



...a time and place
for growth and support

www.interludeinc.org

Interlude News

Spring/Summer 2010

A newsletter for Interlude supporters and all advocates for the mentally ill

Interlude Breakfast Fundraiser a Huge Success!



On May 21st 2010 Interlude hosted an audience of over 200 at its **Community Support Awards Breakfast fundraiser** at the Ethan Allen Hotel.

The audience viewed a video about Recovery Program client Diana, who shared her experience with homelessness, mental illness and addiction, and how Interlude helped bring her hope. "When I first came to Interlude I



Executive Director Kathleen Deschenes and Honoree Sylvia Finger from Immanuel Lutheran Church.

couldn't believe that I had my own bed. And I first I kept to myself, but after a while I started talking to staff more, and they really taught me a lot. *I got the help I needed.*"

At the Breakfast event former Interlude client April spoke. April also has a mental illness and at one time lived at the Recovery Program. "I'm here to tell the story of a woman who once felt hopeless and was at times homeless, who now is living independently. That woman is me," shared April.

Interlude also **honored individuals and organizations** who volunteered for Interlude, with its **Community Support Awards**.



Doreen Koentje, YMCA

A special thanks again to this year's award recipients **Betsy Brand of the Ridgefield National Charity League** (a mother daughter volunteer group), and friend & volunteer **Brian Saxton**.



Volunteers from National Charity League

The annual *Celine Karraker award* is also given in honor of Interlude's founder, to people who have made a direct impact on our clients. This year's Celine awards went to Rev Gregg Mecca from **St. Peter's Church** of Danbury, Sylvia Finger of **Immanuel Lutheran Church** in Danbury, and Doreen Koentje of **Greenknoll/Brookfield YMCA**. All

of these organizations provide holiday gifts to our clients every year.



Honoree Betsy Brand from National Charity League

Special thanks to all who attended and bid at the auction & gave during Fund the Mission, and to our table hosts and generous event sponsors, for making this special event a success that raised **over \$40,000** for Inter-

lude's mission to bring hope and help to people with mental illness.

For more event info and an event photo gallery, see our website at www.interludeinc.org!

Interlude Expands Residential Services

Interlude closes Outreach program but expands residential programs and explores alternative therapies

Interlude's services underwent a change when in March 2010, we closed the Outreach Program. This closing was due to shifting trends in case management services, financial reasons, and the need for more residential services for people with mental illness.

Many of Interlude's Outreach clients felt they were losing a family member. "Interlude has been a family to many of our clients, and that's the loss," said Executive Director Kathleen Deschenes.

So when beginning plans to end the Outreach Program in fall 2009, Interlude management staff crafted a thoughtful & thorough plan for each of our remaining Outreach clients, to ensure they were transitioned to other mental health care providers carefully at a level that was comfortable for them.

"The transition went very smoothly," said Deschenes. *(continued on page 2...)*



Interlude, Inc.

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Interlude, Inc. is a private, non-profit organization established in 1978. Interlude’s mission is “...to provide housing, support services, and advocacy to men & women with mental illness to help them become more independent in their community.”

For more information on our services, funding, staff & Board, please visit www.interludeinc.org.



A United Way Agency

From our Director, to You



Summer is in the air. After a long New England winter, it is always such a relief when the weather gets warmer and things come to full bloom.

This past fiscal year, Interlude experienced a ‘winter’ of financial challenges. While we still have challenges to face and we need your support, we were very encouraged when we felt the ‘sunshine’ of our supporters in the form of grants, donations, matching gifts, and sponsorships to help us make it through one of the most difficult economic hurdles we have ever faced.

Thanks for the support of many area corporations & foundations including the **Robert G. and Marguerite M. Derx Foundation, the Fairfield County Community Foundation** and individual support including a large gift from donor **Theresa Foss** matched by **Pepsi Bottling Group**, and all of our generous donors who responded to the Holiday Appeal letter and gave at our Breakfast event. We were able to continue operating our residential programs. And although due to changing services and funding trends we closed the doors of one program—the Outreach Program—our **much needed** residential services continue to operate and have expanded to serve more people.

With your help, we look forward to growing our programs into the future to provide more of the **caring, individualized services** that our founder Celine Karraker had in mind when she opened Interlude in 1978 in honor of her own daughter, who struggled with Schizophrenia.

Thanks for being a part of our ‘summertime’ - and please help us **continue to give hope to people with mental illness**.

- **Kathleen**

Kathleen Deschines



Interlude Expands Residential Services (continued from page one...)

Despite this program closing, there is currently a rising need for the high quality, personalized **residential** services that Interlude provides. Interlude has received authorization to reallocate the Outreach program funding from DMHAS (the CT Department of Mental Health & Addiction Services) to its residential programs. Interlude will serve six additional clients in the Intensive Residential Support (aka Condo) Program and three additional clients in the Recovery Program. With the downsizing of many state hospitals such as Connecticut Valley Hospital, the need for programs like Interlude is great.

Interlude has also been exploring the **areas of alternative and creative therapies**. Each of our clients is a unique individual with multi-faceted needs physically, emotionally, and spiritually. Recently, thanks to grant funding, Interlude has been able to start offering classes in **Eastern-rooted healing practices** to its clients (such as Tai Chi, meditation, Qi Gong, etc.) at Dragon and Crane Chinese/American Cultural Center in Somers, NY. We are also excited to begin exploring other therapies such as **art therapy, music therapy, and drama therapy**. All of these treatments, sometimes overlooked by traditional medical practitioners, can be helpful in exploring thoughts, feelings and behaviors— and can help lead towards the recovery process.

