



The Domino Effect

Reliance House, Inc. 2013 Annual Report



Reliance House 2013 Annual Report

Board of Directors

Jack Malone
President

John Mercier
Vice President

Sam Bliven
Secretary

John Morosky
Founder

Raul Walker
Treasurer

Roy Bourque
Jackie Falman
Mark Gagne
Carol Geiler
Carol Maranda

Jack Jacobs
Sherri Raboin
Cheryl Richards
Alberta Sherman
Charles Gomes

Enhancing Health **THROUGH** Mental Wellness

For every individual we help,
there is a positive impact on many.

Healthy adults create stronger families. Stronger families empower each other to thrive and become engaged citizens.

Stronger communities are built
on the basis of mental wellness.



The Cyclical Domino Effect

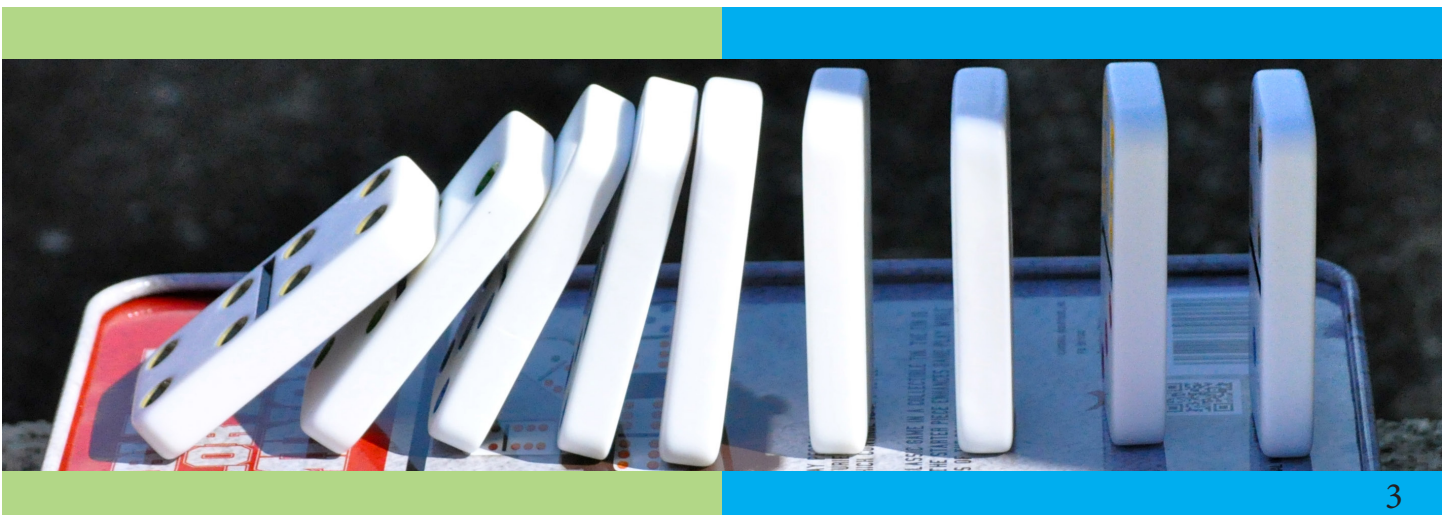
A mental health diagnosis doesn't have the tangible grasp that many physical ailments exhibit. However, it does have profound chain reactions on a person's life.

The Cycle can Include:



Partnering with Reliance House to Break the Cycle

Individualized goals are created – Temporary housing can be provided – Comfort increases knowing you are not in this alone – Motivation for being the driver of change increases – Mental health appointments lead to improvement – Ability to focus on physical health improves – Social clubs increase community involvement – Positive personal relationships begin to develop – Self-confidence increases – Career Services becomes a resource to gaining employment – Maintained employment leads to permanent housing – **Positive possibilities become endless.**



My Mental Breakdown

By: Dan Gamache,
Reliance House Residential Assistant

Shortly after the Christmas of 1990 I had my first mental breakdown.

Earlier that year, in July, I graduated from Eastern Connecticut State University with a degree in accounting. After graduating, I had rearranged plans to spend some time in Greece with an international student from Athens who was a fellow graduate.

Upon my return from Greece, I was scheduled to take a series of review courses for the CPA exam. The lectures met once a week for two hours in preparation for a three-day exam. There were accountants employed by prestigious companies who were my rivals.

Upon completion of the exams, while waiting for my results, I was working under the employment of a company that billed out as a temporary agency, specifically for those hiring accountants.

I was required to take a preliminary test at the company's Hartford high-rise building. This meant I had to park my car in the city and I had no idea where the building was in Hartford, let alone finding parking on the street. This occurred before GPS technology was available to the public. Therefore, I was at the mercy of my dreadful directional abilities.

I saw the company logo in traffic while waiting at a red light. Even more amazing to me was that I was able to park at a legal parking meter. I still got a ticket because in all my haste I forgot to put quarters in the meter.

