

# *thinking well*



*at work,  
school, home  
and in the community*

Laurel House, Inc.  
FY 2014 Annual Report

## A Message from our Chairman

Young adults. We were all one at some point (and some of us still are!). Many of us have them in our families, have had them before they moved to the next stage of their lives or will have them. Today's young adults live in an increasingly complex and stressful world. While the information flow and its superhighway help many of us with managing our day-to-day lives and/or our businesses, it can lead to an overload of anxiety for our young adults. Layer onto that the latent mental illness that exists across our young adult (and adult!) populations and it can lead to a worrisome combination.

A young adult diagnosed with a serious mental illness will experience symptoms that can lead to unemployment, disrupted education, homelessness, loss of social ties and a lifelong reliance on medication. It can also result in a profound loss of self-esteem, loneliness, apathy, dependence, shame and despair. Serious mental illness can result in higher rates of suicide, drug and alcohol abuse, obesity, diabetes, and nicotine addiction. Add to that the tremendous toll it takes on families, parents, siblings and friends of those affected.

Laurel House has been innovative in providing "Resources to Recover," a robust array of integrated services and expertise geared towards assisting young adults, their families and others along the path of mental health recovery. Through supportive services and programs including recovery planning, life skills coaching and skill building, education, employment, housing and residential services, food service and wellness, social opportunities, and active reach out to individuals who might otherwise be isolated, Resources to Recover is beginning to make a difference.

**Resources to Recover** has three fundamental goals:

Early Intervention and Remediation - helping families connect with the right services to prevent the harmful secondary effects of mental illness.

Social Inclusion - reintegration and full participation for program participants in their local communities.

Recovery - people can and do overcome the challenges of mental illness to have a better life.

We are hopeful that Resources to Recover will be as successful as it is innovative.

Laurel House has been assisting those with serious mental illness for over 30 years. We are a private, independent, not-for-profit, and we rely on both public and private monies to fund Laurel House.

Our young adults with mental illness need help. Laurel House wants to be part of that solution and we hope you will, too.



Peter E. Ruhlin  
Chairman of the Board of Directors

## A Message from our President and CEO

### *Promising treatments and strategies for mental health recovery*

January 4, 2014 marked the 30th anniversary of the founding of Laurel House. This past year we have introduced two key initiatives that have allowed us to expand our services well beyond our original capability in providing rehabilitative programs:

- a 30 session cognitive remediation behavioral treatment program called “Thinking Well;” and
- a gateway website, [www.rtor.org](http://www.rtor.org), with online and phone support, for families in search of expert mental health services and information.

While Laurel House still provides the same inclusive environment that fosters hope and recovery as it always has, for the first time Laurel House is able to offer a treatment program that demonstrably makes a difference in the improved thinking skills of adults of all ages with cognitive impairment. Thinking Well utilizes the evidence-based NEAR (Neuropsychological and Educational Approach to Cognitive Remediation) model of group-based training with individualized learning by participants. Sessions are followed by bridging discussion groups, led by a Cognitive Remediation Specialist, in which participants share practical application of the learnings. The major areas of cognitive impairment that are treated are attention, memory, processing speed and problem solving.

Thinking Well helps program participants develop the underlying cognitive skills that also improve functioning in independent living, at school or work, and in interacting with others. For young adults, the brain and cognitive skills are still developing, increasing the opportunity for rehabilitation and integration into their local communities. Results are measured quantitatively (with pre and post assessment of thinking skills) and in functional outcomes (improved performance on the job, in school, in daily tasks of independent living, and in social interaction).

Our second initiative, the gateway website [www.rtor.org](http://www.rtor.org) (short for “Resources to Recover”), is a response to the many inquiries that Laurel House has received over the years from families regarding the often confusing process of identifying illness and of finding effective treatment programs and providers. Among the resources available on the site are: family-endorsed providers; best practice and evidence-based programs; topical blog postings; stages in recognition of illness and steps to recovery planning; and news and resources in mental health.

