



RECLAIM *your* LIFE

ANNUAL REPORT
FY 2019-2020

CONNECTICUT
RENAISSANCE, INC.

A bright new brand, a bright new future

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CONNECTICUT
RENAISSANCE

Reclaim your life

A bright new brand. A bright new future.

We are proud to launch our new logo that symbolizes our mission and vision of a new day to Reclaim Your Life!

CONNECTICUT RENAISSANCE, INC. ANNUAL REPORT FY 2019-2020

Providing and Improving on Our Services– Even Through a Global Pandemic

Dear Friends,

CT Renaissance prides itself on continuously evolving to meet the changing needs of those we serve. Proactive monitoring of our programs and the state of our sector ensures that we are providing the most effective services for our clients and their families. However, we could not have predicted the urgent and critical need to address the widespread issues introduced by a global pandemic over the last four months of fiscal year 2019-2020. The COVID-19 pandemic has challenged us in ways that we never could have anticipated and I am proud of how our staff swiftly responded to develop and adhere to new protocols that ensured the safety of our clients, patients and employees.

During this healthcare crisis, we have found creative ways to continue to provide services to our patients and clients. In our Behavioral Health Clinics, our patients now have an opportunity to access treatment via telehealth. While in-person individual and group therapy is still being offered, we have reduced group sizes and have created additional space between patients in order to safely social distance. All of our facilities are cleaned and sanitized on a continuous basis. We have adjusted to this 'new normal' and will continue to follow our new protocols until the CDC advises otherwise.



Kathleen Deschenes, LMSW
Chief Executive Officer

Let me tell you about our organization and some of our accomplishments this year...

Since 1967, CT Renaissance has been a leader in the provision of behavioral health outpatient services and residential treatment as well as services for adults and adolescents involved in the criminal justice system. We strive to meet the holistic needs of our clients which include addressing their mental health, substance use, employment, and their general physical and spiritual well-being. This year saw many exciting new initiatives and developments at CT Renaissance.

The Judicial Branch Court Support Services Division (JBCSSD) awarded us the ASIST (Advanced Supervision, Intervention Support Team) contract. This program is a collaborative initiative of the JBCSSD, Department of Mental Health and Addiction Services and the Department of Corrections to serve criminal offenders and defendants who are struggling with mental health disorders and/or addictions. This program operates out of our Norwalk Behavioral Health Clinic and provides services that are both criminogenic and clinical in nature. The program is a structured, supervised community-based alternative to incarceration that treats the individual and seeks to decrease the incarceration of the mentally ill and substance using population.

For over 20 years, CT Renaissance has been a leader in providing problem gambling services to Southwestern CT. This year, the Department of Mental Health and Addiction Services again awarded our organization the Bettor's Choice contract. This program provides individual, couple, family and group treatment for those affected by problem gambling. The program's manager is a certified, board approved clinician who treats the individual in need as well as their family or loved ones.

The heroin epidemic has devastated families across CT. In 2019 alone, there were over 1,200 opioid-related deaths in our State; an 18% increase from 2018. This epidemic has touched every CT Renaissance program. Our Medication Assisted Treatment services help men and women in preventing the withdrawal symptoms associated with opioid addiction. This preferred treatment is provided by our Medical Director in three of our Behavioral Health Clinics in combination with individual and group therapy. We have seen the life-changing benefits provide to patients: elimination of cravings, avoidance to withdrawal and the return to a healthy lifestyle.

At CT Renaissance, our focus is on helping each individual to live healthy and fulfilling lives. We strive to instill hope for a better future. We aim to provide a lasting positive impact on each person we serve long after they transition on from our services. We will continue to respond to the changing environment and emerging needs of the communities we serve...

To help each individual....Reclaim their life!

Thank you for your interest in CT Renaissance,

A handwritten signature in black ink that reads "Kathleen Deschenes". The script is fluid and cursive.

