



The Gift of Feeling Seen April 2023



Dear friends;

When my daughter Emma was five, she would spend a couple afternoons a week at a local day care. Two friends from her kindergarten class were also there, attending five days a week, which made for a tight bond between them. Emma has always been the type of person who focuses on the positive, so her stories were mostly of the happy interactions and playtime adventures. But every now and then a pained look would cross her face when relaying a social situation. One time, I observed that three can be a hard number in friendships because often, one feels left out. Emma looked at me with such relief and connection it stops me in my tracks to this day to recall it. In that moment, my little girl felt seen. The previously unnamed and therefore privately held struggle was recognized and validated.

So many of us are aching to feel seen while simultaneously tucking away the parts we believe will lead to rejection. Much has been said about the mental health crisis we are presently experiencing and this goes to the very heart of it. There is evidence of it everywhere. It's in the curated versions of ourselves posted on social media, the dogged pursuit of acceptance in reality TV and other platforms, and in the socially stilted interactions we encounter in many spaces including the ubiquitous Zoom rooms.

We seem to be aware that we are lonely and in need of connection, but keep seeking it in ways that leave us wholly unfulfilled.

Virginia Satir said: "I believe the greatest gift I can conceive of having from anyone is to be seen by them, heard by them, to be understood and touched by them. The greatest gift I can give is to see, hear, understand and to touch another person. When this is done I feel contact has been made."

I'm struck by three elements of Satir's profound statement. In order to be seen, we must allow ourselves to be vulnerable, open and present...and that involves some risk. We can learn that parts we've deemed too damning to share are pieces of ourselves that have formed

to protect us once upon a time. By naming them and bringing them forward, we allow another to appreciate our journey and offer gentle acceptance.

In order to see the full measure of another, we must be present and understanding. That involves letting go of any ideas we may carry about our ability, responsibility or right to control or judge another.

Finally, Satir describes this process as the ultimate gift we can give and receive in the human experience. When we trust a dear friend with what we previously withheld because of our shame and are met with loving acceptance - that's a gift. When we stop everything and listen because a cousin is grief stricken and scared they are going to lose it - that's a gift.

There is generosity and reciprocity in this active practice and the benefits are deep and beautiful. In my estimation, it's the rich remedy for all that ails us.

All my very best,

Maria Coutant Skinner, LCSW
President & CEO



A TIME OF EDUCATION AND EVALUATION

April has been designated Alcohol Awareness Month. The initiative was launched by the National Council on Alcoholism and Drug Dependence (NCAAD) in 1987. It's become a time of education and evaluation – an opportunity to get people thinking about the role alcohol plays in society and how drinking can impact someone on a more personal level.

Over the years, Alcohol Awareness Month has helped reduce the stigma attached to alcoholism. By making alcohol awareness part of the national conversation, the spotlight is focused on the issue as well as on potential solutions.

The facts can be eye-opening – and they show people that that they're not alone:

- The NCAAD reported that 17.6 million people, or one in every 12 adults, suffer from alcohol use disorder, more than half of all adults have a family history of problem drinking, and more than 7 million children live in a household where at least one parent is or has been dependent on alcohol.
- Alcohol use increases our risk of certain cancers, heart and liver disease and can lead to financial, work and family difficulties.
- Deaths involving alcohol increased during the COVID-19 pandemic ([NIH](#)).
- Alcohol use for women is increasing ([NIH](#)).

Where to get help.

For a lot of people, their relationship with alcohol changed during the pandemic. Now, as we move forward, individuals may be questioning the effect of alcohol on their lives.

According to Kelsey Dlugozima, LCSW, Director of Outpatient Services at McCall, “There’s this notion that people have to hit “rock bottom” for it to become something that’s concerning. But there’s a lot of people that sort of live in this gray area of drinking where it’s impacting their personal life, their work life, and their health in a lot of really significant ways, but because it doesn’t look like rock bottom, it goes unnoticed.”

Reaching out for help is a courageous act. If you're concerned about your alcohol use – or if you know someone who may be struggling with their alcohol use – remember that McCall is here to help.

It's important to realize that a person doesn't have to be 100% ready to stop drinking to start turning to support systems that are currently available.

TOPIC:
ALCOHOL
AWARENESS
MONTH

WEDNESDAY
APRIL 19
8:20 AM

MISS THE INTERVIEW?



WITH KELSEY DLUGOZIMA, LCSW
DIRECTOR OF OUTPATIENT SERVICES

**DON'T WORRY, WE HAVE YOU COVERED.
HEAD TO OUR PRESSROOM NOW TO LISTEN!**

MCCALLBHN.ORG

If you want to learn more about alcohol use disorder, please take a few minutes to listen to Kelsey Dlugozima, LCSW, Director of Outpatient Services, on WZBG this month.

Click on the image to listen!



The following resources can help you find the right support that fits your needs:

SAMSHA Hotline: 1-800-662-4357

[Connecticut State DMHAS Services Locator](#)

[McCall Behavioral Health Network](#) 860.496.2100



GIVE LOCAL - A SMASHING SUCCESS!!

Thank you to everyone who participated in Give Local, raising money for Pet Therapy programs at McCall. You made a huge impact this year by more than doubling our typical amount raised. We cannot thank you enough for your support!

In total we raised \$14,350 from 119 donors! The total includes the \$5,000 challenge gift, generously provided by our board of directors. Considering the total number of donors, we came in 12th out of 287 organizations.

Overall, 6,300 donors gave an astounding \$2.02 million for 287 local nonprofit organizations. All of which will go back into the communities we serve.