Interlude is so thankful for our supporters, who have not only stayed with us and supported us through a difficult financial time, but continue to believe in our mission to provide caring, personal services to people suffering with severe mental illness.

Stay tuned to our website at www.interludeinc.org for more information about new programs & services, and thank you for your support!

Investing in Lives at Interlude— your contributions make a difference!

Here is some of our recent fundraising income:

- **Fairfield County Community Foundation**—\$20,000
- **The Robert G. and Marguerite M. Derx Foundation**—\$20,000 in general support as well as a \$5,000 matching gift to match proceeds from our fall Tapas party, AND a \$10,000 matching gift to match a grant from Melville Charitable Trust!
- **Melville Charitable Trust**— \$10,000 in matching grant funding to match a gift from Derx Foundation
- **Donor Theresa Foss and Pepsi Bottling Group**— \$10,000 total (\$5,000 gift matched by Pepsi Bottling Group).
- \$68,000 from **Community Development Block Grants**, City of Danbury for new roofs at our Condo program
- \$12,000 from the **Tapas Tonight Fundraiser** in fall 2009
- \$4,082 from **private donors** to our Holiday Appeal letter.
- \$1,500 from **Savings Bank of Danbury**
- \$500 from the **Rotary Club of Danbury**
- \$2,000 from The **Barden Foundation**

Maria & Mark Verrichio—*many thanks* for their generous donation of beautiful furniture & household items to our programs. **Special thanks** to those who donated towards our annual client party in December, including our Board Members and Friends of Interlude Andy & Nan Salamon and Jim & Elisa Pica. Thanks to all of our generous **Breakfast event sponsors listed below**, and to all who donated at the event, including a pledge of \$5,000 by **Theresa Foss**—to be matched by Pepsi Bottling group.

Schuster Driscoll	Earthmovers
Union Savings Bank	FSM Services Inc.
Goodrich Corporation	B&D Controlled Air
Scalzo Property/SPM	Mulvaney Mechanical
Victorian Associates	Deep's Hardware
TSG Webplus	Rapid Lube
Meyer Jabara Hotels	Levine Auto & truck parts
Chemical Marketing Concepts	Driscoll's Florist
CT Communications	Mac's Auto
DiGrazia Vineyards	The Ice Cream Shop
Belimo Air Controls	McRedmond & Company

You can change a life! To donate to Interlude, please mail your contribution to us or donate securely at www.interludeinc.org, today.



Staff News & New Faces!

Christine Spalding—new Assistant Director at Interlude's Recovery Program.

Mark Draxdorf— new Program Director, Recovery Program

Bonnie Neville—moved Part Time to Full Time Case Manager at Recovery Program

Linda Tran—Assistant Program Director, Condo Program

Lorraine Sautner—Part Time Case Manager, Condo Program

Moving to the next Level

Two Recovery Program clients move to new 'step down' program and closer to independent living.



Interlude Recovery program clients Diana and Walter

"When I first came to Interlude I had not slept in a bed in a long time..." - Interlude Recovery client Diana.

Diana, who suffers from BiPolar Disorder and also a co-occurring substance use disorder, has recently celebrated three years of sobriety with the help of

Interlude's Recovery Program staff. She has also learned to manage the overwhelming feelings & symptoms brought on by her mental illness.

The Recovery program provides case management to people with co-occurring mental illness and substance use disorders, using a "integrated dual diagnosis treatment" (IDDT) model. This simply means staff examine and try to help the client meet his or her needs as a whole person.

Recovery's new "Step Down" program

Recently Diana moved on to Interlude's new **Recovery "Step down" program, which features:**

- **A less intensive level of care** where clients live in attached town houses but still have access to staff assistance.
- The Step Down model provides a way for Recovery clients who are making good progress in their recovery to have a **greater level of independence, without the extreme pressure** of being separated from staff assistance.
- It is a **transitional program** meant to help clients move towards living independently.

"I am really going to enjoy having more privacy and more of my own space," said Diana.

Walter, another Recovery client, also has moved on to the step down program. He suffers from Schizophrenia and also an addiction disorder, and has spent long periods of time in mental hospitals in the past. "When I first came to the Recovery program, I really didn't think I could do it. But with Interlude's help, I am much better," he said. **"I feel good about** moving to the step-down program because I know when I move on, someone else can come into the Recovery program and get help, too."

For more information on the Recovery Program and Step Down program, please call 203-797-1210 or go to www.interludeinc.org.

The Power of Friendship

The 2009 movie *The Soloist* is about a musician from Los Angeles with Schizophrenia. Nathaniel Ayers (played by Jamie Foxx) and newspaper reporter Steve Lopez (played by Robert Downey Jr). Lopez takes an interest in Ayers as a homeless mentally ill man. His initial professional interest in Ayers as a story hook, turns into a **powerful friendship** that is deeply meaningful to both Ayers and to Lopez.

Do you know someone with a mental illness? Although you may want to seek advice from a professional before having a close friendship with someone with severe mental illness, one thing you can do is just be there to listen. See if that person needs a listening ear on occasion, and be a friend. *Friendships can change lives.*

*Interlude clients receive **personal, caring services**—please support our mission and help us show truly individualized care to people with mental illness. **Send in a donation today using the enclosed envelope.***

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To find us on Facebook search for "Interlude, Inc." Become a fan of our page today and help us meet our challenge of increasing our Facebook membership to over 200 fans. It's an easy and fun way to be a part of changing lives!

*Interlude, Inc.
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