Kathleen Deschenes

OUR MISSION

THE MISSION OF CONNECTICUT RENAISSANCE IS TO HELP ADULTS AND ADOLESCENTS AFFECTED BY BEHAVIORAL HEALTH DISORDERS OR CRIMINAL JUSTICE INVOLVEMENT TO IMPROVE THEIR OVERALL HEALTH AND WELL-BEING IN ORDER TO RECLAIM THEIR LIVES.

OUR PROGRAMS

ADOLESCENT SERVICES

LYNC (Linking Youth to Natural Communities) is a center-based program for court-involved youth and their families. With offices in Stamford, Bridgeport, New Haven and Waterbury, this program supports adolescents and their families in making sustainable behavioral changes by providing an array of evidence-based and evidence-informed services. Services address needs including substance use, anger management, trauma and family issues. With a strong focus on community, LYNC regularly collaborates with organizations and people local to the individual youth's natural ecology. LYNC aims to ensure meaningful connections to natural and community supports that will last beyond probation and program involvement and will assist in behavioral change sustainability.

“I was in a bad place before I came to the program, but I knew I would get help once I got here. I take these skills with me with everything I do.”

Dream,
LYNC Program

ADULT OUTPATIENT SERVICES

Waterbury, Bridgeport, Norwalk and Stamford Adult Outpatient Clinics

CT Renaissance's adult outpatient programs primarily serve men and women aged 18 and older who are living with addiction and/or mental health disorders. A limited number of adolescent clients aged 13 - 17 are accepted at the Bridgeport, Norwalk and Stamford clinics to address psychiatric and treatment needs. Services provided include psychiatric evaluations, behavioral health evaluations, individual counseling, group counseling, family counseling, medication management and Suboxone prescribing (inductions in Bridgeport). All services are provided utilizing evidence based treatment protocols by experienced clinicians and medical staff members. Clients typically participate in one treatment session per week, although the Intensive Outpatient Treatment program consists of 9 hours over the course 3 days or evenings per week. The duration of treatment is tailored to the needs of the individual client, and typically ranges from 6 to 12 weeks. Referrals are accepted from individuals or any community organization.

DWI AND DUI DRUG EDUCATION PROGRAMS

The DWI/DUI Programs serve first time offenders who have been arrested for operating a vehicle under the influence of alcohol or other drugs within the State of Connecticut. Referrals are accepted only from CT Courts or individuals who were arrested out of state and have been allowed to attend Alcohol/Drug Education programs in CT. The program is based in Bridgeport and conducts evaluations and 10 or 12 week group education program in Stamford, Norwalk, and Bridgeport, Classes meet once or twice a week for 90 minutes each session.

COMMUNITY WORK RELEASE PROGRAMS

Community Work Release Programs are operated in both Waterbury and Bridgeport for individuals transitioning from incarceration back to the community. The programs provide case management and referrals to community organizations to assist the clients with employment, education, life skills, substance use, mental health, anger management and housing to help them prepare to re-enter their communities.

Typically a client will remain in the program for 90 - 120 days. These programs are only available to individuals under the supervision of Parole or the Department of Correction.

RESIDENTIAL TREATMENT SERVICES

Waterbury West Residential Treatment provides intermediate and long-term residential drug treatment services to men age 18 and older, who are diagnosed with mental health and/or substance use disorders. Services provided can include individual, family, and group counseling, self-help meetings, case management, and formal referrals to community providers. The length of stay is individualized to the client, with an average stay being three months. Referrals to this program are only accepted from the Court System and Adult Probation Services.

The McAuliffe Center is also located in Waterbury and serves men age 18 and older, who are diagnosed with co-occurring mental health and substance use disorders. Services include individual and group therapy, psychoeducation, case management and medication management. Psychiatric evaluations and medication management sessions are also provided. The length of stay varies with client needs, but the treatment is designed to be 30-45 days in duration. If needed, clients can be referred to a longer-term care environment. Most referrals come from hospitals and detoxification programs throughout the State.



“Something clicked for me at CT Renaissance’s Treatment Program.”

Derk M.