Please visit both the Resources to Recover website and the Laurel House website, [www.laurelhouse.net](http://www.laurelhouse.net), to learn more about these innovative programs. A Thinking Well video is posted on the Laurel House site.

Thank you to all of the donors, volunteers and supporters who have helped and encouraged us. Your generosity has made these programs possible. We welcome the opportunity to share with you the results of your confidence and investment in us – the improved quality of life of the 656 individuals and 146 families we served last year.

With gratitude,



Linda M. Autore  
President and CEO



## Advancing Options in Mental Health

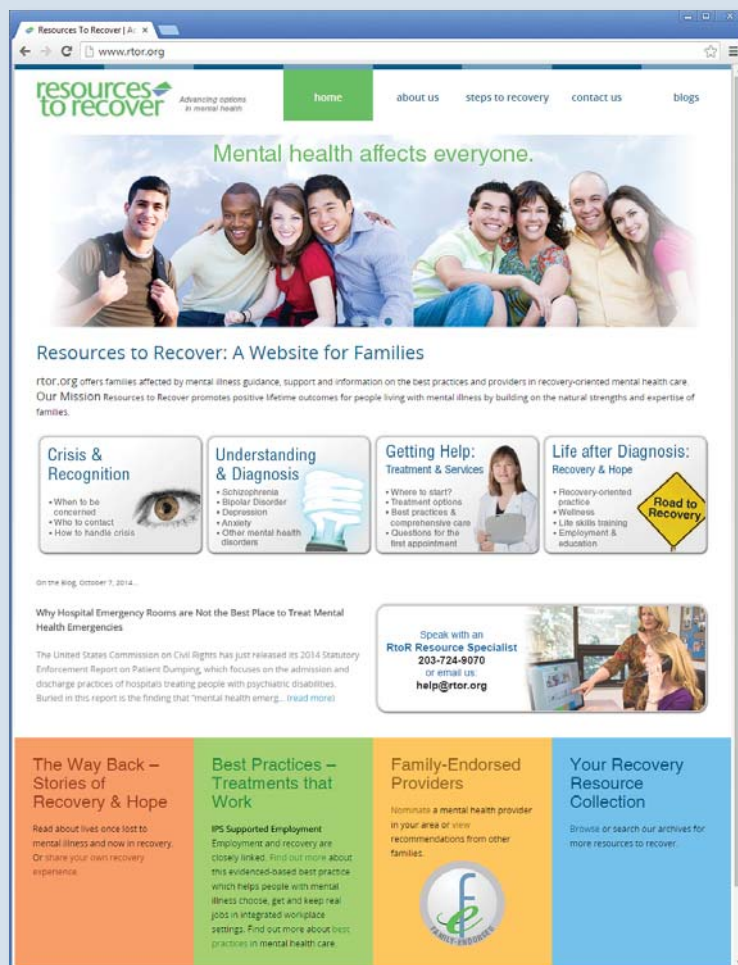
[www.rtor.org](http://www.rtor.org) (or RtoR, short for Resources to Recover) is a gateway website - an information clearing house and virtual support network - that offers individuals and families affected by mental illness guidance regarding best practices and providers in recovery-oriented mental health care. The site which opened in May is a response to the ongoing dialogue Laurel House has with the families of our program participants, our volunteers and mental health care providers and acknowledges that the mental health system can be very difficult to navigate.

Despite effective treatments, there are often long delays between the first onset of symptoms and when people seek and receive treatment for mental illness. Less than one-third of adults and one-half of children with a diagnosable mental disorder receive mental health services in a given year. RtoR promotes early intervention and remediation by helping families connect with the right resources early enough to prevent or reduce the harmful secondary effects of mental illness.

Laurel House recognizes that we are one part of a critical set of services required to fully engage and help individuals. And we have learned about many best-practice programs and services available in the region, so we are showcasing those on a wider basis to promote positive lifetime outcomes for people living with mental illness and to shorten the discovery process that families face in finding answers for their loved ones.

