



Spring 2021

Dear Friends,

**Our children and families have been hit hard by the pandemic.** *Do I pay rent? Can I afford food? Daycare costs? My car payment? My health insurance co-pay or premium? These are questions many of our clients ask. Plus: Why is my child angry? Why is she in her room all day? Or crying for no reason? Why won't he talk to me? What should I do?*

We're seeing a sharp rise in pediatric mental, emotional, and behavioral health conditions nationally and locally. Children need our help, and so do their parents.

**Without our support, kids in crisis will have no place to turn.** Parents and emergency departments are not equipped to help. Schools are overwhelmed. Our children have lost critical aspects of their social and developmental structures at the most important time in their lives. Time to play, to learn, to interact with friends, to grow from pre-school years forward have all been cut short. The results have been catastrophic and will remain so without the evidence-based therapy, telehealth options, and compassionate in-person treatment West Central provides.

After unintentional injury, suicide is the leading cause of death for youth and young adults according to the Centers for Disease Control and Prevention. **Here in the Upper Valley and Sullivan County, our kids have not been spared.** When it comes to crisis services, we won't turn anyone away. Insurance only covers about 75% of our cost of care, so we must rely on private support.

**Last year, we extended nearly \$600,000 in unreimbursed charitable care to clients in financial need across our communities. This is only possible with your generosity. Today, your gift of any size will help us save more lives.**

**If you are able, please make a one-time, or monthly gift to support our non-profit mission** to provide mental health and substance use treatment locally. You can make a secure online gift at: <http://www.wcbh.org/donate/> or donate by check or credit card using the envelope enclosed. As your community non-profit mental health center since 1977, we treat our most vulnerable neighbors of all ages and all walks of life. Thank you.

Sincerely,

Doug Williamson, MD  
Vice-Chair, Board of Directors  
Chair, DCR Committee

Dave Celone  
Director, Development & Community Relations