

Caring Cards Pilot

A COLLABORATION BETWEEN ANGEL BREEZE SCENTS, DMHAS,
THE UNITED WAY, NAMI AND THE INSTITUTE OF LIVING
DECEMBER 23, 2020



Acknowledgements

Jeff and Kristy Purpura, Angel Breeze Scents

Valerie Lepoutre, NAMI CT

Jennifer Ferrand, Institute of Living

Heather Spada, United Way

Andrea Duarte, DMHAS



Our Story

Opening Angel Breeze Scents has not only been an honor, but truly a blessing. In 2001, my beautiful sister, Christine, had a unique idea to scent a greeting card. Her intent when scenting these cards was to produce uplifting feelings, evoke happy memories, and to spread joy to one another. Together, we began making prototypes and sharing them with our family. As time went on, she also created an aromatherapy cosmetic line and often donated many of her products to women's homeless shelters. She believed that everyone deserved to have things which made them feel good, no matter how little money they had or what situation they were in. Years went by and we both settled down with our own families. Life got busy and our scented greeting card idea got put away for the time being. Sadly, in 2010, we tragically lost Christine. It was the most devastating time of my life. All the ideas and creativity literally went into a box not to be revisited for another 9 years. In early 2019, I had the most beautiful spiritual connection with my sister, which led me to revisit the box filled with scented greeting cards we had put away many years earlier. Through amazing experiences, synchronicities, and what I believe is the guidance of my sister, the pathway opened up for my wife and I to establish Angel Breeze Scents. It has been an amazing journey so far filled with hope and love, which we are so grateful to share with everyone!



This "Angel of Love" card was custom painted in honor of my late sister Christine.



Our Mission

We are passionate about helping people, in particular, suicide prevention. We both meet, volunteer, and donate to that cause, which is engrained in our core business belief. 10% of all profits are donated to mental health awareness and suicide prevention. Everyday, we strive to make a positive impact in the world. All of our cards are built with that same uplifting energy and care. Thank you for supporting Angel Breeze Scents and our mission!