WHERE WE SERVE

- 1 141 Franklin St., Stamford
- 2 4 Byington Place, Norwalk
- 3 1120 Main St., Bridgeport
- 4 1126 Main St., Bridgeport
- 5 565-585 Maple St., Bridgeport
- 6 85 Willow St., New Haven
- 7 31 Wolcott St., Waterbury
- 8 527 Wolcott St., Waterbury
- 9 24 Central Ave., Waterbury
- 10 70 Central Ave., Waterbury
- 11 466 W. Main St., Waterbury
- 12 228 Meadow St., Waterbury

Program Locations In Western Connecticut



“The help and treatment I received at McAuliffe was unlike any other previous rehabilitation program. I found the groups to be very inspiring and the individual meetings with my clinician to be unlike any other program I ever attended.”

Eric K.
The McAuliffe Center


CONNECTICUT
RENAISSANCE

HEADQUARTERS
1 Waterview Drive
Suite 202
Shelton



WHO WE SERVE

Adults and Adolescents
affected by Behavioral
Health Disorders or
Criminal Justice
Involvement.

2,876

INDIVIDUALS AT OUR
CLINICS

Residential
CLIENTS
288
MCAULIFFE 137
WEST 161

438
UNDER
WORK
RELEASE

MAPLE 148
EAST 190
CENTRAL 98

BRIDGEPORT 656
STAMFORD 997
NORWALK 371
WATERBURY 850

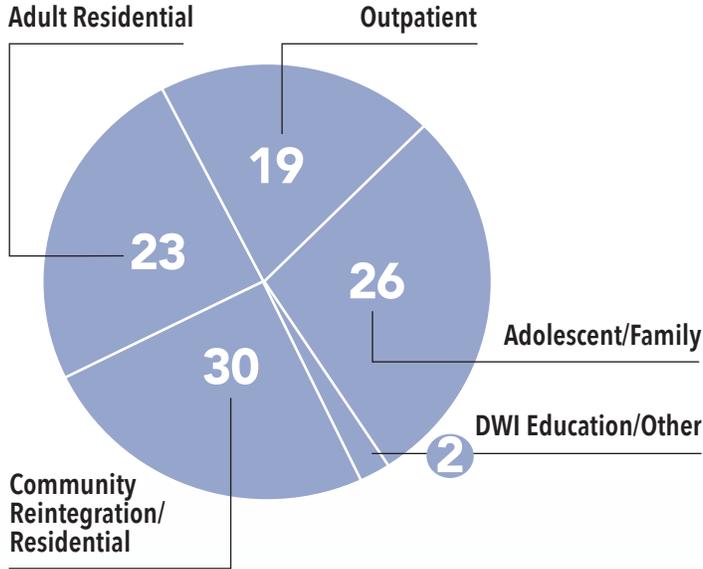
LYNC
199
TOTAL
LYNC 2 115
LYNC 5 84

Suzanne W,
Stamford Behavioral
Health Clinic

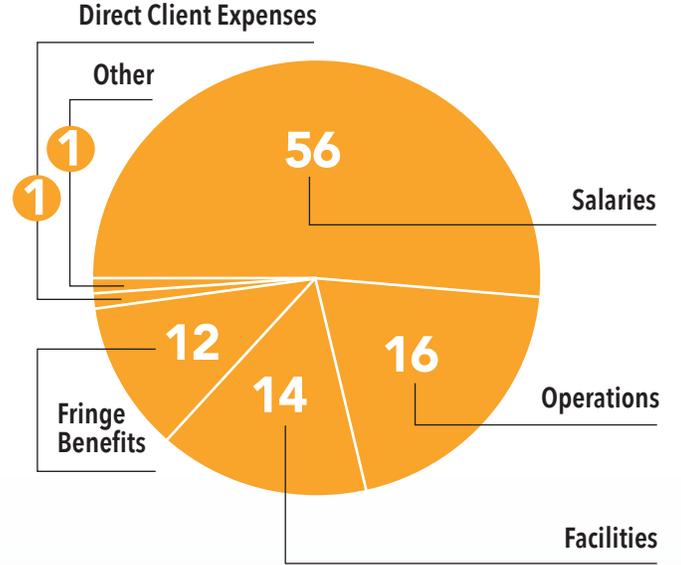
*“CT
Renaissance
played a pivotal
role in my
recovery.”*