Among the services and features of the site are:

Family-endorsed providers - providers on the site have been endorsed by families who have used the services for their loved ones. RtoR recognizes that families are often the de facto case managers and as such are the real experts on quality care. Providers include private practitioners, mental health service organizations and professionals in related fields such as law, education and advocacy. Advisory Group members assist the RtoR leadership team in vetting the providers and treatments, including making onsite visits.



Guidance - on recognizing mental illness, handling crises, understanding diagnoses and accessing treatment.

Blogs - by professionals, people with first-hand experience, and family members on recovery and the latest practices and advances in mental health.

Resource Specialist - knowledgeable RtoR online and phone support is available to respond to site inquiries and to better understand the site visitor's needs to make more appropriate expert referrals.



## Thinking Well



Thinking Well is our program name for a group of related activities that focus on improved cognition and healthy living. The evidence-based program was created to address long-term cognitive impairment that interferes with the daily lives of people with serious mental illness. Its goal is to help people living with mental illness build or improve the underlying cognitive skills that lead to better functioning and success in the workplace, school, community and at home.

In March of 2014, four Laurel House clinicians were certified in cognitive remediation, following six months of training and testing by Dr. Alice Medalia, Director of Psychiatric Rehabilitation at Columbia University Medical Center, Director of the Lieber Rehabilitation and Recovery Clinic and founder of the Neuropsychological Educational Approach to Cognitive Remediation (NEAR). A fifth clinician was trained in the administration and interpretation of the MATRICS battery of cognitive assessments. Laurel House is one of only three organizations in Connecticut operating the NEAR model of cognitive remediation therapy for people with mental illness and the only organization in southwestern Connecticut

Many of the adverse outcomes associated with schizophrenia such as social isolation, the inability to hold a job or successfully stay in school, or homelessness, can be traced to cognitive impairment that continues even after symptoms have been treated and controlled. Thinking Well focuses on direct improvement of memory, attention, processing speed, problem solving and social cognition. A cycle of Thinking Well is 30 seventy-five minute sessions of two

sessions per week (with computer-based exercises, followed by clinician-led group bridging discussions), generally conducted over a four month period.

Cognitive Behavioral Therapy (CBT) and Educational Learning Theory are the principal methods for delivering Thinking Well. Specific skills that are drilled on are beneficial because they can be generalized to practical life situations.

A baseline is established with testing to assess cognitive functioning prior to treatment and to identify targeted areas for improvement. A specialized treatment plan is then created and a Cognitive Remediation Specialist meets with the program participant throughout the course. Post program assessment shows areas of improvement and functional outcomes (e.g., engaging socially, returning to school, seeking and keeping a job, living independently) provide visible evidence of enhanced skills and confidence.

The earliest “graduates” of the 30 session program are showing very encouraging results including: improvement in thinking skills such as verbal and visual learning, problem solving, and speed of processing; increased self-confidence and better social engagement; and specific improvements in independent living skills, education and employment. And while participants of all ages are currently benefitting from Thinking Well, the program is showing a particular appeal for a younger audience (18 - 30) who typically have not been interested in “mental health” treatment.



## Supported Education

### What is Supported Education?

Laurel House has been a leader in the field of Supported Education since 1989 and is acknowledged by the Department of Mental Health and Addiction Services (DMHAS) as best practice. Participants in the Supported Education Program receive assistance in selecting an educational path, applying for admission, gaining financial assistance, enrolling and succeeding in courses or attaining a degree, and accessing on-campus support systems. Laurel House also arranges for qualified volunteer and peer student tutors.



### Veronica's Story

I am grateful to be part of Laurel House's Supported Education Program because they have been an important support in my life and in my progress towards my goal in this country.

I am originally from Ecuador. I came to the United States seven years ago with the dream to obtain a degree in order to have better job opportunities.

In Ecuador, I was working as a journalist and as the announcer of a radio news program. I was good at it, but I was young and I wanted more in my life, so when I had the opportunity to come to the US, I did not think twice. I left my job, my family and my country.

