



The **CONTINUUM**

**Year End
2022**

Exchange

**"Try to be a rainbow in
someone's cloud."
— *Maya Angelou***

LETTER FROM THE PRESIDENT

It is hard to imagine that yet another year is coming to a close.

Another year full of challenges but also exciting new ventures! I am very excited to celebrate the opening of our civilian lead mobile crisis team, COMPASS (Compassionate Allies Serving our Streets) a collaborative effort between the City of New Haven, Continuum of Care and Yale University

Under the leadership of Vice President John Labieniec and Crisis Director Jenn Vargas, the team consists of licensed clinical social workers, side by side with persons with lived experience, are responding to calls from

residents of New Haven who may be experiencing mental health and or substance use crises. Many of these individuals are homeless or at risk of becoming homeless. Most do not require the services of the Police or Emergency Responders nor do they require medical treatment at the Emergency Departments of Yale New Haven Hospital. The COMPASS team will quickly respond to calls from those in need of urgent mental health support, connecting them to needed housing and community-based services to stabilize and regain independence and improve quality of life.

It can be intimidating for someone in crisis to hear sirens or be transported in an ambulance when what is really needed is community-based intervention and support. There is no surprise in learning that people in crisis respond more readily to intervention from peers who have experienced what they are dealing with and have successfully navigated their lives back to independence and health.

This is a huge win for all concerned. The Police and First Responders are freed up to handle situations that threaten the safety of others and the community. The Emergency Department of the hospitals will see a reduction of persons in mental health crisis freeing them up to handle urgent medical crises.

We are grateful to have the opportunity to fulfill our long standing mission of caring for persons with mental health and substance use issues in a compassionate and effective way, helping them to rebuild their lives.



President & CEO



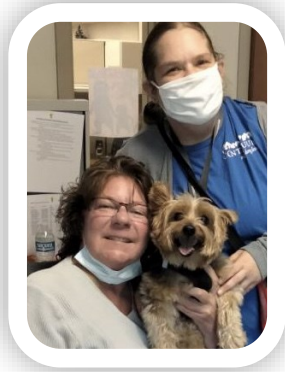
November 1st, Patti and John attended a news conference with New Haven Mayor Justin Elicker and Congresswoman Rosa DeLauro and other city officials to launch COMPASS.

Lorraine's Happy Place

"Continuum makes me feel like I get another chance. It has helped me grow as a person, and develop in my recovery. I am able to express myself through my artwork. Arts and crafts is an outlet for me to show how I feel and it makes me happy," Lorraine shares. "Arts and crafts is a coping skill for me."

According to Kimberly La Fleur, Director of the Apprenticeship Program, "Lorraine is a wonderful employee in our apprenticeship program, and she brings happiness to all who know her."

"Continuum has helped me expand myself in my recovery. It has helped me gain the skills I need to be independent and a successful member of the community." - Lorraine



Lorraine meeting Kim's dog, Pino

"She was so excited when she brought me the painting of my dog. She was pleased with the colors, especially the colors of the dog. She titled the painting 'Dream Big.' She did a great job and she even helped me place it in my office – the perfect spot! It makes me smile everyday I see it."

- Kimberly La Fleur, Director, Apprenticeship Program



Lorraine giving Kim a painting of Pino

Your Mind on Music



Research shows that music can be a powerful tool for positive mental health. It can have a beneficial effect on brain chemicals such as dopamine and oxytocin, which are linked to feelings of pleasure, and it may help lower levels of the stress hormone cortisol. Music can activate most brain regions, and strengthen brain pathways and networks that are involved in well-being, learning, cognitive function, quality of life, and happiness. It can be used to regulate mood and help shift thought patterns, and one study indicated that music's effect on anxiety levels as a similar effect of getting a massage.

Here are six ways you can use music to influence or reprogram your mood:

1. Start your day with music to set your tone. Classical and meditative sounds can be uplifting, while heavy metal and techno can actually make depressive symptoms worse.
2. Use soothing music in the background to help relax and take the stress out of your environment. Use classical music to help induce sleep.
3. Listen actively to your favorite upbeat music by dancing, exercising, tapping on the table, or playing an instrument along with it to help recharge or distract negative thoughts. (Dancing can make you smarter, according to the N.E. Journal of Medicine).
4. Listen to slow musical rhythmic beats to ease pain.
5. Play inspiring music to motivate and recharge yourself and others.
6. Create and use playlists to use to influence your moods: slower pattern music to relax, up-tempo to get up and get going, happy tunes to lighten the mood, and sad songs to process heavy emotions.