The company found me placement working for a manufacturing firm in Manchester. Stress was at a high level. Most of my frustrations were not necessarily with my job but with my transportation. I was proactive about my car situation though. While living on Martha's Vineyard the previous summer I had a car promised to me.

My mother acquired a 1971 green Hornet from an elderly woman who could no longer drive. The price was right because it was free. It was my first car for my new job and the car was not without its idiosyncrasies. One of them was that the wipers did not work.

I always felt an anxiety about the forecast of snow. The problem was solved when it became impossible to drive after the wheel fell off. I was in a panic because this was my first serious employment and I did not have transportation. My younger brother allowed me to borrow his Volkswagen Rabbit, which also proved to be unreliable.

On a cold winter morning the car would not start. I was very apprehensive because my boss had laid down the rules of the corporation. "We start work promptly at 8:00 am," he said. I was taking this predicament with the job very seriously but things were not going my way. The stress was getting to me, but I had no idea how much my life was about to change.

One night the cumulative anxiety resulted in a total breakdown. That night was a defining moment in my life. I was lying in my bed and could not sleep. My tension level was soaring and my heart racing. My nightmare had begun.

There was a popping sensation in my head as my thinking was disrupted. I knew that something was very, very wrong.

Previously, I had been experiencing troubling thoughts and bouts of semi-paranoia, but now I thought they were all becoming permanent.

There was music, except there was not, it was all in my head. The music was like smoke entering a room coming to suffocate me. It was slow and represented impending doom. The music had no lyrics. It was like nothing you ever heard before in your life. It was definitely the music of walking zombies, the undead.

“I began to question reality. I knew I was in trouble.”

The feeling was indescribable. **The best example I might offer about how mental illness feels, is being at a party where someone slips an illegal substance in your drink and you are disoriented. You feel different, confused, helpless and completely detached from the entire world. You cannot stop the feeling of “you’ll never get better.”**

Because of this, I had not shown up for work in three days. On top of my breakdown, Desert Storm (the United States liberation of Kuwait) had started and brought about the paranoia that nuclear holocaust was inevitable. I arrived at work wanting to have a talk with my boss. It turned out he also wanted to have a talk with me. I was surprised that he gave me a speech about how they no longer needed my services! When I asked him if there was anything more I could do he looked at me confused. I said, “I mean.. I drove all the way over here.” He gave me my severance pay and told me, “There is nothing more we desire of your services.”

A manic episode occurs from a chemical imbalance within your brain. Someone afflicted with mental illness requires psychotropic medication to stabilize certain behaviors. A manic person can be free of any alcohol or chemical influence and be far from acting sane. In these cases, the symptoms do not wear off.

I know that I have never felt the same way since the night of the disturbance with my brain. There were many indicators that something was wrong with my thinking but I was not aware that I was acting out of the ordinary.

One night, I remember hearing a banging noise that awoke me. I heard someone knocking on the back door of my landlord’s apartment. I woke my roommates up to investigate the noise. There was nothing there. Rather than concluding I was wrong, I still believed something was there. From then on, I started believing in conspiracy theories. I believed I was important enough to have my phones tapped and that government agents were watching me. The way I acted resulted in my roommates calling my parents to let them know something was wrong with their son.

My family sent my brother, Eric, to investigate. When Eric arrived I continued to act strangely. I walked out of my bedroom in my underwear and dressed myself in the living room in front of my roommates and my brother.

Eric decided to bring me home to our mother. I could not explain what was happening to me. I could not put into words the thoughts traveling through my mind, nor did I fully understand them.

Perhaps the worst part was experiencing it for the first time. Paranoia was building on top of itself. My thoughts convinced me that my mother and I were the last two people left in this world and one of us had to die. I remember being in the kitchen with her when she opened the drawer where there were knives. I ran upstairs thinking she would stab me. I ran in absolute fright. I could not kill my mother. It was probably the only rational thought I had left at that moment.

I ran into the bedroom and fastened a small hook and latch lock. Apparently my actions disturbed my mother who came knocking on the door in a frantic state and wanted to come in. I was literally praying that the latch would not come undone. This just made

things worse as I lay on my back and closed my eyes convinced I would die in the next ten minutes.

I should have been committed at this point but I held back the swirl of misery that was occupying the thoughts inside my head. My family wanted me to visit my primary care physician but I refused. **I was too afraid to admit that I might actually be going insane.** It was then decided that my oldest brother, Paul, would pick me up and drive me to Boston where he lived and attended Tufts Dental School. The hope was that a change in scenery might help me. I remember the sky being dark and seeing all the car lights passing by in the opposite direction. I became convinced the populace of Boston was fleeing.

It was only until I stayed with my brother that he was convinced I now needed professional help. My parents had contacted my primary care physician and they all agreed for me to see her, but I still saw no need for this. In my manic state, I believed my erratic behavior to be perfectly normal and I could simply adjust to it.

