



Community Matters

Doing Good in Your Community



Over the course of 2023, The Guilford Foundation (TGF) grant recipients assisted a host of Guilford residents with basic needs and wellness services. Help in times of crisis/need is life changing. We celebrate the efforts of these organizations and the profound impact they have on so many lives.



Jordan Porco Foundation (JPF)

TGF's grant enabled JPF to partner with the Guilford Youth and Family Services (GYFS) to implement JPF's 4 What's Next (4NW) with Guilford's children. 4NW engages youth participants to help them identify individual manifestations of distress, understand how internal and external stressors impact mental health, and to build resilience by learning specific actions to improve mental wellness.

The program's positive impact was felt at Guilford High School where 7-11 students participated in 4NW. Two facilitators were involved in implementing the program with this group of participants. Students' needs were successfully addressed. "Great program," noted one program facilitator. "It teaches important life skills that aren't generally gained in regular education." The student population felt the same. "I was surprised to know we can have these conversations in school," said one student. "I was happy to focus on mental health and not just academics."

Clifford W. Beers Guidance Clinic (CB)

CB's Outpatient Mental Health Programs deliver trauma-informed clinical services as well as case management and care coordination services for area children and families. "Our programmatic approach is grounded in understanding individuals and their social environments with the goal of creating programs and services tailored to meet the needs of each client/family," explained Chief

Executive Officer Alice Forrester. The clinic serves children and adolescents experiencing a wide variety of symptoms and diagnoses. Individual, family, and group therapy are provided, and psychiatric services are available.



Clinicians also provide caregivers with guidance and psychoeducation. With mental health services in high demand, the TGF grant assisted CB in meeting the needs of a host of children and families. For example, a child was struggling to balance school life with anxiety, depression, and Autism Spectrum Disorder (ASD). Therapy identified sources of anxiety and the individual learned tools to address those anxieties. The student also graduated high school and are looking for a first job.



Community Dining Room (CDR)

CDR's provides healthy nutritious meals to the community and allows participant to worry less on trying to afford a meal amid drastically increasing food prices. Funding from TGF helps to offset ever-increasing CDR costs.

"Health and nutrition are key components in our service for feeding neighbors in need," explained Executive Director, Judith Barron. "This past year we saw more Guilford residents continue to use our Family Dinner Service after they attend the Summer Meals on the Branford Green. Being outside at the Green tends to take away the stigma of a 'soup kitchen' and gives a more relaxed atmosphere. With that experience, we saw more families be comfortable with using our service at our facility and join us indoors for a nutritious meal and an activity." CDR looks forward to expanding its meal programs in the coming years.



Women & Family Life Center (WFC)

WFC provides resources and education for women and all families in crisis. TGF's grant enabled WFC to expand and improve its Guided Assistance Program (GAP), increasing its capacity to meet local short and long-term needs. It offers non-clinical case-management for a person or household experiencing distress or crisis and helps individuals to find a path to meet their goals. Through GAP participants learn how to outline personal or family needs and to create an action plan. This includes solving major problems like housing insecurity or lack of transportation. "You gave me hope when I thought hope was gone," said one of the many individuals assisted by GAP. "I would like to acknowledge that your support makes a huge impact and a difference in my life and in so many other lives."