These are guidelines, and not everyone gleans the same effects from the same pieces of music. Experiment for yourself, and notice the effect different music has on you and your state of mind.

Good Times Together



Cookouts



Pottery



Chess



Learning to Cook



Prom





Monthly Bowling Events became a very popular activity for many clients.



Drumming circles pop up quite often



Our clients enjoy different types of fishing experiences, thanks to our avid fishing staff.



Swinging at Lake Compounce was great!

Staying Active



The Health and Wellness Department organized a team for a successful walk for Autism with both staff and clients.



Karaoke was tons of fun at our cookout this summer.

Follow us on Facebook for more pictures & video: www.Facebook.com/ContinuumConnecticut

Stephanie's Story

When Stephanie first came to Continuum of Care nine years ago, she had such severe social anxiety that she wouldn't leave her room. She would not speak to anyone. Transition seemed extraordinarily difficult for Stephanie and she had been overwhelmed since her move. Stephanie engaged in several behaviors that negatively impacted her life and ability to function on a daily basis. One of the most significant behaviors Stephanie engaged in, was refusing to eat and/or only eat one type of food for extended periods of time. She would go through periods of refusing to leave her room to eat.

Knowing how quickly Stephanie had decompensated in the past, (requiring hospitalization and medical intervention) her team determined that she needed to be guided to the table to eat her meals.

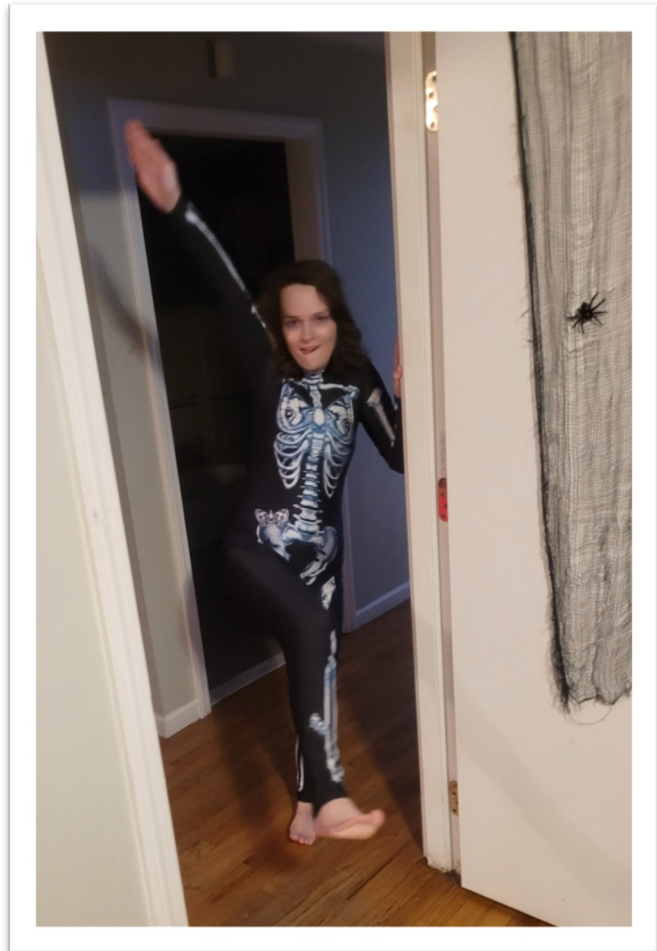
Visual and audible changes in her environment deeply disturbed or overwhelmed her. This extended to people around her. Stephanie required the support of her direct care staff to navigate her world and adjust external stimuli when necessary.

Stephanie also outwardly expressed unknown internal feelings of discomfort through destructive behavior. She had a history of displaying psychiatric decompensation through suicidal ideation which took the form of written and verbal expression. She would be aggressive, yell, attack others, throw objects, and occasionally engage in self-harm, such as banging her head.