One thing that was clear after a week was that I was disrupting my brother's life in Boston. I was also disrupting his roommates' routines. I needed to get out of Boston as soon as possible. My brother Eric was arriving to pick me up at 2:00 am, the first available time he could get me.

On the drive home I believed Eric had a pistol in the glove compartment and this would be used for my impending execution. However, I was not completely positive of this and I needed proof that this was true. Reluctantly, I committed myself with all the courage I had left to open the glove compartment. There was no gun! The snow was falling hard and looked like the ashes of a nuclear holocaust to me.

The outside world was harmless to me; it was my mind that had become dangerous.

While driving on the highway, I envisioned I needed to send a message to the people carefully watching my every move. I imagined that I was chosen to be on a "special" mission which included involvement in a government conspiracy. I grabbed a section of the car's steering wheel and made a lunge for an 18-wheel truck head on. It was not my intent to die but Eric flipped out. I was no longer the brother who was just a burden, I had manifested into someone extremely impulsive and dangerous.

After that, I remember being brought to the emergency room by ambulance. My doctor, whom I refused to see, had mentioned that if I were mentally ill an ambulance ride would be better for insurance purposes. At the ER, they had assigned someone to watch me for suicide prevention. The psychiatrist finally came after a couple of hours. I was lying on my back on a gurney. When he took out his pen to jot down some notes I winced, because I imagined that he was going to stab me with his sharp pen. It was all about questioning reality.

After the ER there was another ambulance ride to the Institute of Living. I seriously believed we were all going to a Sting concert. I was in full-blown mania. In my mind the ambulance personnel were my bodyguards. At the Institute, I walked into a room and declared it mine. I was creating such a disturbance that they were forced to remove the occupant out of his own room for me. I was persuaded to take pills to help me sleep. Whatever medication they gave me worked very quickly.

I was incorrectly diagnosed as being a paranoid schizophrenic. I felt heavily medicated for the rest of my duration at the Institute but I did not feel close to being normal. The medication I was taking was meant for someone who was diagnosed as paranoid schizophrenic.

At that moment I had reached the lowest point in my life. I was committed in a mental institution. There are two types of mentally ill people in institutions: those who are so overcome with mental illness and check themselves in voluntarily, and those who are committed because they are a danger to themselves or to others. I was the latter.

Being institutionalized is horrible for anyone who has to go through it alone, so I stuck together with other patients I felt comfortable around.

When released from the Institute of Living, I refused the day care program assigned to me at Elmcrest Hospital because of my anxiety towards going. My situation became worse because I was incorrectly diagnosed. Adding to my crisis, I was taking my medication when I felt like it, which was not as directed.

I locked myself into the basement crippled with clinical depression. It incapacitated me mentally and physically, I would just lay in bed all day.

“My depression felt like a wet blanket over me keeping me from getting up. It was like a form of restraint.”

Clinical depression left me sleeping all day and awake all night. Small simple tasks became epic battles. The two minutes it took to brush my teeth seemed to overburden me.

For the next two months, I gave my mother every excuse in the world about why I could not get out of bed or leave the house to see my psychiatrist. I could not cope with any social contact, however small, with the outside world.

“Coming back to a relatively stable frame of mind after a breakdown is not painless.”

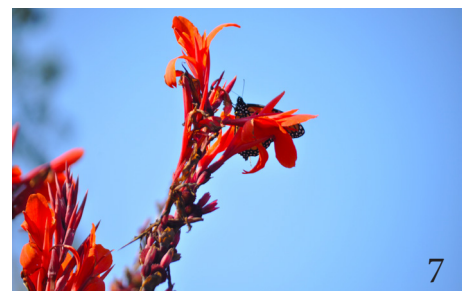
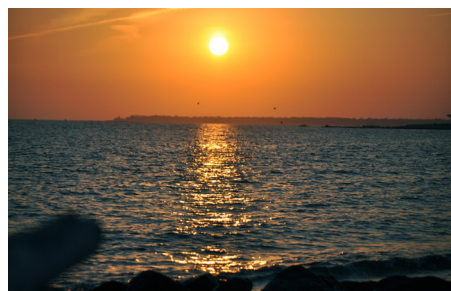
I often thought of suicide. It was astounding to me to consider how far I had fallen. There were some great times in my life. I aspired to become a successful accountant and, shockingly, I had come to a point where committing suicide had become a possible option. I had lost all interest in enjoyable activities.

There is always hope for people suffering from bipolar illness, which is what I have. Sometimes it takes the smallest thing to lead to a better place and a more functional existence. For me, that spark was getting out of bed to go to the Willimantic Carnival with my friend and her two children.

Being bipolar is defined as having extreme highs and debilitating lows. I can safely say that I have experienced both to a frightful degree. The illness can still result in me experiencing anxiety attacks, depression, anger, isolation, hopelessness, self-loathing, indifference and social anxiety.

