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A monthly newsletter to keep you informed

**Dixwell/Newhallville Community Mental Health Services
has merged with Continuum of Care**



Dixwell/Newhallville Community Mental Health Services (DNCMHS) was a private, non-profit organization on Winchester Avenue providing out-patient mental health services primarily to the Dixwell and Newhallville communities as well as to other low-income families in the greater New Haven area. DNCMHS began nearly 40 years ago when Newhallville community residents came together to form a counseling center on Thompson Street. The intent was to give community families a place to work through some of their difficulties. Today, the clinic offers individual and group therapy, psychiatric care, family and couples counseling, trauma treatment, case management/recovery support services, and a summer enrichment program for children ages 5-13 who live in the Dixwell and Newhallville neighborhoods.

The incorporation of DNCMHS into the Continuum organization will provide a more expansive, clinical, recovery-oriented, cost-effective system for clients throughout the New Haven area, with special attention to those residing in Newhallville.

Continuum already provides state-of-the-art crisis, respite and residential services and is largely viewed as a behavioral health leader in the non-profit sector statewide. DNCMHS has served as the principal outpatient clinical provider in Newhallville for over two decades, so it's a good match of organizations.

Celebrating 50 Years of Rebuilding Lives



Dr. Raymond Small reached rock bottom after experiencing the devastating impact of a psychotic breakdown and contemplated ending his life after losing everything. Then he was referred to Continuum of Care. Thanks to the support he received, Ray turned his life around and is now saving the lives of others as a well-respected emergency room doctor.

Ray's is just one remarkable story from thousands of individuals whose lives Continuum of Care helped to rebuild throughout the 50 years the organization has provided crisis, respite and residential services to individuals with serious mental illness and intellectual disabilities.

Guided by the visionary leadership of President and CEO Patti Walker, Continuum grew from one residential program - the New Haven Halfway House, one of the first transitional facilities in the country - into an organization operating more than 40 statewide residences with support programs, case management services, and peer mentoring. Sister organization Continuum Home Health, Inc. addresses clients' often critical medical needs through home healthcare services. Continuum's coordinated model of residential services supported by nursing care has become a model for the Greater New Haven behavioral health community.

The organization continues to evolve and expand support for behavioral health needs. Specialized services for persons with autism have become a major focus and a recent merger with Dixwell/Newhallville Community Mental Health Services enables Continuum to offer outpatient clinical care.

"33 years ago, Continuum served 22 people on average in a year and now we care for more than 2,400 each year. I am thrilled that we continue to grow our services in our 50th year and proud that Continuum remains committed to caring for the whole person," says Walker.

Continuum of Care's 50th Anniversary Gala will be held on Wednesday, June 8 at 5:30 p.m. at Anthony's Ocean View in New Haven. Liz Murray, inspiring author of "My Journey from Homeless to Harvard" and subject of the Lifetime Television Emmy-nominated movie "Homeless to Harvard," will be the keynote speaker.

Your Mental Health in the New Year



It's the beginning of 2016, so 'tis the season for resolutions, especially those involving a healthful lifestyle. You have likely resolved to finally hit the gym or ditch poor eating habits, but have you considered making good mental health a part of your "new year, new me" plan?

According to the World Health Organization, good mental health is a "state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community."

Consider implementing some of the practices listed below, along with a balanced diet and exercise, to care for your mental health throughout the year.

1. **Get enough sleep.** Sleep is the body's way of regenerating. Lack of sleep negatively affects the nervous system, concentration, coordination, memory, and mood. Sleep deficiency has been linked to depression, suicide, and risk-taking behavior. Adults should get 7-8 hours of sleep a day.
2. **Treat emotional pain like physical pain.** Take a mental health day when necessary. Go to a doctor if you feel a bad mood lingering for too long, as you would with a persistent physical pain.
3. **Get a hobby.** An activity as simple as walking, reading, knitting, journaling, or coloring can bring on a sense of peace. Making time to just relax is vital in this busy world we all live in.

4. **Less negative self-talk, more self-compassion.** It is nearly impossible to not think a negative thought or two about oneself, especially given how tough it is to stick to New Year's resolutions. Quiet that critical inner voice by replacing each negative thought with a positive one.
5. **Practice gratitude.** Research shows that acknowledging or expressing what you are grateful for can improve mental well-being. Writing in a gratitude journal is a great practice to keep you on the bright side.

Testimonial

"Being with Continuum is actually one of the best choices I've made so far throughout my adult life because they have so many great people and so many great connections with different programs. And Continuum itself is great because they can get you work and ... an apartment once you've become successful in the program.



Everything just falls right into place when you get with Continuum. I feel better, I look better, and my self-esteem rose up just because of the Continuum staff that I'm working with right now. They've really pushed me and guided me in the right way in order for me to be successful."

- Josiah R., Continuum Resident

We're currently in the planning stages of our 50th Anniversary Gala and could always use more help. If you would like to help with planning or offer support, please contact Deborah Cox at dcox@continuumct.org or at (203) 562-2264 ext. 236.

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