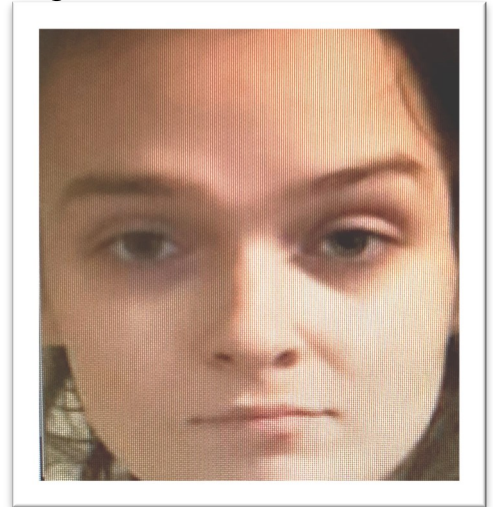
Thanks to the care, skill and hard work on the part of staff and Stephanie herself, she has benefited from a proactive and sensitive plan of learning to identify and actively use coping skills.

These days, Stephanie engages more with her peers. She eats dinner at the same time as her housemates and even makes up her grocery list. She likes to shop at beauty shops to stock up on lip glosses and perfumes. She is able to express herself more constructively. Stephanie laughs and sings and absolutely loves singing along on Karaoke nights. She gets out of the house to feed the ducks with staff, and attends Continuum outings with her peers. Stephanie even dreams of a day, when she is ready, of making it inside a Hibachi restaurant!

Her Program Manager, Shuwan Gibson, states, "Stephanie likes to give people nicknames. Although it took a full year for her to come up with a nickname for me, it was worth the wait. She gave me the name 'Juniper.' When I asked her why, she said 'because Juniper helps me grow.'"



Stephanie joining her housemates for a Halloween party



MOBILE CRISIS UNIT LAUNCH

Continuum of Care, together with the City of New Haven launched a ground-breaking crisis intervention pilot program, COMPASS on November 1st. COMPASS stands for “Compassionate Allies Serving Our Streets” and is designed to alleviate the need for police, first responder and/or hospital intervention on 911 calls for substance abuse, mental health and housing emergencies when not necessary.

Continuum is proposing to develop and operate a Crisis Receiving and Stabilization Service to enhance the crisis response efforts in the City of New Haven. It will be instrumental in supporting COMPASS, a community-led community crisis response team (CCRT).

New Haven Mayor Justin Elicker was joined by community, city, state and federal officials at the news briefing announcing this pilot program. The COMPASS response team will include a licensed social worker and a peer recovery specialist “who are able to provide crisis intervention and counseling, harm reduction supports, information and referrals, transportation, and help with social services,” said Elicker. These supports he refers to as the “experts” out in the field are mainly Continuum of Care employees.

Continuum leverages the use of our Medical Director, Vice President of Acute and Forensic Services, Clinical Director of Acute Services and our Director of Nursing as well as additional staff including, RN’s, APRN’s, Licensed Social Work Staff and Peer Support Staff to host the COMPASS program.

Top city officials and nonprofit partners offered those updates Monday morning during an hourlong roundtable conversation hosted by U.S. Rep. Rosa DeLauro in the basement meeting room at the municipal office building at 200 Orange St. DeLauro convened the discussion to celebrate a \$2 million federal grant that she secured for the city to implement “crisis response initiatives.”

“I want to congratulate the city and the community for such an outstanding proposal,” DeLauro said at the event. “The mobile crisis team that will be integrated into the new Department of Community Resilience that is going to be responsive, to answer incidents that may be best addressed by trained social services and using a suite of services and programs and not always having to be handled by law enforcement... We believe it’s going to make the needs of our community stronger and safer.”



Mayor Elicker was joined by Congresswoman Rosa DeLauro, Dr. Mehul Dalal, New Haven Community Services Administrator, Carlos Sosa-Lombardo, Director, New Haven Department of Community Resilience, Elm City COMPASS Team, Dr. Jack Tebes, Director, Elm City COMPASS & Professor of Psychiatry at Yale, Dr. Derrick Gordon, Co-Director, Elm City COMPASS & Associate Professor of Psychiatry at Yale, John Labieniec, Vice President of Acute & Forensic Services, Continuum of Care, Jennifer Vargas, Director of Acute Services, Continuum of Care, Members of the COMPASS Community Advisory Board, Thretha Green (also member of Greater New Haven NAACP), Ta'Lanna Monique Lawson-Dickerson (also community organizer with Citywide Youth Coalition and New Haven PRIDE Center), New Haven Alder Jeanette Morrison, New Haven Police Chief Karl Jacobson and Dana Begin, Director of Evidence-Based Practices and Grants, Connecticut Department of Mental Health & Addiction Services.