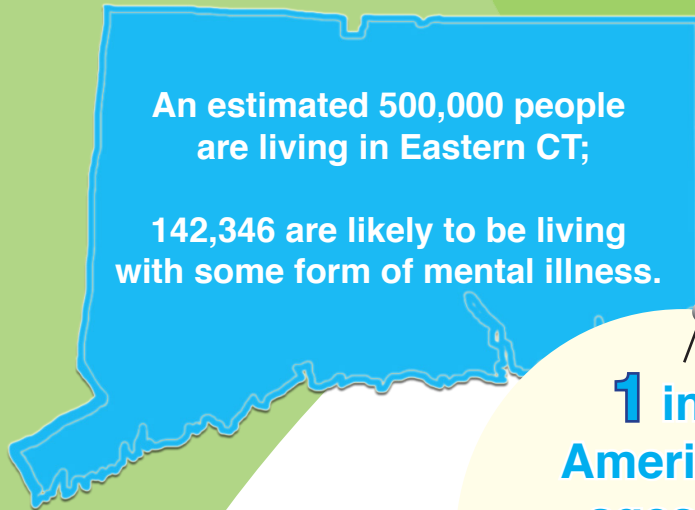
Living with bipolar illness has made me realize to be thankful for every good day. I live each day with a small amount of trepidation because I can feel depression or anxiety at any time, and fear a full-blown panic attack. How I choose to cope with the disorder is up to me.

One thing I do hope is that after reading this, people will have a better understanding of what it is like to live with mental illness.



DID YOU

Causes of
mental illness
can include:



1 in 4
Americans
ages 18+
Suffer from a mental health diagnosis in a given year.

People with severe mental illness die **25** years earlier than the general population.

1 in 3 of these deaths is avoidable.

Causes include cigarette smoking, obesity, and diabetes - all treatable.

Barriers to Treatment Include:

Being taken seriously; mental health patients have very real physical symptoms that are often dismissed.

Lack of access to affordable, quality care combining physical and mental health monitoring.

KNOW...

In 2013:

Reliance House partnered with **769 individuals** across our 26 programs.

81% of Reliance House Residential Members reported an **increase in their mental wellness**.

The Reliance House Clinical Group is part of a statewide team committed to responding to those in need during times of crisis. In the aftermath of the Sandy Hook tragedy, 3 of our clinicians provided on-going support to the Newtown community.

94% of individuals expressed satisfaction with the services provided by Reliance House, **exceeding the state average of 92%**.

29 young adults between the ages of 18 and 25 and **49 Veterans** received services from Reliance House.

For every \$10 spent on care, **Reliance House saves tax-payers \$6**, when compared to state provided services.

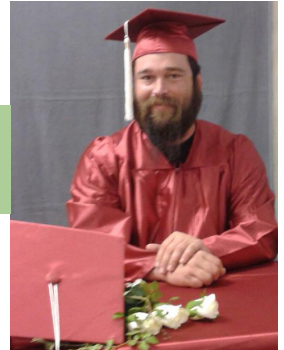
A major Trauma Informed and Gender (TAG) Responsive Care initiative was implemented.

Positive, Lasting Changes are Made Every Day at Reliance House



Alberta Sherman was celebrated for her 33+ years of dedication to our agency's Board of Directors. **Thank you** for your continued commitment to the agency Alberta!

Alan graduated in May of 2013 with his GED. **Congratulations Alan!**



After reviewing the health benefits of eating plenty of fresh fruits and vegetables, Delisa (to the left) and Deb (not pictured) went blueberry picking at Holmberg Orchards in Gales Ferry.

Aaron enjoying the annual Six Flags group outing where the importance of fresh air, walking, and social relationships are emphasized.



Friends, Bobby and John, celebrating wellness at the 12th annual Recovery Rocks Picnic.

Reliance House walkers at the annual National Alliance on Mental Illness (NAMI) walk held in Hartford. They helped raise funds, awareness and access for families and individuals seeking mental health resources.



The Beatnik Wanderers Drum Circle showed off their rhythmic skills at the Reliance House Talent Show.

Exercising Your Mind with Art

On the First Friday of every month, Reliance House teams up with other downtown galleries, businesses and organizations to celebrate the arts, showcase local talent, support common community goals, develop new partnerships and open communication channels.

To all of the artists, crafters, gallery attendants, donors, and visitors:
THANK YOU for helping bring our gallery to life.