The three major barriers that I had to face in this country were the language, the money and my health. It took me more than two years and many English classes to feel a little confident and be able to take classes towards my business major. Secondly, as an international student, I did not qualify for Financial Aid. I started working jobs that didn't require a job permit like a nanny. Lastly, and the most important barrier was my health.

Since everything in this country was new for me, I decided to go skiing for the first time. I got into an accident that incapacitated me for over a year. I had to quit my classes and my job, and I moved in with a friend. My thoughts began affecting my mental health. I felt defeated and lost. I was full of regrets and sadness which made me fall into depression. I had left my family, my work and my country for a goal that was becoming impossible to achieve.

I was lucky to have my mother close to me, but it was painful to see her suffering for me, so I looked for help.

At Laurel House the Supported Education team kept an eye on me with my classes and helped me get in contact with people that have mentored and tutored me. Family, friends, volunteers, and Laurel House helped me put things in perspective and continue with my life. Thanks to them, I am still here. I just graduated from Norwalk Community College, and I already began my classes at Sacred Heart University to obtain my Bachelor's Degree in Business Administration.

### Collaborations

Laurel House helps program participants meet their educational goals at the following colleges and universities:

American College of  
Healthcare Sciences  
Brigham Young University  
DeVry College of New York,  
Keller Institute of Management  
Central Connecticut State University  
Charter Oak State College  
Gateway Community College  
Housatonic Community College  
Norwalk Community College  
Sacred Heart University  
Stony Brook University  
University of Bridgeport  
UConn Stamford  
Westchester Community College

Program participants are pursuing the following areas of concentration:  
Accounting; Automotive Technology;  
Business; Chemistry; Culinary Arts;  
General Studies; Graphic Design;  
Hospitality & Hotel Management;  
Human Services; Interior Design;  
Marketing; Nursing Nutrition and  
Wellness; Patient Care Technician;  
Physical Therapy; Psychology;  
Small Business Management;  
Veterinary Technology; Web Design.

### Exemplary Rating

Laurel House's Supported Education Program achieved a rating of "Exemplary" from the state of Connecticut for fidelity to the evidence-based model.

### FY 2014 Supported Education Facts

- 68 participants; 42 enrolled in college; 1 in vocational training
  - William R. Battey Educational Scholarship Fund
- Community Partner to Greenwich Department of Social Services

# Supported Employment

## What is Supported Employment?

Laurel House utilizes the evidence-based practice of Supported Employment, known as IPS (Individualized Placement and Support) developed at the Dartmouth Psychiatric Research Center. The program helps individuals with serious mental illness obtain and keep employment that focuses on the program participants' strengths, promoting recovery and wellness. Laurel House maintains regular contact with participants and employers to ensure job placements are successful by resolving issues or concerns as they arise and assisting in employer accommodations if needed.

60 – 80% of individuals living with severe mental illness are unemployed but most people with a psychiatric illness identify competitive employment as a primary life goal. Laurel House's Supported Employment program, integrated with mental health services, promotes well-being and self-sufficiency, resulting in an 80% employment rate.



## FY 2014 Supported Employment Facts

- 163 participants
- 131 employed in independent and supported jobs
- Monthly Supported Employment and Supported Education dinners in the community
- Have worked with 90 employers for job placements

## Maureen's Story

Maureen first entered Laurel House's Supported Employment Program in April. At the time, she was not working or going to school, and spent her time volunteering, and attending to personal appointments. Maureen was a shy and anxious individual, who struggled to make weekly appointments with her employment specialist.

However, Maureen had a very impressive employment history. Over the course of 10 years she was steadily employed part-time as a Master Tutor and Teaching Assistant of Mathematics and Chemistry at Housatonic Community College. Unfortunately, Maureen struggled on and off for a few years with mental health issues.

Maureen stated in her first Supported Employment appointment that her dream was to be able to have a full-time job. Since Maureen had been out of the field of tutoring for some time, Maureen and her employment specialist decided that a volunteer opportunity would be a great way

for her to get back into the field she loved, and would help ease her back into working again. Shortly thereafter, Maureen began a math tutoring group at Laurel House. She became an asset to other Laurel House program participants, showing great patience while building her own confidence.