Recovery Transformation



Continuum's philosophy on wellness is based on the Eight Dimensions of Wellness as defined by the Substance Abuse and Mental Health Services Administration (SAMHSA) (left)

Continuum's Health and Wellness Department provides support to program participants and staff, focusing on the Eight Dimensions of Wellness, pictured above.

The Health and Wellness team provides, both individually and in-group settings, access to educational supports and vocational services, support for self-advocacy, health and well-being, relapse prevention, teaching and assistance with financial empowerment, connection to spiritually based groups/church and assistance with developing a natural supports system. The team develops robust monthly activities calendar in collaboration with the program participants and program staff. They support each participant to achieve their unique goals by tailoring activities specific to their stated needs. Monthly group activities include low impact exercise, walking, hiking, ladder toss, cornhole, tennis, bowling, African drumming, artistic expression and healthy meal preparation/instruction. Individually focused activities can also include assistance with linkage to educational and vocational endeavors. The goal is to Collaboratively empower everyone to achieve their best health and wellness.



Always Growing and Learning

New Department of Training and Education

The purpose of this department is to support all staff in making sure that they can provide the best care possible to the people we serve. We serve our purpose through developing, leading, coordinating and running job specific trainings and support to all the staff.

So far we have implemented training curricula based on response to what staff have identified as pressing needs, such as handle-with-care training for all Mental Health Services Staff. In addition, we trained ourselves in new services such as the Ukeru System of restraint-free blocking and de-escalation. The Department has also started to develop trainings with outside agencies such as Yale New Haven Hospital, New Haven Police and Fire Departments, and others.

Our plan for the future is to build curricula specific to each program and job title within that program so that each and every staff member can have the precise, exact tools in their tool belt that are needed for the individuals they serve in their respective environment. We want to bring in and/or back certain specific training topics such as Hearing Voices, Mental Health First Aid, Ukeru and much more.

The Training Department Team:

Montaya Cheeks – Director of Training and Education
Sean Brown – Training Manager



Continuum Recovery Employment Support Services (CRESS)



Continuum Recovery Employment & Support Services (CRESS) offers:

- Recovery Support Specialists (RSS)
- Peer Support Interns
- Apprenticeship tracks in cleaning/custodial and landscaping.

RSS's are well along their own recovery and have been trained to help others who are just starting their journey.

The Peer Internship is a voluntary training program that teaches the RSS role through hands-on experience, supervision and coaching.

The Apprenticeship program provides skill-building and employment opportunities for individuals who experience mental health challenges or co-occurring disorders that may prevent them from obtaining employment.

We support the individuals we serve to develop daily life skills and gain work experience, affording them opportunities to obtain competitive employment elsewhere in the future.

The CRESS Team:

Ann C. Taylor – Director, Recovery Support Services
Kimberly La Fleur – Director, Apprenticeship Program



Nature versus Nurture

It would be great in a perfect world if people were mindful, to treat people like they want to be treated. Or better still to be fair, good, kind, decent, lawful, honest, and don't forget caring. Sounds good right, it would be a long time, before I realized that often times people just cannot give you what they Haven't been given. So here I am, a middle- aged Black Woman, educated by choice, I pushed through and went back to get some of the things that I hadn't been given so that I would be able to give it to others. And yes, not just to other Black women and men, but women and men of all color, race, religion, and ethnic background.

The compassion that I have in the form of mindfulness for everyone of all ages, it is God – given so it's free. Oh, what a feeling, to be able to share with individual's, from an empathic perspective daily. That's what I bring to work with me every day, in my aging body and its brokenness with my free and clean spirit on its way to wholeness.

– Ann C. Taylor, Director of Recovery Support Services



“If you can't fly, run. If you can't run, walk. If you can't walk, crawl, but by all means, keep moving.” –Martin Luther King, Jr.



Continuum's Warm Line (800) 258-1528

The Warm Line serves people with mental illnesses who want a listening ear.

