



Fall 2011

Greetings,

Despite a year of financial challenges, shifting political winds and an increase in people needing assistance, two things remained constant:

#1 You Were There for Us in 2011

With the help of supporters like you, we weathered a tough legislative season in which the essential services we provide were severely threatened. So many of you spoke up to educate friends, neighbors and legislators about the importance of services for people with disabilities and mental illness that legislators paused and reconsidered the originally proposed deep, crippling cuts.

At this point we have all witnessed or experienced first hand that people are struggling in this economy, but that hasn't stopped individual donors from maintaining or increasing their donations in support of our services. For that, we are truly grateful. We value the trust you place in us to promote the wellness, full inclusion and empowerment of individuals we serve. Now, we are asking you to again support the work of improving people's lives, with a year end financial donation.

#2 Together – We Improved Lives in 2011

Each year we become part of the lives and journeys of *nearly 4,000 Strafford County residents*. That's a lot! In order to tangibly illustrate what our mission looks like, here are a couple of individual stories from 2011.

In our Behavioral Health Department, two years ago we began working with a woman living with schizophrenia. At that time she had just moved here from Maine. During the two years prior to coming into our program, she was hospitalized for emergency psychiatric treatment of her symptoms thirty times.

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Community Partners

Behavioral Health & Developmental Services of Strafford County, Inc.

In her former program, she received eight hours daily of support services. Since working with our Clinicians and Intensive Community Support Services program, her quality of life is greatly improved. In these two years of our care, she has had only one hospitalization for symptom treatment. By developing her coping skills, she recently weathered the death of two family members. She now receives only two hours per day of support services and has set a goal to work part time or to volunteer in her community.

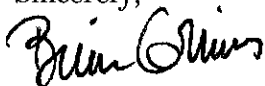
*A young woman in our **Developmental Services Department** was struggling to reach her goal of being competitively employed in the community. The combination of the tough economy, her limited training, and anxiety regarding the uncertainty of a new job meant she was spending five days per week at our Dover Vocational Office day program – not achieving her stated goal. With the help of her Service Coordinator and vocational staff, she overcame her apprehension and hesitancy to apply and join a job training program at Great Bay College for young adults with cognitive disabilities. The START Certificate program prepares students for competitive employment in the hospitality industry. Since graduating she has found employment at a local restaurant, has set long term goals and is able to advocate for herself to meet her needs at home and work.*

Everyday staff help clients reach their maximum potential. This work takes time, creativity, dedication, perseverance and financial resources.

When you make the decision to financially contribute to our work – you become an important partner in the effort to empower your Strafford County neighbors with developmental disabilities and mental illness and their families.

We count on you to help improve people's lives. Thank you for your contribution.

Sincerely,



Brian Collins

Executive Director