During the time Maureen spent volunteering she was also still engaged in working toward her goal of competitive employment. She completed every preparatory milestone and showed up regularly and on time to all appointments. When an opportunity arose for a full time position as a math tutor for Stamford High School, Maureen felt this would be the perfect position for her. Within days of submitting her resume, Maureen was contacted to move on to the next step in the application process and over the course of several weeks, Maureen did an excellent job of completing each step. As a result, she landed the full-time position! Maureen started her dream job in August.

*“General Re is proud to support Laurel House since the mid-1980’s. Laurel House provides a much needed service to Stamford and Fairfield County and does it with compassion and results.”*

*~Richard Manz  
Second Vice President*



## Housing and Residential Services

Last year Laurel House's Residential Support Counselors provided housing and support to 91 individuals with serious mental illness in three levels of graduated support, in two Laurel House owned properties (with capacity for 33 individuals) and in scattered site apartments throughout Stamford and Greenwich. Each resident received individualized person-centered support and recovery planning as well as seamless entry into the Supported Employment, Supported Education, Food Service and Wellness, Thinking Well, Artists' and Writers' Workshops and Social programs offered at the Laurel House Resource Center on Washington Blvd.

For many who have sought housing with Laurel House, the most urgent goal is to have a home - a safe, affordable and comfortable place to live - with access to community resources and in close proximity to friends and supportive services. Assisted by caring counselors who are trained in providing the transfer of life skills, residents learn independent living skills such as cooking, cleaning and doing laundry. They are helped to access psychiatrists, medical doctors, benefits and accommodations to support their recovery. All residents hold leases and are accorded the full rights and responsibilities of any tenant.

The three levels of graduated support are Permanent Supportive Housing, Supported Housing and Supervised Housing. Permanent Supportive Housing is an evidence-based model of residential support that combines independent, scattered site, affordable housing with tailored supportive services that help people live more stable, productive lives. Those individuals who have made strides in their recovery plan participate in housing opportunities with much greater independence, that are integrated into housing complexes.

For some Laurel House residential programs, current homelessness, risk of homelessness, or chronic homelessness are required eligibility for entry to housing. The Laurel House Thrift Store, Treasure

### FY 2014 Supported Housing Facts

- 91 individuals received housing and support services
- Life Skills Coaching: housekeeping, grocery shopping, public transit navigation, banking, bill payment, budgeting



*Marshall Commons senior affordable housing in Stamford's South End.*

Hunters, often furnishes apartments and wardrobes for free to our new residents in such cases.

Supported Housing is also independent apartment living, but with onsite support that focuses on building self-sufficient living skills and rehabilitation. This is an enhanced residential support program that may be transitional in nature or enduring, depending on the need. Most residents in this type of program share an apartment suite with a shared living room, kitchen and bathroom, but a private bedroom.

Supervised Housing is the most intensive level of support and management, with staff co-located in the building and available by phone round the clock. This program is designed to allow adults with mental illness to live outside of an institutional setting or managed group home, in the least restrictive community setting possible.



*Community Room at a Laurel House Residence*



## Food Service, Wellness and Outreach



Proper nutrition is important for everyone, but for someone living with mental illness, eating regular well balanced meals is especially important. Laurel House provides hot meals and nutritious snacks prepared in our licensed commercial kitchen. For many, the food served in Laurel House's Café ("1616 Social") may be their only hot meal that day.

Much like in our own homes, the kitchen and food preparation areas are a gathering place and a primary hub for conversation and social engagement. Laurel House uses the warmth and hospitality of our food service program to effectively draw otherwise isolated individuals into psychosocial rehabilitation and vocational programs.

Each year, in addition to our daily meals, we host a minimum of 16 dining and social events at no charge to participants to ensure that they have a hot meal and a place to be engaged in a stimulating social environment.



