



December 2010

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Sit back, relax, have a cup of tea on us and take a moment to read on...

LEARN about the programs of **The Human Services Council**, **SEE** the changes we have made and be **INSPIRED** by the wonderful work we are doing.

For over 65 years, **The Human Services Council** has been helping people, mostly children and adolescents in our area. From providing free medical and mental healthcare to students who are injured or sick, to counseling abused children and their families, **The Human Services Council** has been a helping hand to people living and working in New Canaan, Norwalk, Westport, Weston, Wilton and other nearby towns. **The Human Services Council** has five programs and countless ways for you to help people in your community.

DID YOU KNOW...

- *Child abuse is preventable and yet, each year in the United States close to 1 million children are confirmed as being abused or neglected.*
- *Children's Connection helps more than 4,000 children and families throughout Lower Fairfield County and is working hard to decrease the incidence of child abuse and neglect.*

The responsibility to end child abuse falls on each and every one of us. Child abuse is a community concern with no regard for age, gender, race and/or socio-economic condition. **Children's Connection** is committed to ensuring that the investigation of abuse cases does not further traumatize the child and his/or her family by providing a level of wrap around care that meets the child's physical and emotional needs throughout the investigative process. Our mission remains as timely as ever: *to create a world where no child is harmed and no family is left without guidance.*

"I knew immediately from the first day we were all in your office that we were in great hands. The staff at the Children's Connection were so professional and at the same time so gentle that, in hindsight, I realize the healing process started at that point." ~ Children's Connection, Parent

DID YOU KNOW...

- *A large number of Connecticut children do not have access to basic medical care, including those who live in rural areas and inner cities, as well as those who are uninsured or underinsured.*
- *For the 2009 – 2010 academic year, 56% of students enrolled in the Dr. Robert E. Appleby School Based Health Centers had no insurance and 21% were on Medicaid.*

The **Dr. Robert E. Appleby School Based Health Centers** are free-standing medical centers licensed by the State of Connecticut as outpatient clinics located within Norwalk's three high schools and Nathan Hale Middle School (mental health only). **School Based Health Centers** provide diagnosis and treatment of acute illnesses and injuries, offer preventative and psychiatric services, as well as crisis intervention and school/sports physicals; services are available to all students regardless of ability to pay. The availability of on-site healthcare reduces absenteeism and encourages adolescents to take responsibility for their own health and well-being. **Healthy kids make better learners!**

"The health center is amazing! It helps students with any need or even when they feel like they don't belong. They help you with food when you are hungry, with help if you don't feel good, anything you need they are there for you." ~ Dr. Robert E. Appleby School Based Health Center, Briggs High School Student

DID YOU KNOW...

- *Children who drink before the age of 15 are 4 times more likely to develop a lifelong dependency on alcohol.*
- *65% of teenagers report that they get their alcohol from family and friends.*

Everyone knows someone who has suffered from addiction. The **Mid-Fairfield Substance Abuse Coalition** is working to bring resources to those who need it most through a comprehensive approach including education, awareness, addiction services and community action. *Together we can help prevent substance abuse and addiction.*

“I really appreciate all of the activities held at the health fair because teens and tweens really need a village full of information to help them be the best possible people they can be.” ~ Mid-Fairfield Substance Abuse Coalition, 2010 Girls Health Fair, Parent

DID YOU KNOW...

- *An astounding 17.6 million young people - nearly half the population of young people between 10 and 18 years of age - live in situations that put them at risk of not living up to their full potential.*
- *In Norwalk, there are over 250 students on the waiting list for a mentor.*

Established in 1986, the **Norwalk Mentor Program** pioneered the school-based mentoring movement and was proven so successful it has since been replicated throughout the country. The **Norwalk Mentor Program** matches adult volunteers with students in the Norwalk Public Schools grades K-12. Mentors meet with their mentee for one hour per week during the school year and spend their time having fun; playing catch, reading a book, shooting some hoops or just talking. *One hour a week can change lives forever - yours and theirs!*

“I would like to thank her for going out of her way to care for me as if she was my older sister seeing that mine passed away.” ~ Norwalk Mentor Program, 2010 Graduate

DID YOU KNOW...

- *Across the country, 63.4 million Americans volunteered to help their communities in 2009, an additional 1.6 million volunteers when compared to 2008, contributing 8.1 billion hours of service, which has an estimated dollar value of nearly \$169 billion.*

A partnership of The Human Services Council and the United Way Coastal Fairfield County, the **Voluntary Action Center of Coastal Fairfield County** works to promote and encourage volunteerism in our 12 town service region, including Darien, New Canaan, Norwalk, Wilton, Westport, Weston, Fairfield, Easton, Monroe, Trumbull, Bridgeport and Stratford and is an incredible source for volunteer recruitment, management, training and recognition for over 150 not-for-profit agencies.

“I never thought that helping someone else could in turn help me...my life is forever changed because I volunteered.” ~ Anonymous

We depend on friends like you to keep **The Human Services Council** vibrant and resilient, knowing that we are providing opportunities for life-changing lessons. Generosity, kindness, the human connection - a little goes a long way. Please open your heart and help **The Human Services Council** help those who are less fortunate. You can choose where your donation goes or let **The Human Services Council** put it towards those who need it the most.

On behalf of everyone here at HSC we send warm wishes for a holiday season filled with joy.

Sincerely,



Al Mirin
President, Board of Directors



Betty A. Karkut
Executive Director

P.S. Your tax-deductible donation to **The Human Services Council** is critical to the continued success of this vital community resource as it contributes to the safeguarding and development of today's youth. **We urge you to make the most generous gift you can to our 2010 Annual Appeal!**



Your gift donation to the Human Services Council is a fitting tribute to someone special because with your help we can continue to provide important programs to the thousands of individuals we serve each year.

Yes! I would like to make a contribution in support of the Human Services Council.

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

____\$50 Friend ____\$100 Supporter ____\$250 Advocate

____\$500 Benefactor ____\$1,000 Leadership Circle ____\$2,500 Championship Circle

Enclosed is my check in the amount of \$_____ (Please make checks payable to the Human Services Council)

Please charge my credit card: \$_____

CC Number: _____

Exp. Date: _____ 3 or 4 Digit Security Code: _____

Billing Address: _____

City: _____ State: _____ Zip: _____

The Human Services Council is a 501 (c) (3) not-for-profit organization.

All donations are tax deductible to the fullest extent allowed by law.