. Mace, Glendon, Lidz, and Burka have visited the facilities there and discussed their plans with the Harvard students participating in it. The Yale seniors have also all worked as volunteers in mental wards.

"To do this kind of work," said Lidz, "you have to have an extreme tolerance for deviant behavior. You simply can't let it get to you."

Lidz and the other organizers of the project want their halfway house to be a place "where the accent is on health rather than on sickness."

Glendon spoke of a patient who, when entering a halfway house in Boston, said, "I realize that in this house I'm expected to act normally. In the hospital they expected us to act crazy, so we did."

Patients will stay in the new halfway house for anywhere from a few weeks to a year, averaging about four months. "The most important thing that residents will do while they are at the house will be to find a suitable job and try to keep it," said Mace.

(Continued below)

While they are staying at the house, the patients will be part of an experiment in cooperative living. Most of the day-to-day responsibilities will be shared by students and patients alike, with weekly house meetings to plan activities and deal with problems as they come up.

"Rather than having organized activities for the house, we are depending upon the spontaneity of all the people living there to find things to do," said Glendon. "In the summer particularly, the entire house may be able to take weekends or day trips together."

Glendon, Lidz, Mace, and their trustees are looking for a resident director to administer the program and deal with both the professional staff and the city's rehabilitation agencies.

"It would help for the director to be married," said Glendon. "His wife could buy and prepare the food and help supervise the household."

The program is counting on aid from the State Division of Vocational Rehabilitation to pay an indigent patient's \$30 a week room and board. Residents who have finished job training and are earning money will pay this fee themselves.

Co-Ed Project

According to the group's present plans, the resident students in the halfway house will be both men and women.

"When we told Dean May this, he didn't bat an eyelash," said Glendon, "but he made it clear that this kind of student project mustn't interfere with the residential college system."

"We're not in any way drawing just from Yale," said Lidz. "We'd like to include young people from other schools in the area as well. This is a completely open-ended project."

For Yale students involved, however, the group is trying to set up a seminar within the halfway house program. The seminar would be run for credit in the psychology department and would meet in the halfway house itself.

The project's trustees include John Hersey, master of Pierson; Herbert Cahoon, director of Yale Volunteer Services; Joseph Goldstein, professor of law; and John E. Smith, professor of philosophy.

Also among the trustees are a local lawyer, a banker, and a physician; an alderman, a Unitarian minister, two mental health workers, a CPI social worker, and Sister Simon Peter, who is on the faculty of Albertus Magnus College.

With their program well underway, the Yale seniors piloting the project are purposely leaving their plans flexible.

"This is so that we are in a position to change as we learn more about what goes on within the house and the community," said Glendon.

Ray's Story



Dr. Raymond J. Small, MD, MPH was referred to Continuum several years ago. He was diagnosed with schizophrenia after a psychotic break that occurred after he received his MD and was completing his emergency medicine residency at a hospital in New York City.

Ray describes hearing voices and believing that the lights in the operating room were communicating with him while he was performing surgery on a patient. For almost a year, he tried to work through the symptoms before attempting suicide.

Ray was married and living in Connecticut prior to the onset of his illness. He became psychotic and overwhelmed by the symptoms and began to write prescriptions for narcotics to self-medicate. Ray was subsequently arrested and incarcerated for writing fraudulent prescriptions. He served approximately one year in prison. His wife divorced him while he was incarcerated, but he tried to move forward and began receiving mental health treatment.

Ray entered Continuum's program when he was released from prison and remained in our program for five years. He struggled with auditory command hallucinations, often cutting himself to appease the voices. While in our program, he worked on his socialization skills and on rebuilding his self-esteem. He made tremendous progress. After several years of hard work, he gained the confidence and skills he needed to move on and live independently in his own apartment in the community.

Once on his own, Ray contacted the hospital in New York where he once worked to request a letter of reference so he could seek employment. Much to his astonishment, the hospital asked him to rejoin its medical staff. Today, Ray is working in the Fast Track section at the hospital's Department of Emergency Medicine. He commutes to the hospital by train and is elated to be able to practice medicine once again. **Thanks to the support he received, Ray has not only rebuilt his life, he is now saving lives.**

Many individuals we serve have lost their homes or have nowhere to go. We help them to stabilize and rebuild their lives. Please support our efforts. Your donation can make a world of difference.

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Or, mail your check to: Continuum of Care, Inc.
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How Your Donation Can Help Someone Like Ray to Rebuild His or Her Life

\$500 toward an apartment security deposit	\$250 toward furniture for a new apartment
\$200 toward a "New Home Basket" with kitchen, bathroom, & cleaning essentials	\$150 toward basic items not covered by medical insurance, like eyeglasses & dentures
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\$40 for a month's worth of daily bus passes for travel to appointments or a job	\$25 can pay for groceries

Thank you for helping us rebuild lives



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