Jeff & Kristy Purpura
Angel Breeze Scents LLC

Our Cards and Scents

Angel of Acceptance



Angel of Compassion



Angel of Love



Angel of Peace



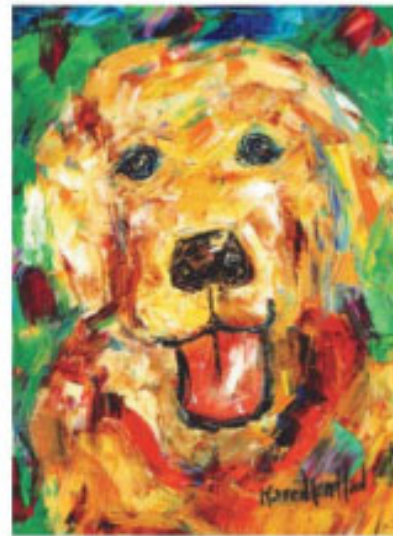
Balloons



Butterfly



Dog



Dragonfly



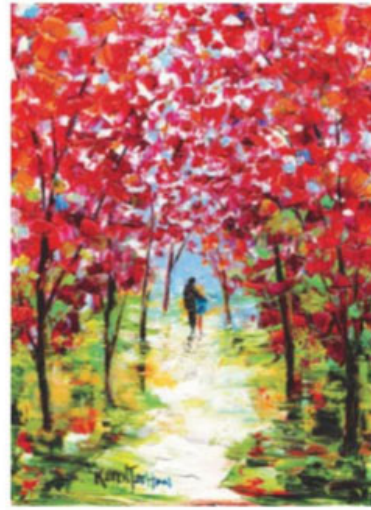
Full Heart



Pathway



Soulmates



Tree of Life



Lavender

Lilac

Mahogany Teakwood

Lemongrass

Sage

Peppermint

Balsam Fir

Coconut

Chocolate

Vanilla

Macintosh Apple

Cinnamon



The Pilot Project



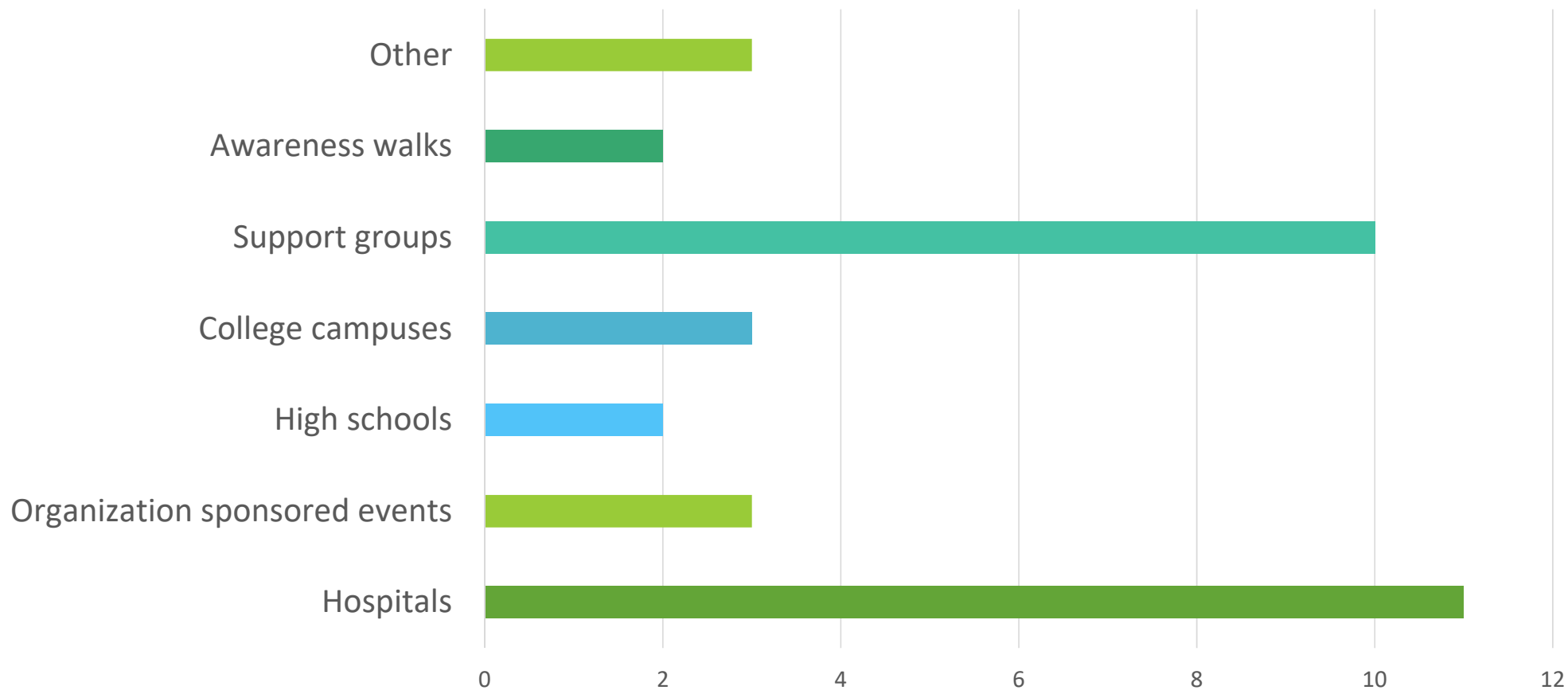
Inside and Back of Caring Cards



Making a Connection to Hope



Caring Cards Written Message Events



Feedback from Card-writers

"Nice, compassionate activity."

"I thought about what I wished someone told me when I was in a crisis"

"It makes you feel good to let others know they're not alone."

