November 2020
At the Heart of Wellness

LEND A HAND, HEAL A HEART
A Simple Act of Giving Can Help Heal a Heart

November is typically a time to reflect on what we are thankful for - our health, family, friends, a roof over our heads. The list goes on as we think about what is important and try to let go of the longing for what we don’t have. The things we are most thankful for may just be what we can’t touch, the love of child or having a good friend who will listen when life throws trouble our way. Thanksgiving fills our homes and hearts with the sound of laughter and fills our bellies with our warm, home-cooked meal. It is typically a time of togetherness and a tradition that is hard to break.

However, Thanksgiving probably looked and felt a lot different this year. It was atypical. We had to make tough choices to stay apart during a time that normally brings us together and we will continue to have to make these difficult decisions as we close out the year. COVID-19 has changed so much, and many people are suffering from the far-reaching consequences of a virus that won’t go away.

People are Struggling Right Now
The CDC recently reported that 40% of Americans are struggling with their mental health or substance use due to COVID-19. This past month, Connecticut lost four teens to suicide. People in our communities, our neighbors and our friends are experiencing job loss, economic insecurity, social isolation and the loss of loved ones. It is understandable that people of all ages, all walks of life are experiencing heightened states of anxiety, depression and increasing the use of substances to deal with these feelings. Since our founding over 40 years ago, we have never seen such a need for our services. As the need intensifies, it’s more important than ever that we’re here to care for our communities.

You are Safe in Our Hands
Throughout the pandemic McCall has been answering the communities call for help. Our doors have remained open and we have been able to provide continuous care to our clients, whether through tele-health appointments or in-person treatment following strict COVID-19 safety protocols. Unfortunately, there has been a cost to our organization and fundraising has been a challenge. We pride ourselves on never turning anyone away for their inability to pay for treatment and we need to ensure we can continue to provide life-saving services. We need to be here to help Connecticut’s own Veteran’s, seniors, teens, members of the LGBTQ+ community and families get through this unprecedented time. It is a courageous and good thing to ask for help and we, as an organization, need your help, the communities help, to make sure we can provide our programs to those who need them.

Lend a Hand, Heal a Heart – The Need is Urgent
That is why we are asking you to Lend a Hand and donate to McCall today. Your donation will enable us to continue to provide high quality care to the most vulnerable people in our state. No matter how big or how small, your donation will go directly to helping our clients Heal their Hearts and live healthy, happy and purposeful lives. For more inspiration, on Giving Tuesday we encourage you to follow our Facebook and Instagram pages. You will hear three recovery stories and see how the right treatment, support from trained professionals and love from their families got them on the road to recovery and into careers where they are now dedicating their lives to helping others. We hope their stories inspire you, resonate within you and fill you with hope.

We understand that times may be challenging, but if you are able, we would be exceptionally grateful for your help. You will be giving the gift of peace and wellness this holiday season and there is nothing more precious than that.

Click here to donate today.

Did you Miss our WZBG Interview?
Click on this Link to hear this month’s interview on WZBG 97.3 with Dale Jones and Marisa Mittelstaedt, Development and Marketing Coordinator at the McCall Center for Behavioral Health. Tune in on the 3rd Wednesday of every month at 8:20 to hear us in real-time.

Message from Maria

Dear friends;

One of the many gifts of being a social worker is that we have the rare experience of being invited into another’s heart. Being invited to listen and appreciate another’s experience is an honor. Learning what brings them joy, causes pain, and where the spots of shame still linger, is a privilege. There is an alchemy that occurs in this space. Perspective shifts, empathy expands, and an appreciation for how the full measure of the person sitting across from you arrived at where they are today emerges.

The work of the therapist is to build a compassionate bridge of understanding to facilitate healing. In order to be effective, you must find space in your heart for your client. But, as I’m sure you know, this is not the exclusive domain of a social worker. I’m sure there are many times you can point to when you’ve felt this level of empathy – given and received.

My hope for you in this strange and challenging holiday season is that you can experience transformational moments of sharing heart space. Imagine the potential healing – truly needed in our world – that would take place, were this to happen for all of us.

I’m deeply grateful for each of you and the beautiful ways you engage in and support the healing mission of McCall.

All my very best to you,
Maria

Make a difference in someone’s life and support McCall today.

Our mission is to provide comprehensive integrated substance abuse and mental health treatment to help people lead healthier and more productive lives.

Your donation will directly support our prevention, recovery and community programs and help us provide clients with the support they need regardless of their ability to pay. Click here to donate today!