



July 2024

Welcome to Brighter Days!

We hope this newsletter finds you well and enjoying the sunny days of summer!



Community and Connection

The Role of Community in Mental Health Recovery

In the journey of mental health recovery, the support and involvement of the community play a pivotal role in fostering healing and resilience. At The Brien Center, we believe that by coming together as a compassionate community, we can create a safe and nurturing environment for individuals and families seeking help. Through collaboration and partnerships with local organizations and mental health professionals in Berkshire County, we strive to offer comprehensive and personalized care that addresses the unique needs of each individual. By joining hands with us, you can help end the stigma surrounding mental illness and addiction, promoting a sense of unity and understanding. Together, we can empower individuals to rebuild their lives and relationships through community-based care models and

evidence-based treatment approaches, inspiring stories of courage and resilience that showcase the transformative power of support and compassion. Join us in making a difference and supporting those on their path to mental health recovery.



July is National Minority Mental Health Awareness Month

National Minority Mental Health Awareness Month is observed each July to highlight the unique mental health challenges faced by minority communities in the United States. This month aims to raise awareness, reduce stigma, and promote access to mental health resources for individuals from diverse backgrounds. We at the Brien Center are dedicated to ending the stigma surrounding mental illness and addiction. Our compassionate team is committed to providing culturally-competent care to individuals and families in Berkshire County, ensuring that everyone receives the support they need. We offer a wide range of comprehensive programs and services tailored for youth, families, and individuals of all ages and backgrounds, reflecting our belief in inclusive and accessible mental health care.



Spotlight On:

Community Behavioral Health Center (CBHC)

The Brien Center Community Behavioral Health Center (CBHC) plays a vital role in enhancing the well-being of our community. Through accessible services, comprehensive care, crisis intervention, community education, and collaborative efforts, we contribute significantly to the mental health landscape in Berkshire County. We create spaces where individuals can receive the support they need.

Services provided by The Community Behavioral Health Center (CBHC):

- **Individual and Group Therapy:**

- Provides counseling sessions for individuals and groups to address various mental health issues.

- **Crisis Intervention:**

- Immediate support and intervention for individuals experiencing a mental health crisis or emergency. Adult and Youth Mobile Crisis Response- 24/7.

- **Medication Management:**

- Evaluations and ongoing management of medications for mental health conditions.

- **Substance Use Disorder Treatment:**

- Programs and services for the treatment of substance use disorders, including counseling and rehabilitation support.

- **Case Management and Support Services:**

- Assistance with accessing community resources, support with housing, employment, and social services to help individuals manage their mental health conditions effectively.

As we continue to recognize the importance of mental health in overall wellness, let us champion the critical role of Community Behavioral Health Centers in building healthier, more resilient communities. Together, we can create environments where mental health support is accessible, stigma-free, and integral to community well-being.

The Brien Center
Community Behavioral Health Center
334 Fenn St.
Pittsfield, MA 01201

For immediate assistance, call our 24/7 Crisis Hotline: 1-800-252-0227

CBHCs generally offer quicker access to care compared to Emergency Room visits.



Make A Positive Impact

Together, we can make every day a brighter day!

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Keep in touch!



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