Message from Maria

Dear friends,

McCall is a midsize employer. It doesn’t have much for me to be thankful for those always present moments of feeling lost in the wilderness.

A dear friend is middle school aged but had a difficult time of school. And even though he had a lot to offer, he could not see it. He needed to be shown that he couldn’t be seen at all.

I often feel that way too. We are so distracted by our work. We are so self-centered.

But I believe if we took a moment to see each other, we could see each other.

All that we are feeling and understanding this moment. It is the heart of suicide prevention, it is our commitment to the workplace and it’s what we are striving for in our IDEA work. It is what it means for us to be Americans. It is what it means for us be to abstinent.

I think we can all learn and imagine. It’s a way of being that I make each of us fully US, well, but because it’s part of what makes us different.

I make each of us fully US, and accepted – not in spite of it – but because it’s part of what makes us different.

The power of honestly and openly sharing what each of us feels is the most important in suicide prevention.

While I’m a shy kid, I just couldn’t wait to play kickball with at recess, and I didn’t belong securely to any. Everyone else had their group…

It would be painful and it would be hurtful when I was going to be transported back to those feelings of belonging.

If you notice any of the following behaviors or situations:

• Someone is talking or writing about death, dying, or suicide.

• Someone is looking for ways to kill themselves.

• Someone is talking about ending their life, death, or suicide.

• Your loved one is increasing their use of alcohol and other drugs.

We take time to remember those whom we have lost, to talk about suicide, the warning signs, and where we can go to get help.

We are excited to announce that we received the Second Annual Connecticut Top Workplace Award and we are humbled to receive it.

We are the first year as a combined organization. Receiving the Top Workplace award is a testament to the creativity, the commitment to the needs of our clients, regardless of their race, gender identity, or ability to pay for services. We have realized that while this is our intention, we need to do better to reach our underserved communities here in CT.

Let me thank our Board, our Staff, and community programs and help us provide clients with the proper treatment for mental health and substance use disorders.

Recovery is for Everyone

Every September we observe National Recovery Month, leading up to a month of awareness, with the message that people with a substance use disorder or mental health challenge can lead healthy, productive, and fulfilling lives.

According to the National Institute on Drug Abuse, the proper treatment for mental health and substance use disorders is possible for everyone, however for those who live in areas where treatment is not available, their lives may be defined by the stigma that often surrounds suicide and mental health disorders. Even for those who live in areas where treatment is available, access to care is often limited.

Understanding the risk factors and early warning signs are crucial in suicide prevention. Due to the stigmas and stigmas that often surround suicidal and mental health disorders, people who are experiencing spurts of depression, despair, and hopelessness feel like they are alone in their struggle. They are afraid to reach out to get help.

“Do you have a plan of how to do it?”. In that moment you need a decision to take steps to prevent suicide.

National Recovery Month is observed annually in September. We take time to recognize the contributions of those who have helped others to achieve recovery.

We thank you for your support and encourage you to join us in celebrating recovery.

Maria Coutant Skinner, LCSW