FUNDRAISING WITH GABBY

Gabby Bernstein, #1 New York Times bestselling author, international speaker, podcast host, and newly appointed board member, is using her network to help raise awareness for Alcohol Awareness Month and Mental Health Awareness Month, as well as raising funds our organization. As of publishing, Gabby has raised over \$1,000 for McCall. Thank you Gabby for your support!!

Check her out her [podcast here](#) and follow her on [social media here](#).



MCCALL AWARDED \$1.4M TO HELP FUND FUTURE FAMILY CENTER IN TORRINGTON

We are excited to announce a major step toward the realization of a wellness center in Torrington. It's a much-needed community resource made possible by a \$1.4 million grant from the State of Connecticut's Community Investment Fund (CIF).

The Family Wellness Center will be located at 263 Migeon Avenue in Torrington and will house McCall's Prevention, Family, and Adolescent treatment programs.

The Family Wellness Center will positively

impact the social determinants of health for families in our region. The goal is to reach families that are more likely to experience poor health outcomes because they're unable to access the care they need.

One important gap in care that the Wellness Center project hopes to fill is the current lack of services for Spanish-speaking individuals – especially those struggling with mental health and substance use disorders. In fact, the needs of the area's growing Hispanic communities will be a special focus of the Center. McCall plans to expand their adolescent programming to include a Spanish-speaking clinician, to name just one example.

To read the entire press release [click here](#).



“

The McCall Behavioral Health Network has been an indispensable resource to the city of Torrington. They provide a wide range of services, and this grant from CIF will ensure that they will continue to do so. I am grateful that this state funding was secured for an excellent organization in our community.

State Representative Michelle Cook

“

This funding will do much to support the health and wellness of residents in this corner of Connecticut, and I thank the Community Investment Fund for recognizing this need. I appreciate the Family Wellness Center for creating spaces for Spanish-speaking residents, eliminating a barrier for them while being cared for. I thank McCall for continuing to provide essential treatment to those in need.

Rep. Maria Horn, Co-Chair of the Finance, Revenue, and Bonding Committee.



Thank you to all counselors, from marriage and family therapists, mental health counselors, addiction counselors, for your ongoing dedication to keeping people and communities healthy.

April is National Counseling Awareness Month! This year's theme is "Get Fit for your Future," and we're joining the [American Counseling Association](#) in reminding counselors to prioritize keeping your minds, hearts, and bodies in the best condition possible. For self-care resources and activities for counselors, [click here](#).



This year's theme, "Better Health Through Better Understanding", addresses how we can improve health literacy and support the cultural and linguistic needs of the communities we serve. By improving communication in healthcare settings, we can advance health equity for racial and ethnic minorities. According to [Minority Health](#):

Better Health Through Better Understanding | April 2023

- 20% of people who live in the US speak a language other than English at home.
- 58% of African Americans had basic or below basic health literacy, compared with 28% of non-Hispanic whites.
- 8 in 10 Hispanic adults who are Spanish language dominant prefer to see a Spanish-speaking health care provider.
- 1.6 million people in the U.S. identify as Native Hawaiian and Pacific Islander and of these 1.6 million, nearly 30% speak a language other than English at home and 8% have limited English proficiency.

At McCall we now offer counseling services in Spanish at our Renato Outpatient Services in Waterbury and Travisano Outpatient Services in Danbury. While this is a first step to addressing the language barrier to treatment, we will continue to look for ways to better serve our communities.



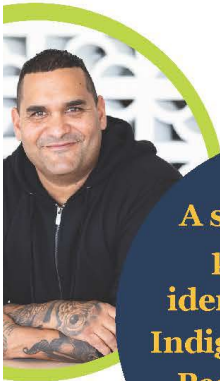
Say it
LOUD!



**Every
Sunday
6:00 PM**

Peer-to-peer, BIPOC and allies

RECOVERY SUPPORT GROUP



**A safe space for
people who
identify as Black,
Indigenous, and/or
People of Color.**

LOCATION

McCall Wellness Center
(Flagpole Building)
58 High St, Torrington, CT 06790

QUESTIONS? CONTACT:

Michele Smedick
Recovery Support Professional II
michele.smedick@mccallbhn.org



860.496.2100

mccallbhn.org



LGBTQ+

Peer-to-Peer Recovery Support Group

EVERY SATURDAY @ 7PM

All are welcome! The group is open to members of the LGBTQ+ community, anyone in recovery or who is curious about recovery, and allies.

**JOIN US AND GAIN THE
TOOLS YOU NEED FOR ALL
STAGES OF RECOVERY!**



LOCATION

McCall Wellness Center
(Flagpole Building)
58 High St., Torrington, CT 06790

QUESTIONS? CONTACT:

Michele Smedick
Recovery Support Professional II
michele.smedick@mccallbhn.org



**Calling all 55+
adults in recovery
and those seeking
recovery!**

**Join our recovery
support group luncheon.**

WISDOM GROUP

When

Every Thursday at 12:30 PM

Where

McCall Wellness Center (Flagpole Building)
58 High Street, Torrington 06790

**To register and/or arrange
transportation call or text:**

Glenn Ryan, CAC, CCDP
Director of Special Services

860.485.8605

The event is free for all, and
lunch will be provided.

Transportation is available for
Torrington residents upon
request.



Our Contact Information

McCall Behavioral Health Network

58 High Street

Torrington, CT 06790

860-496-2100

https://link.edgepilot.com/s/2193d2e7/iQalXpEyGUST_QBhzN48Fg?u=http://www.mccallbhn.org/

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