Reliance House Gallery 2013 Featured Artists

Esther Brokaw,
 Paint



Noelle Elizabeth Wolcin,
 Photography



Peggy Kirstein & Harold
 Wallace, Paint/Mixed Media



Rebekah Church,
 Art Animation



Blanche Serban,
 Paint



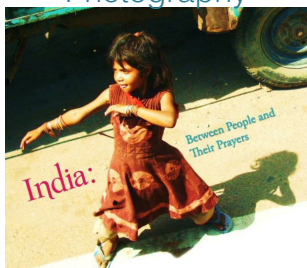
Reliance House Photography
 Class, Photography



Philip Brose,
 Paint/Mixed Media



Gail Gelburd,
 Photography



Michelle Bartholic,
 Photography



Zachary Turner,
 Photography



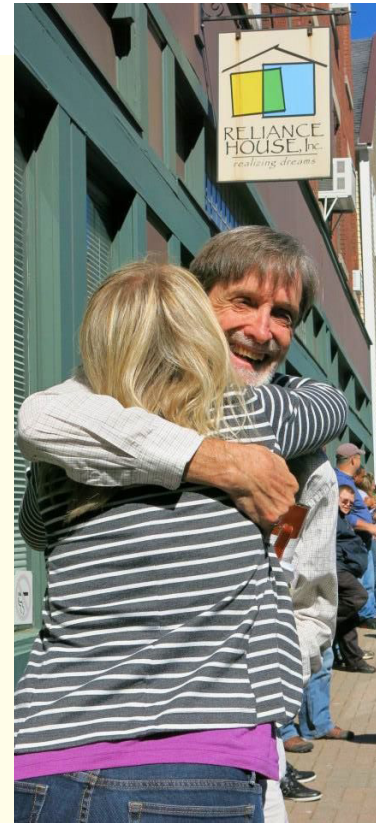
First
FRIDAY
 DOWNTOWN NORWICH

Leadership is About Relationships

David Burnett,
Reliance House CEO



Congratulations to our 2013 Reliance House Leadership Academy Graduates!!!



The essence of corporate survival has much to do with effective leadership. The more I experience life, the more I think good corporate leadership is fairly simple. It all starts with liking the people with whom we work. Some would say it's not always easy to like people, but I find that it IS easy to like just about everybody. We can all find that "something special" about the people with whom we work. Find it and build on it. Once a leader likes people, it all flows from there.

Respect: It's hard to like people if one does not respect others. If a leader respects others, a funny thing tends to happen. The people who are respected by their leaders behave in a way that deserves respect.

Trust: Similarly, if you want trustworthy employees, treat people as if they are trustworthy and the vast majority of the time people will respond accordingly.

Creativity: When people are appreciated and treated with respect, it's amazing (1) how hard they work, (2) how much creativity will bubble up from various parts of the organization.

who had been homeless with her children at one point in her life. She wrote a grant, got funded, and then started and ran a new program.

All I had to do was recognize and appreciate her abilities and sign the grant proposal. This kind of thing has happened dozens of times at Reliance House.

Treat people the way they want to be treated and they will respond accordingly.

I run an organization in which all I have to do is look around to recognize and utilize people's creative energies. At Reliance House, we have a highly respected Outreach to Homeless Program. This was started by Lorraine Stanick, my secretary,

Respect. Trust. Creativity. These ideas are not new.

I find that this actually works. We all know that there are exceptions to this, but let's not dwell on them. These exceptions are few and far between and can be dealt with accordingly. We gain

so much more by treating people with respect and trust than if we treat people with suspicion or lack of trust. Once we have established respectful and trusting relationships, we need to communicate openly and frequently with our co-workers.

Say “thank you” in dozens of different ways and do it often.

Remember most communications is non-verbal; the eyes can communicate more than words about respect and trust. Show appreciation and

respect by being flexible whenever possible to help employees meet personal and family obligations in their lives.

One other important aspect of treating people with respect is expressed in salary structure. I say to staff often, “Whose job is more important... yours dealing with the people we serve, or mine?” I could debate either side of the issue. If that is the case, we better have salary structure that reflects those values. At Reliance House, the top salary in the corporation is less than three times the lowest pay. With our salary enhancement structure, it can get as low as

two-to-one. This reality sends a message to all people in the agency that your job/function within our system is appreciated and valued.

One final thought...

Lead, do not manage. People do not need to be managed. People can manage their own lives when they exist in a nurturing, respectful, caring environment.

Respect, trust, appreciation.... All could be called love. All lead to positive relationships, a person’s job satisfaction and personal/corporate growth.



In September of 2013, David Burnett was recognized as the top leader among mid-sized employers in the Hartford Courant/FOXCT Top Workplaces awards.

Additionally, Reliance House ranked 2nd amongst mid-size Connecticut Top Workplaces for the second time in three years. The nomination process started with 660 organizations and finalists were chosen based on results solely from employee feedback.



“It is important that we recognize and live the value of respecting every human being. If we do this amongst our staff, it will get transmitted to the adults we serve.”

Dave Burnett, CEO



Connecting Your Mental & Physical Health



The first annual Winterfest 5K was a tremendous success.

313 runners completed the 5K and **over 40 kids** participated in the FitKids Fun Run. To all participants, sponsors, community partners, volunteers, donors and vendors:

THANK YOU.

It was a very proud day for both Reliance House and mental health in Norwich.