## Cooking Workshop

A healthy cooking workshop is offered weekly in our commercial kitchen. In these hands-on sessions, program participants actively participate in the process of preparing and cooking a healthy meal together, and then enjoy the fruits of their labor by dining together as a group.

Each participant receives a notebook and recipe cards to document the workshop and provide instruction for skills transfer when cooking on their own.



## Treasure Hunters Thrift Store

A community resource conveniently located at 501 Summer Street in downtown Stamford, Laurel House's Treasure Hunters Thrift Store is open to the general public and carries a wide array of gently used furniture, household items and clothing at very affordable prices.

The Treasure Hunters Thrift Store allows Laurel House program participants to work side-by-side community volunteers in all aspects of store operations. The store provides an ideal opportunity, in a supportive environment, to develop and strengthen skills that can be used in a paying job, while working with the public and volunteers.

It is through the Thrift Store that we are able to provide furnishings to our Supported Housing residents. We are able to furnish complete apartments with the Thrift Store donations, a necessity for a number of the chronically homeless served.

Proceeds from the sale of goods at the store cover store operating expenses (including the truck) and support Laurel House programs and services.

Treasure Hunters Thrift Store created a microsite with an online "Wish List". Visit [treasurehuntersthriftstore.com](http://treasurehuntersthriftstore.com) and select "Wish List" to make a note of what you are looking for and you will be contacted if/when the item is received in the store.



*Geno Lupinacci, Store Manager*



*The Treasure Hunters truck picks up donated goods during scheduled appointments.*

## Mental Health First Aid

Wendy Champeix, Laurel House Director of Recovery Connections, achieved certification in Adult Mental Health First Aid Training (MHFA) in 2013 and has conducted seven training sessions in the community in the last year. She recently also received certification in Youth Mental Health First Aid, designed primarily for adults who regularly interact with adolescents (12 -18) who are experiencing a mental health and/or addiction challenge or are in crisis.



MHFA training is an interactive session in recognizing the signs and factors for anxiety disorders, trauma, psychotic disorders and substance abuse disorders. As with physical first aid treatment, earlier intervention often results in a better long-term prognosis, with the ability to manage symptoms so that the illness doesn't further progress. Mental Health First Aid training is designed to: identify who needs help; provide resources on how to help those in need; promote recovery at work, in school and in the community.

Mental Health First Aid provides insight on how to provide comfort and help reduce distress related to trauma or crisis. Many individuals in distress avoid seeking help or are skeptical of those who offer assistance because of the stigma often associated with mental illness. This training provides the tools to build a trusting relationship that will prepare session participants to better help others.

In a business setting, MHFA teaches employees and employers how to respond to a colleague in a mental health emergency and how to offer support to someone who appears to be in emotional distress. Research by Harvard University Medical School shows that untreated mental illness costs the U.S. a minimum of \$105 billion in lost productivity each year.

The training is endorsed by the World Health Organization, the National Institute of Mental Health (NIMH) and is included in SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP). To register for a session or for more information, contact [MHFA@laurelhouse.net](mailto:MHFA@laurelhouse.net) or call 203-487-1620.



## Inside the Writers' Workshop



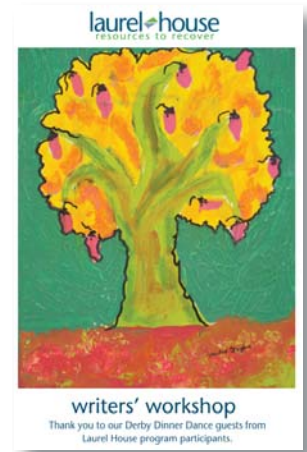
"We gather together for an hour once a week to read short stories, essays, and poems written by writers from all over the world and country, representing many different racial, ethnic, and socio-economic groups, both men and women, who have something interesting to share with us. Then, responding to weekly prompts based on this literature, we write and share our own work.

