Dear friends;

My dad and I recently experienced a supreme treat; cellist Yo Yo Ma was at the Bushnell for a CT Forum conversation and performance. At the end of the evening, he asked the audience to listen to Bach’s Cello Suite No. 1 as he played it all the way through. He then shared his interpretation of the piece and gave us a little education about Bach’s intent for the musician and the listener. He imagined that the piece represents the pandemic; he points out the energy at the start, happy and upbeat and then, a dramatic pause. When the music resumes, it is intense, low and has complex elements. As it goes on, these elements are amplified and culminate in a dramatic crescendo. Throughout, though, he asked us to notice one note that connects it all. There are two critical actors in that through line: the musician who plays the note as long as possible and the listener, who suspends the concrete in favor of the experience, and hears the note as ongoing. He had us all stand and sing that note together. He then played the piece all the way through once again, narrating and encouraging us to feel the note connecting us all.

When some needed to take a breath, others continued, and when they needed to breathe, we kept singing. The result was extraordinary. In that theater, 3,000 of us created a moment I will carry in my heart forever.

How are you today? Are you singing? Or do you need to rest and breathe? Do you feel a community around you, holding the music together when that time comes? I deeply hope you do. This is what we do at McCall and Help every day.

We work to help each person who comes through our doors to know that it’s safe to rest and breathe; and then to find their voice and add it to the chorus. We can’t do that work without you, our community. You are here for us when we need to take a breath. This is an extraordinary time, one of intense and immense need and we need one another more than ever before.

Thank you, dear friends, we can feel you all next to us, holding the note, holding on to hope, love and connection.

Gratefully,

Maria

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As you are all too aware, this has been a year of unprecedented loss. Across our nation, we have lost far too many precious lives to overdose and suicide. In times like these, we understand that finding hope can be challenging. And yet, at McCall and Help, we do find it. Each and every day, we find hope within those we serve.

Giving Tuesday kicks off our 2021 Annual Appeal: Reflections of Hope. We invite you to visit us on Facebook @HELPCT or @MCALLCENTERCT or Instagram @MCALLCENTERCT and hear directly from our clients. You will see how access to evidence-based treatment has instilled confidence, self-worth, and hope.

We hope their testimonials inspire you to donate. When you give to McCall Center for Behavioral Health & Help, Inc. you give so much more than money. You let our clients know they are capable and worthy of the hard work it takes to heal and sustain recovery.

We know times can be difficult, and we are deeply grateful for your consideration.

Click here to donate to McCall today! Click here to donate to Help today!

Perseverance: Finding Faith in Yourself

We have all heard the proverbial phrase, when life gives you lemons, make lemonade. It is used to encourage positivity and optimism for the future. Frankly, it’s easier said than done. It is easy to tell people they can get through difficult times, but if they can’t see that they can do it, perseverance can be a challenge. In reality, perseverance is hard. It takes practice, patience, and faith that you will make it out okay on the other side.

This year, we can all relate to the need to persevere. We may be grieving the loss of a loved one, have received a discouraging medical diagnosis, or are entering into recovery for the first, second, or umpteenth time. In these moments, we can all benefit from some inspiration:

- Get uncomfortable; emotions last only about 90 seconds. If we can sit with them and fully process through. This requires us to fully feel each part of the human story. Focus on the small battles, not the war; take the small wins to build self-sufficiency.
- Believe in your head and your heart; perseverance lives in your heart, and seeing that you can make it through a small moment gives you the confidence to make it through the rest.
- Find meaning in your struggles; Auschwitz survivor Viktor Frankl said in his book A Man’s Search for Meaning, “In some way, suffering ceases to be suffering at the moment it finds a meaning.” The meaning of a situation isn’t fixed; empower yourself by searching for the meaning that minimizes your suffering.
- Find support in your community; support groups, friends, family members, and online communities let you know you are not alone.

People who’ve experienced trauma have a hard time believing that they are capable of persevering. They operate under a distorted perception that they are not worthy of love and a happy life. This shame keeps us stuck. The good news is that this way of thinking can be unlearned and new pathways formed. If you or someone you know is struggling, know that a life of peace and freedom is attainable. Know that you can persevere and are worth the effort.

Help, Inc.: (203) 756-8894
McCall: (860) 496-2100

Did you miss our WZBG interview?

Click on this link to hear this month’s interview on WZBG 97.3 with Dale Jones and Donta Gorham, Addiction Case Manager and Maria Middlesaadt, Development and Marketing Project Manager. Tune in on the 3rd Wednesday of every month at 8:20 to hear us in real-time.

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McCall Center for Behavioral Health
Promoting Healing & Recovery

Heart of Wellness
With McCall & Help

Message from Maria

Maria Coutant Skinner, LCSW, CEO

Reflections of Hope

Donate Today & Give the Gift of Hope

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