2013 Norwich Winterfest 5K Sponsors

Gold

Brayman Heating & Cooling
CohnReznick LLP
Smith Insurance, Inc.

Bronze

Byrnes Agency
F&F Distributors
Peter Powers Contracting
Verizon Wireless Zone of
Norwich & Lisbon

Platinum

Schuster Driscoll, LLC

Silver

Chelsea-Groton Bank
Eastern Savings Bank
Duncklee, Inc. Cooling & Heating
International Union of Operating
Engineers Local 30
Southeastern Council on Alcoholism
& Drug Dependence, Inc. (SCADD)
Urgent Care of Connecticut

Mark your
calendars
for the 2nd
annual
Winterfest 5K

SAT: November 29, 2014

START TIME: Kids 10:30 AM, 5K 11:00 AM

For more info please visit: <http://www.hartfordmarathon.com>



Dragon Boat 2013

A special thanks to the Wells Fargo Advisors of Mystic, CT for generously sponsoring Reliance House in the 2013 Dragon Boat races. This donation helped ignite a positive, team oriented, and wellness driven dynamic agency wide. Our ability to build relationships, highlight leaders, inspire others, and enrich lives has grown after this event. **Thank you.**

ROW BLAZING PADDLES, ROW!

2013 Fiscal Year Financials

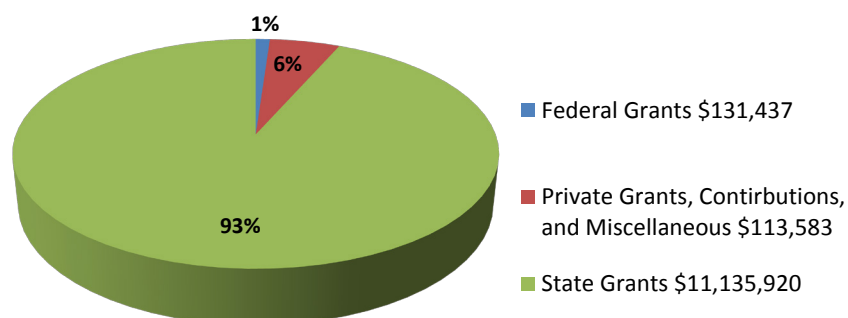
Reliance House, Inc. Consolidated Statement of Financial Position June 2013 and 2012

	Fiscal Year 2013	Fiscal Year 2012	Increase/ (Decrease)
Assets			
Current Assets	\$3,417,132	\$3,385,478	\$31,654
Property & Equipment @ Book Value	\$1,617,358	\$1,619,562	\$(2,204)
Investments	\$211,111	\$186,733	\$24,378
Total Assets	<u>\$5,245,601</u>	<u>\$5,191,773</u>	<u>\$53,828</u>
Liabilities			
Current Liabilities	\$2,463,736	\$2,469,177	\$(5,441)
Long-Term Liabilities	\$1,097,815	\$1,159,332	\$(61,517)
Total Liabilities	<u>\$3,561,551</u>	<u>\$3,628,509</u>	<u>\$(66,958)</u>
Net Assets			
Net Assets, Unrestricted	\$1,678,090	\$1,556,214	\$121,876
Net Assets, Temporarily Restricted	\$5,960	\$7,050	\$(1,090)
Total Net Assets	<u>\$1,684,050</u>	<u>\$1,563,264</u>	<u>\$120,786</u>
Total Liabilities & Net Assets	<u>\$5,245,601</u>	<u>\$5,191,773</u>	<u>\$53,828</u>

Reliance House, Inc. Consolidated Statement of Activities FY 2013

Change in Net Assets

Unrestricted Net Assets, June 30, 2012	\$1,563,264
Change in Unrestricted Net Assets June 30, 2013	<u>\$121,876</u>
Unrestricted Net Assets, June 30, 2013	<u>\$1,685,140</u>
Temporarily Restricted Net Assets, June 30, 2012	
Net Assets Released from Restrictions, June 30, 2013	<u>\$(1,090)</u>
Temporarily Restricted Net Assets, June 30, 2013	<u>\$(1,090)</u>
Total Net Assets, June 30, 2013	<u>\$1,684,050</u>



THANK YOU FOR YOUR SUPPORT!

We would like to gratefully recognize the following organizations, businesses and individuals who have made financial contributions to Reliance House, Inc. during the years of 2012 and 2013.