All calls are confidential and all operators are in recovery and trained. The Warm Line answers over 60,000 call per year.

You can reach the Warm Line every night, including holidays, from 5:00 to 10:00 pm at **(800) 258-1528**.

Congratulations to our Employees:

Amonie Cheeks, Ericka Morton and Lisa Stevenson

These three employees received full scholarships and completed The New England School of Addiction and Prevention Studies. Often called “Summer School,” it is a 5-day intensive learning experience to further knowledge, skills, and experience in the field of substance use disorder services and the dimensions of support associated with treatment.

Kudos!

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Love, Faith, and Doing the Work



Life wasn't easy growing up in "the hood" for Keisha Frederick. But even as a young girl, she always had a giving heart and an urge to feed the homeless. She used to find joy in making plates of food and delivering them if her family had extra.

Eventually, she succumbed to the tough environment, and at the age of 18, started getting involved with drugs. The drugs led her down a dark path for most of her life. After bouncing in and out of different programs unsuccessfully, Keisha ended up in prison for 4 ½ years. Numerous times, her son - her only child- was taken away from her.

Keisha reached a point of deep despair, and being very spiritual, she prayed to the Lord for her miracle...her deliverance. As she said, "The Lord isn't going to bring me to it, if he's not going to bring me through it." She knew she had to seek more help. Then, all of the signs seemed to lead her to Crossroads, a drug rehab facility providing substance abuse treatment with residential long-term treatment. By then, she was ready to do the work. Keisha explained that "The process is very humbling. You have

to work hard. But in that process, I learned what true self love is."

Fast forward to today. Keisha is proud to be almost five years drug free and in control of her life. Her son is proud of her and he is flourishing; working in politics in Philadelphia. On October 19, 2022, Keisha joined Continuum of Care as a Recovery Support Specialist, applying her strength and knowledge to help others have hope in recovery. "Being part of Continuum is amazing - It's everything to me and my desire to help people."

Employee Spotlight

Continuum Celebrates RACHEL MAGUIRE, MSN, APRN, PMHNP-BC

Commitment to our clients is what we do. But, sometimes we see our staff take that commitment and dedication to a new level. Rachel Maguire is an APRN in Continuum's Integrated Behavioral Health Clinic. Her dedication and work ethic are exceptional examples of what our clients need, and it hasn't gone unnoticed. Rachel initially joined us as a trainee and chose to stay on with the organization - making a significant continuing contribution to the clinic's team and Continuum's culture. She is now a trainer herself - precepting for the Yale School of Nursing. Dr. John Cahill, Continuum's Chief of Behavioral Health and Medical Director, states that "Rachel is dedicated to her patients - bringing both expertise as a psychiatric provider as well as deeply humanistic care as a nurse."



Rachel's management team indicate that she is an integral part of the Continuum family - clients will encounter her not just in the clinic but at the many social events and celebrations that we share at Continuum! "She is a natural leader and inspires the best in others - clients, families and colleagues alike," states Dr. Cahill. She has advocated powerfully for our clients with collaborating systems of care - ensuring that members of our community get the best possible treatment, particularly in the most vulnerable moments.

Rachel appreciates that our clients don't get to 'clock-off' at the end of the day - they are part of our family 24/7. She regularly responds to needs that come up after hours - helping to address matters early

Finding Self Worth

“Dear Luna’s Path at Continuum of Care,

You all saved my life, I truly mean that from the bottom of my heart. Luna’s Path taught me so much about myself in such a short amount of time. I was in a very dark place mentally, emotionally, and physically. I lived on autopilot keeping my head just above water wishing all the pain and hurt would stop. I lost who I was and my sense of self worth! I came to Luna’s Path at a moment where my life was in jeopardy and my will to live was very short. However my new extended family (you are all more than just staff at Continuum of Care) at Luna’s Path helped me rediscover my light and provided a safe place for me to let it shine bright! Everyday I remind myself that I AM WORTH IT!

I am a survivor of childhood sexual abuse and a victim of domestic violence. The support, compassion and care that I received at Luna’s is the kind I wish all who are suffering can receive. I will be opening up a domestic violence resource and housing center in the future and I can only hope it provides to others as Luna’s path did for me! You truly helped me find my purpose again!