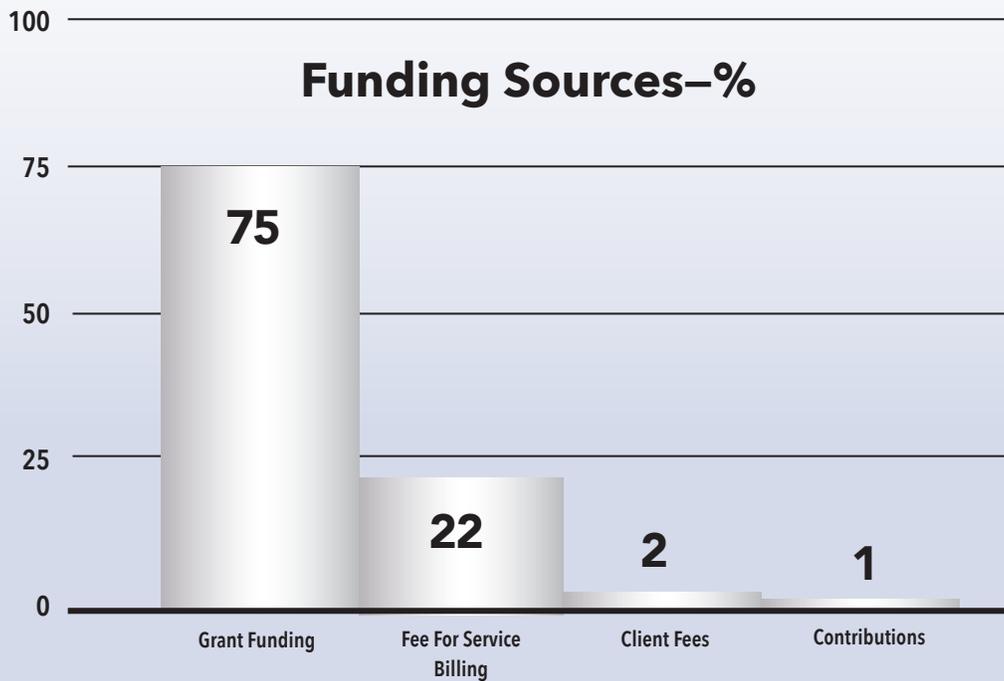
Programs—%



Expenses—%

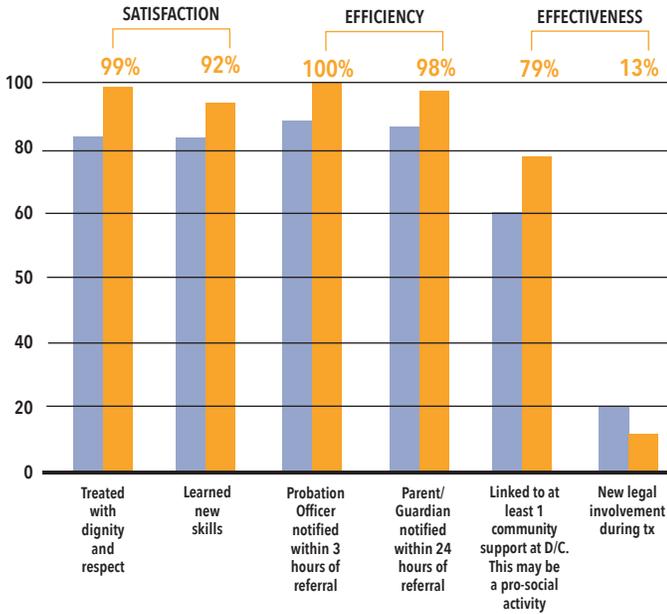


Funding Sources—%



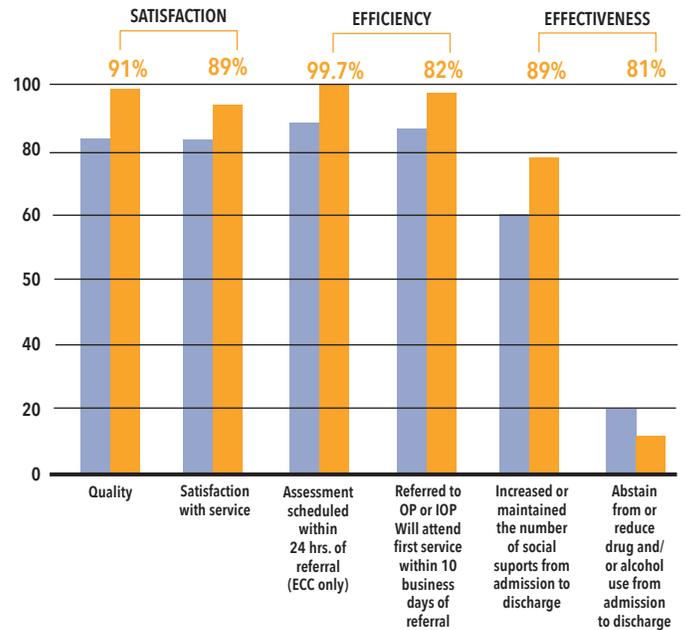
Adolescent

THRESHOLD LINC



Outpatient

THRESHOLD OP/IOP

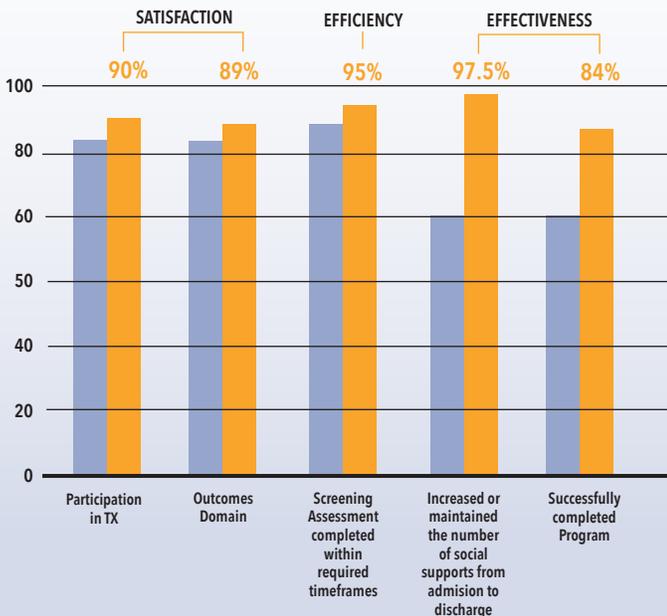


I had a spiritual awakening and I know now that God kept me alive for a reason!"

Derek M, Waterbury West Drug Treatment Program

Residential

THRESHOLD COMBINED



Work Release

THRESHOLD WR





EXECUTIVE LEADERSHIP

KATHLEEN DESCHENES, LMSW
Chief Executive Officer

JOHN PRISCANTELLI, CPA
Chief Financial Officer

DAWN PATSTON, LMFT, AADC
Chief Operating Officer

CONTACT INFORMATION

1 WATERVIEW DRIVE, SUITE 202,
SHELTON, CT 06484
TEL 203.336.5225 FAX 203.336.2851

www.ctrenaissance.org

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BOARD OF DIRECTORS

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Secretary

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Advisory Board Members

DOM GIGLIO
MARLY LEBEAU

LICENSING AND ACCREDITATION



MAJOR FUNDING SOURCES



*He vowed to himself that day,
“never again, I will never again
live a life of crime!”*

John W, Waterbury East

RECLAIM
YOUR
LIFE



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