\$4,000 +

Anderson-Paffard
Foundation
Schuster Driscoll

\$2,000 - \$3,999

ChelseaGroton Foundation
Dime Bank Foundation
Norwich Catholic Diocesan
Corp. Rice Bowl
Norwich Free Academy
Student Organization
R. S. Gernon Trust

\$1,000 - \$1,999

Anonymous
David & Nancy Burnett
Eastern Savings Bank Grant
Fidelity Charitable Gift Fund
G.E. Foundation
Genevieve Chojnacki
Janet & Allen Williams
John C. Mercier
Lamb Family Fund
Norwich Rotary Foundation
Pfizer United Way Campaign,
Matching Gifts, & Volunteer
Program
Raul Walker
Road Church Missionary
Society
Wells Fargo Advisors, LLC
Mystic Branch

\$500 - \$999

AHEPA Norwich Foundation Inc.
Connecticut Food Bank

Greater Norwich Area Chamber
of Commerce Auto Show
Jacqueline Falman
James and Michele Cronin
Six Flags New England
Smith Insurance – Lighthouse
Project

\$300 - \$499

Aida R. Garcia
Charles & Susan Seeman
Charles F. Rossoll
Curt F. Beck
Hartford Marathon Foundation
John & Jane Morosky
Michael & Carol Lahan
National Alliance on Mental
Illness (NAMI) - Connecticut
Savings Institute Bank & Trust
St. Luke's Lutheran Church

\$200 - \$299

Action Equipment Rental &
Sales Inc.
City of Norwich Food Pantry
Goldblatt Bokoff LLC, Certified
Public Accountants
Greater Hartford Community
Foundation
J. A. & H. G. Coleman
Jean & Bernard J. Crooney
Ken & Linda Lamothe
Lewis Crone
Lloyd Langhammer
Mark Gagne
Michael Driscoll
Norwich Fire Department,
Local 892

Norwich Ophthalmology
Group P.C.
Public Policy & Government Affairs
Consulting, Kenneth L. Przybysz
Samuel & Joan Teller
The Nutmeg Companies Inc.

\$100 - \$199

Alberta Sheman
American Landscape
Anis & Ann Racy
Ann M. & Sultan Ahamed Foundation
Beatrice Mackenzie & Jane Morosky
Clement & Lesley McGrath
Daniel & Laura Santos
Denise & David Magario
Donna Addeo
Dorothy Lewis
Duncan & Elizabeth Stoddard
Edwin R. Muenzner
Eric and Ruth Sandberg
Esther Gowitzke
Frank Manfredi
Frank Manfredi & Kellyann Graves
Gerald A. Daigle
Gordon & Marilynn Hyde
Greater Hartford Community
Foundation, Inc. - Traveler's
Championship
Helen K. & Zoltan Ferencek
John P. & Louise Anderson
Joseph & Nancy Przekop
Judith & Francis Foley
Laura Pinkston and Kenneth Koenigs
Margaret Sabe
Mark Holmes
Natalie, Bill and Clare Billing
Patricia Tramontozzi

Robert Kudej
 Robert & Elizabeth Conway
 Root Canal Specialist, P.C.
 Samuel & Joan Teller
 Sheila Moran
 Sherri Raboin
 Shirley S. Langford
 Thomas H. Lesnik, M.D., P.C.
 Toby Coit, LCSW

\$50 - \$99

Anne J. Sharpe
 Carol Mastronunzio
 Christa Henselder
 Custom Carpentry of Norwich,
 Thomas E. Giroux
 David Hecht Custom Kitchens
 D'elia Bakery & Grinder Shop
 Dennis & Terri Slater
 Donald & Ada Amaro
 Donald & Lois Steinman
 Donna and Frank Feraco
 Eric V. Reelitz
 Greenville Congregational Church
 J. David Sawyer, M.D.
 James Coleman
 John F. Sacrey
 John Wirzbicki
 Joseph & Christine Lemieux
 Marie Bontempo
 Mary Jean King

Mildred Bode
 Robert & Judith Strick
 Robert & Linda Crootof
 Robert J. Storms
 Roy & Linda Bourque
 Sheila Gabrielli
 Three Rivers Community College

\$1 - \$49

Carol A. Cieslukowski
 Celeste Lucchini
 Charles Gilbert III
 Cort Murphy
 Diane Gawronski
 Eric Kanter
 Fran Ogulnick
 Gabriel Messina
 GoodSearch
 Joseph Drenga
 Konstant & Carole Morell
 Konstant W. Morell, Attorney
 Labenski Funeral Home, LLC
 Lance & Pauline Magnuson
 Marie & Ann Milner
 Maylou A. Cowles
 Merrill & Cecile Gerber
 Michael & Carolyn Fusaro
 Patrick McGowen
 Paul and Carol Fatone
 Robert & Ellen Davis
 Robert D. Alling

Ronald Coderre
 Sam Bliven
 Sara F. O'Hearn
 Theresa Sedotti
 Walter Scepanski Roofing

Gifts in Memory of:
Dennis McMahon
 Diane R. McMahon

Dennis Silva
 Harley & Deborah Stiggle
 Cecile C. Gagnon

Doreen Mercier
 John C. Mercier
 Cathleen Schultz

Jean Caron
 Barbara Smith
 Lee Ann Fonseca
 Donna Corigan
 Mary & Stephen MacIntosh