Rista (Rosey + Ruthie), Brandon, Ashley, Ms. V, Cricket, Jayce, Alyssa, Holly, Juliana, Femi, Ms. Khadijah, Travis, Rachel, Shawn, Gym Shawn, Dion, Cedric (Emmie), Patricia, Courtney, Don, William, Anastasia, Lamont, Sarah, Kendall, and John Labieniec – I am so grateful and appreciative of each and everyone of you, thank you!

You gave me the courage to put my two week notice in and pack up my dog and I. I’m going back to Cali in hopes of Kevin Hart discovering my light! But in all seriousness I sent John this letter and my resume in the same email! Miss you all and hope to see you soon!

– Jessica! “

**More
Than
Just
Staff**



Equine Therapy

Continuum’s Young Adult Services residents thoroughly enjoyed working with Hidden Acres Farm Therapeutic Recreation Center in Naugatuck from the beginning all summer for two hours a week. Hidden Acres is a non profit dedicated to improving the minds, bodies, and spirits of children and adults with physical, developmental, and emotional challenges through the benefits of therapeutic riding and equine-assisted activities.

Our residents worked with the team at Hidden Acres to learn all about the horses, their behaviors, how to groom, care for, and walk with the horses properly. The residents found it very calming to groom the horses, saying it was the best type of therapy they could have because of how calm it made them feel. On the last day of the program, residents who felt confident enough were able to lead the animals on the trail at the farm.

They also worked on a gardening program on the farm which involved starting and maintaining a flower and vegetable garden. They learned how to identify different herbs and what they were used for. Each resident made their own herb boxes to take home. One of the last activities involved creating a bouquet of flowers for each individual to take home from the flowers planted in the garden the farm. Such a wonderful experience!

– Beth Cowen, Young Adult Services



Meditation and Mindfulness

When we meditate, we inject far-reaching and long-lasting benefits into our lives: We lower our stress levels, we get to know our pain, we connect better, we improve our focus, and we're kinder to ourselves. Sure, meditation seems like it can be a daunting activity, but it doesn't have to be. Remember that meditation is yours, it's your time to clear your mind and refresh.

1) Take a seat

Find place to sit that feels calm and quiet to you.

2) Set a time limit

If you're just beginning, it can help to choose a short time, such as five or 10 minutes.

3) Notice your body

You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel – whatever works. Just make sure you are stable and in a position you can stay in for a while.

4) Feel your breath

Follow the sensation of your breath as it goes in and as it goes out.

5) Notice when your mind has wandered

Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered – in a few seconds, a minute, five minutes – simply return your attention to the breath.

6) Be kind to your wandering mind

Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back and try again.

7) Close with kindness

When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.



That's it! That's the practice.

You focus your attention, your mind wanders, you bring it back, and you try to do it as kindly as possible.

“Happiness can be found even in the darkest of times, if one only remembers to turn on the light.”
— Albus Dumbledore

In Loving Memory

SADLY, PEOPLE with serious mental illness are often compromised by chronic medical conditions. They tend to die 25 years younger than the general population due to critical health issues. Serving this vulnerable population means dealing with loss, and for our staff it is as difficult as losing a family member. Continuum's clients who have passed on will forever remain in our minds and hearts.



Tyquan Bradford- Daniels
March 11, 1994—Oct. 11, 2021

Tyquan was a poet and a songwriter and had a passion for reading. He also enjoyed singing and was a part of The Shekinah Youth Church of The Greater Allen Cathedral's youth choir for six years. Volunteering at The Greater Allen Cathedral Food Pantry there since 2008, he loved to give back by distributing clothes and serving meals to a needy population, He received certificates of commendation during his near decade of volunteer experience.