This process of learning from other writers, even though they may seem very distant from us in many ways, makes us aware of how much alike we all are. Humans everywhere feel sadness,

happiness, fear, pain, and anxiety, and we have very similar experiences in our daily lives. Thus, thinking and writing about our own emotions and reactions to people and events in our own individual worlds help us stay connected with the wider human community.

**Knowing that we are not alone in our human condition is therapeutic, because it develops our empathy for others while inspiring our personal creativity and self-affirming expression."**

Betsy Varian, MSW, MA in English and in Teaching  
Facilitator of the Writers' Workshop



## Artists' Workshop

"My primary goal for the art students is that they enjoy the art sessions without feeling inadequate or stressed out. It is more of an Art Club than an Art Class where they work at their own pace. I have seen remarkable growth in my students in the past two years.

The affection and joy that I get from them feels like they are my extended family. I think of them fondly between classes and think of treats and other ways I can make them happy!"

Chitra Ramchandras,  
Facilitator of the Artists' Workshop



## Power of One Award

**Cindi Richardson**

The Power of One Award was presented September 3, 2014 at a recognition dinner to Treasure Hunters Thift Store volunteer, Cindi Richardson.

Laurel House created this annual tribute to publicly recognize an individual who has given selflessly to support Laurel House and its program participants.

"For many, the Laurel House Thrift Store is an undiscovered treasure in Stamford, jam packed with great values for smart shoppers. You never know what you might find, because the inventory changes daily. Helping Laurel House get their clothing area organized has given me a worthwhile volunteer job that fulfills my need to be creative and organized."



## Volunteers



*Betsy Varian tutors students as well as leads the Writers' Workshop.*



*Chitra Ramcharandas leads the Artists' Workshop.*



*Mary Kate SanFilippo creates a great shopping experience for customers at Treasure Hunters.*



*Lisa Bottomley, Nancy Fahey and Julie Hollenberg promote the silent auction.*



*Mike Jacobson prepares lunch with the help of a program participant.*

## Loft Artists Association/Laurel House Alliance

Laurel House has partnered with Loft Artists Association (LAA) in Stamford to collaborate on various art projects and exhibits throughout the year. This alliance has offered Laurel House program participants an opportunity to showcase their work in the community in professional gallery venues.

In December, Laurel House program participants were part of the LAA Holiday Show & Boutique, with artwork on exhibit through the new year.

Patrons of our Treasure Hunters Thrift Store enjoyed seeing an exhibition entitled *Treasures of the Loft Artists Association at Laurel House's Treasure Hunters Thrift Store* in March and April.

Laurel House and LAA also collaborated on an exhibition in May and June in The Mayor's Gallery at the Stamford Government Center which featured over thirty works of art created by Laurel House artists.



## Thank you for Believing in Laurel House Program and Operating Expense Grants

Community Fund of Darien (rtor.org Resource Specialist)  
 Fairfield County Community Foundation  
 (Supported Employment)  
 First Congregational Church of Greenwich  
 (Food Service)  
 First County Bank (Technology)

Greenwich Community Development Block Grant (HVAC)  
 Greenwich Department of Social Services  
 (Supported Education)  
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 New Canaan Sewing Group (Food Service)

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# Financial Report

## Laurel House, Inc. & Friends of Laurel House, Inc. Summary Income & Expense For Years Ended June 30, 2012, 2013, 2014

	FY 2014	FY 2013	FY 2012
<b>Revenues:</b>			
Public Funding	1,703,537	1,740,186	1,738,632
<b>Private &amp; Other Revenue Sources:</b>			
Rent, Thrift Shop, Services, Cafeteria	371,534	334,251	277,229
Private Funding	492,768	608,853	397,912
<b>Total Revenue</b>	<b>2,567,839</b>	<b>2,683,290</b>	<b>2,413,773</b>
<b>Expenses:</b>			
Salaries and Benefits	1,642,021	1,715,360	1,732,083
Operating Expenses	641,270	664,810	581,692
Development & Marketing Expenses	128,637	171,659	121,016
Interest	44,913	50,247	53,413
<b>Total Expenses</b>	<b>2,456,841</b>	<b>2,602,076</b>	<b>2,488,204</b>
<b>Change in Net Assets</b>	<b>110,998</b>	<b>81,214</b>	<b>(74,431)</b>
<b>% of Revenues</b>			
Public Funding	66.3%	64.9%	72.0%
Private & Other Revenue Sources	33.7%	35.1%	28.0%

### FY 2014 Direct Services

Laurel House provided direct services to **656 individuals** and **146 families**.