Joseph Lewis
 Michael & Rosemarie Payne

Nancy Henderson
 David and Vickie Videll
 Donna and Nate Wheeler



“We are honored to have a team that makes generous contributions to the community, and are proud to consistently support the vital mental health and wellness programs at Reliance House.” - Barry Shead,

Assistant Vice President & Branch Manager



The Greater Norwich Area Chamber of Commerce generously donated a portion of their Auto Show proceeds to Reliance House. **Thank you.**

Thank You for Your Partnerships

Yard Beautification: A Successful Medium to Learn New Skills

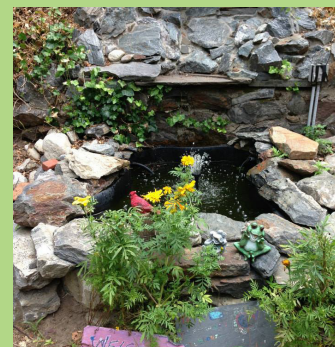
The Dime Bank Foundation awarded Reliance House with a \$3,000 grant for members to participate in the Yard Beautification Project at our Teamworks site. Teamworks is a community based program offering members opportunities to share talents, create friendships, enhance learning, have a sense of belonging, and engage in our local environment.

With Dime Bank's support we were able to:

- Increase the skills of our members
- Decrease stress & anxiety
- Increase vegetable consumption
- Improve curbside appeal
- Make the important connection between mental and physical activities
- Build a peaceful, recovery oriented outdoor space utilized by 114 members

Skills gained by members:

- Mixing cement
- Constructing a gazebo
- Laying mulch & planting
- Weeding, watering & harvesting
- Cooking with home grown produce
- Accountability
- Building fences & raised flower/vegetable beds



Community Employers

Career Services staff work with prospective employers and individuals to ensure successful job matching and on-going support for employment. We would like to highlight and acknowledge the following community employers:

AC Moore
ACE Hardware (Norwich)
Agway
Better Valu
Big Y
Chili's (Montville)
City of Norwich Parks and Recs.
Cumberland Farms (Baltic)
Family Resource Center
Fiddle Heads Food Co-op
(New London)

Goodwill
Greater Norwich Area Chamber
of Commerce
Harp & Dragon Pub
Hot Rods
Keith's Appliances
Norwichtown Pet Resort & Spa
Old School Iron (New London)
Otis Library
Panera Bread (Jewett City)

Rose City Senior Center
(Norwich)
Ruby Tuesday (Lisbon)
Shop Rite
TVCCA
US Foods
Walmart (Norwich)
Waterford Animal Control

We Truly Appreciate You!!

We would also like to thank the many caring individuals, groups, volunteers and local businesses who donated in-kind items to our various programs and fundraising events throughout the year. **We couldn't do what we do without you!**



Roots Hair Salon in Norwich donated a ½ day of hair cutting and styling for Reliance House members and extended the invitation back for a trim and shape up. Thanks to Lisa Converse and her Roots team for giving everyone the chance to look and feel good within our community.

Thank you Vitamix!

In keeping with our wellness initiatives, Reliance House received an extremely generous donation of six Vitamix machines. The blenders are used in over half of our 26 programs and have helped over 100 people learn more about the benefits of nutritional cooking. One program has started a smoothie group, while another has experimented with a variety of soup recipes.



Donations are gratefully accepted at any time. Your contributions to Reliance House help provide mental health services, new program initiatives, and supplies to better meet the needs of our increasingly diverse population.

Ways You Can Help:

- Monetary gifts
- Sponsorships
- Employer matching gift programs
- In-kind donations of goods and services
- Bequests
- Tribute gifts
- Surfing & purchasing on sites such as Amazon Smiles, Goodshop, and eBay's MissionFish

For further information please contact the Reliance House Development Office at 860-887-6536 or giving@reliancehouse.org

We have taken great care to ensure that listings are complete and accurate. However, a mistake can sometimes be made. Should you find an error, please bring it to our attention.

Contact: [Stephanie Sobotka, Agency Development Director, at 860-887-6536 ext. 289 or email \[ssobotka@reliancehouse.org\]\(mailto:ssobotka@reliancehouse.org\).](mailto:ssobotka@reliancehouse.org)



Good Health starts with

Mental Wellness

Reliance House is a private 501(c)(3) community mental health agency employing 250 individuals and partnering with approximately 800 adults per year. We have been dedicated to providing individualized programs, prevention initiatives, and support groups to promote personal and community wellness within Eastern Connecticut since 1976. Our programs help individuals find and preserve stable housing, advance educational goals, gain career experience, develop social networks, maintain employment and advance day-to-day life skills.

If you or someone you know needs help
please call Reliance House at **860-887-6536**.

Our qualified staff of professionals learns about a person's needs, answers questions, discusses program eligibility and partners with them to select the best treatment options.

Reliance House, Inc.
40 Broadway, Norwich, CT 06360



Designed by:
Ashlie LaCroix
Graphic Design Student