Tyquan during your time with us at NHHH your positive energy was needed. Your motivation to want more for yourself is something that we will always remember and cherish. — *Alisha Moore, New Haven Halfway House Program*

Miguel Angel Chiclana, 56, of New Haven died suddenly at his home on Wednesday, April 20, 2022. He was the beloved son of the late Miguel Angel Chiclana and the late Felicita Villegas. Miguel was born in Rio Piedras, Puerto Rico on January 21, 1966, and had resided in New Haven for most of his life.. He is survived by two sons, Miguel Angel Chiclana and Angel Miguel Chiclana, one sister, Marta Figueroa, one brother, Victor Manuel Chiclana, and three grandchildren, Keilanee, Kimaree and Carter Chiclana. Miguel was extremely close to his family and spent a lot of time with them. He was a private man with a friendly way about him. He loved being in the community and having fellowship with friends. He is dearly missed.—*Tanyce Gambrell, CSP Recovery Program*



Miguel Angel Chiclana
Jan. 16, 1966—April 20, 2022



Douglas Chlaupek
Nov. 11, 1961—May 28, 2022

Douglas Chlaupek was a Continuum client for several years. Within that time, he showed tenacity and determination to live as freely as he could. He had a love for rock and roll, reading, and living life to its fullest. Despite his tough exterior, he had a soft and good heart and it showed through his generosity towards others. Douglas was well known to both the community and his providers and his absence has been felt amongst us all. We miss you Douglas! — *Brianna Leary, Brownell Street Program*



Harvest Lee Ingram, age 72, of New Haven, CT, formerly of Lilesville, NC, departed this life on January 8, 2022. He is survived by his children, Alexander of High Point, NC and Edward Ingram, Travis Mitchell, and Robin Ingram; and sisters, Cynthia Patterson and Tracy Autry. He was predeceased by his parents, Mary Ingram Patterson and Foster Autry.

I had the pleasure of working with Harvest for seven years. If you knew him, you would know him for his love of Western Movies, chewing tobacco and Southern cooking. I helped him find his son and I'll never forget the light in his eyes when he finally made contact with him for the first time in years. Harvest was a gentle soul and would give the shirt off his back if he could. He will truly be missed!
 — *Ashlei Garrett, Mental Health Waiver Program*

Harvest Lee Ingram

March 1, 1949—Jan. 8, 2022

Warren T. Tingley 53 of Stratford passed away June 5, 2022. He was born September 29, 1968 in Clearfield PA to the late Warren and Barbara (Herbert) Tingley. Warren is survived by his daughter, Stephanie Tingley and siblings, Linda Pizzella of Emporium, PA, Karen Michaels of Manilus, NY, Judy Fraser (Don) of Westland, MI, Sandy Gifford (Ken) of Portland, Oregon, Tina Boyce (Michael) of Fayetteville, NC, Collen Montanaro (Vincent) of Bridgeport CT, Anne Olsson (Magus) of Grebbestad, Sweden along with his aunt and Godmother, MaryEllen Potter of Pittston, PA. Warren loved to cook and take pictures, but what he loved most, was his daughter, Stephanie. He was a proud US Army veteran and being part of the 82nd Airborne.

William was well known within the VA and with us overall. We all liked him and he was always really friendly and enjoyed talking with his peers and staff. He worked hard on his sobriety and rebuilding relationships with his family.

- *Samantha Yatsinko, Veterans Next Steps Program*



Warren Tingley

Sept. 29, 1968—June 5, 2022

Continuum's Holiday Bazaar 2022

Were you able to join us for this year's Bazaar? What fun! And, what a success, thanks to our generous sponsors and creative, talented vendors, and amazingly wonderful volunteers! We netted more than \$30,000, and proceeds will go toward helping to build and expand our Crisis program. There is so much need, and the people we serve need so much! What a privilege to be able to work toward such an important cause.

Oh, and if you didn't get a chance to buy our "Continuum Cooks" cookbook, at the bazaar please feel free to order it online at: www.continuumct.org/cooks. It's a yummy way to give.





109 Legion Avenue
New Haven, CT 06519

www.ContinuumCT.org/Donate

*“One must know not just how to accept a gift,
but with what grace to share it.”
— Maya Angelo*

Newsletter Committee

Deborah Cox
Claudine Elliot
Debra Sticht

Contributors

Kimberly LaFleur—Lorraine’s Happy Place
Shuwan Gibson, Lauren Goldberg, Jessica Donahue— Stephanie’s Story
Toure Diggs & Ivette Altieri—Recovery Transformation
Montaya Cheeks & Sean Brown—Training
Ann C. Taylor—Nature Versus Nurture, CRESS
Beth Cowen—Equine Therapy

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The individuals we see in crisis are homeless. We connect them to appropriate living environments, therapy, insurance, and financial benefits so that they can finally move forward in rebuilding a new way of living – healthy, safe, and full of hope.

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