#### Supported Employment

163 participants; 131 employed in independent and supported jobs

#### Supported Education

68 participants; 42 enrolled in college; 1 in vocational training

#### Housing and Residential Services

91 individuals received housing and support services

#### Psychosocial Services

393 individuals received services in: recovery planning, skill building, advocacy, peer support; participated in workshops; attended Thinking Well training; enjoyed meals and nutritious snacks in the Cafe, as well as at picnics, outings, dances and other Laurel House social programs.

### Sources of Private Funding

Individuals	62%
Corporations	17%
Foundations	21%



# Laurel House Derby Dinner Dance

CHAMPIONS FOR RECOVERY

CELEBRATING 30 YEARS OF PROGRESS

On Saturday, May 3rd, Laurel House hosted its 2nd annual Derby Dinner Dance celebrating 30 Years of Progress. Guests sipped mint juleps while watching California Chrome win the 140th Kentucky Derby and anticipating the announcement of the winner of the Hat Competition!

Held at the elegant Woodway Country Club in Darien, over 200 guests enjoyed a delicious dinner and danced the night away to Hank Lane Music's Bleeker Street Band.

## CHAMPION

*Anonymous*

## EXACTA

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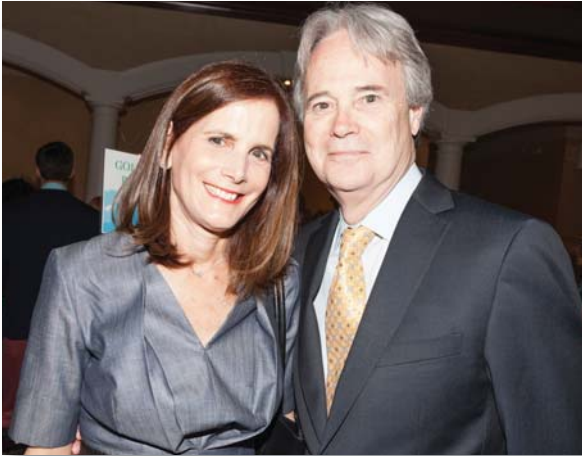
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## Honoree: Champion for Recovery Alice Medalia, Ph.D.



Laurel House honored Alice Medalia, Ph.D., Director of the Lieber Rehabilitation and Recovery Clinic, and Professor of Clinical Psychiatry at Columbia University's College of Physicians and Surgeons. Alice is an international leader in the field of psychiatric rehabilitation, focusing on the treatment of neuropsychological disorders in psychiatric illness. Alice trained Laurel House staff on the use of cognitive remediation and assessments.

## Town Champions

Outstanding individuals representing towns in Fairfield County served by Laurel House; honored for their advocacy and outreach to make their towns better places in which to live and work.



### **DARIEN**

Carrie Bernier  
The Community Fund of Darien



### **GREENWICH**

Stephanie Raia, LCSW  
Therapist



### **STAMFORD**

Larry Rosenberg, Ph.D., Psychologist  
Lina Morielli, Artist and Arts Activist



### **FAIRFIELD/SOUTHPORT**

Patsy King  
Youth Health and Wellness Advocate



### **NORWALK/DARIEN**

Terrie Wood  
CT State Representative



### **WESTPORT**

Alison Held, M.S.  
Clinical Nutritionist/Healthful Direction



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## Mission

Laurel House provides resources and opportunities for people living with mental illness to lead fulfilling and productive lives in their communities throughout Fairfield County.

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[www.laurelhouse.net](http://www.laurelhouse.net)  
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