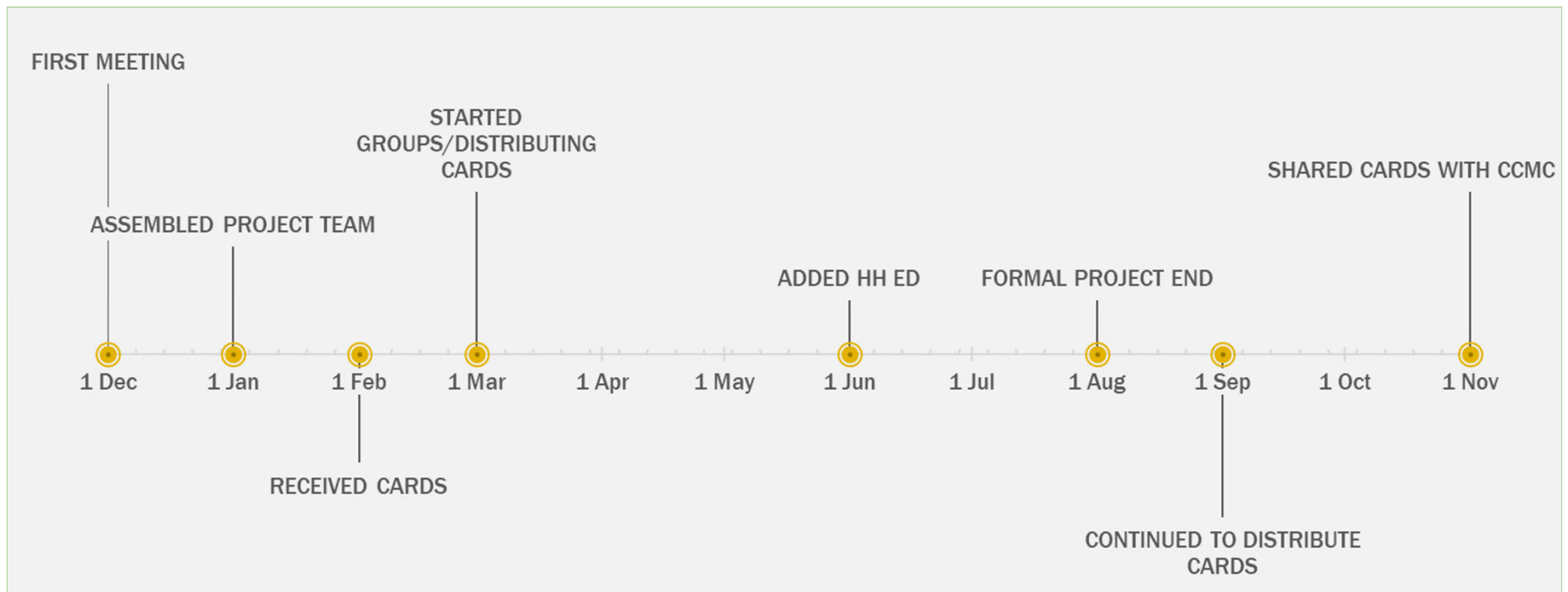
"Better develop empathy and communication."

"It's genuine, and the cards with the calming scent makes the purpose of the cards even better."

"Giving back to the community makes me feel like I have a good purpose."



Institute of Living's 2020 Caring Cards Project



IOL Results

Participants

- Inpatient (Child, Adolescent, Adult)
- Young Adult Services
- Emergency Department

Number of card-writing groups to date = 15

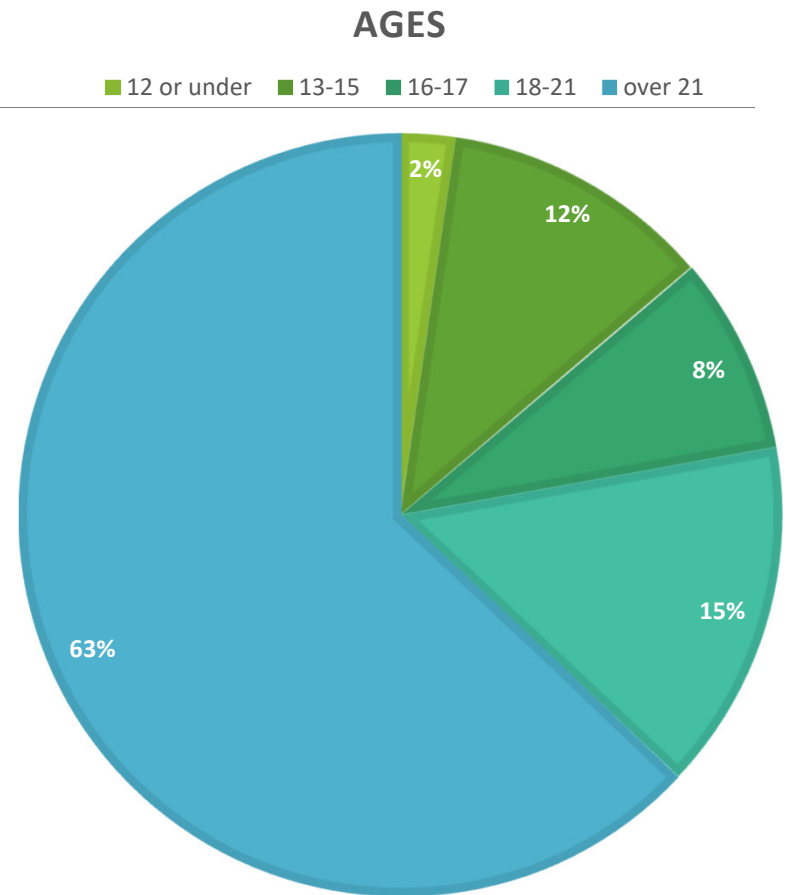
Number of people who created messages = 148

Number of cards distributed to patients:

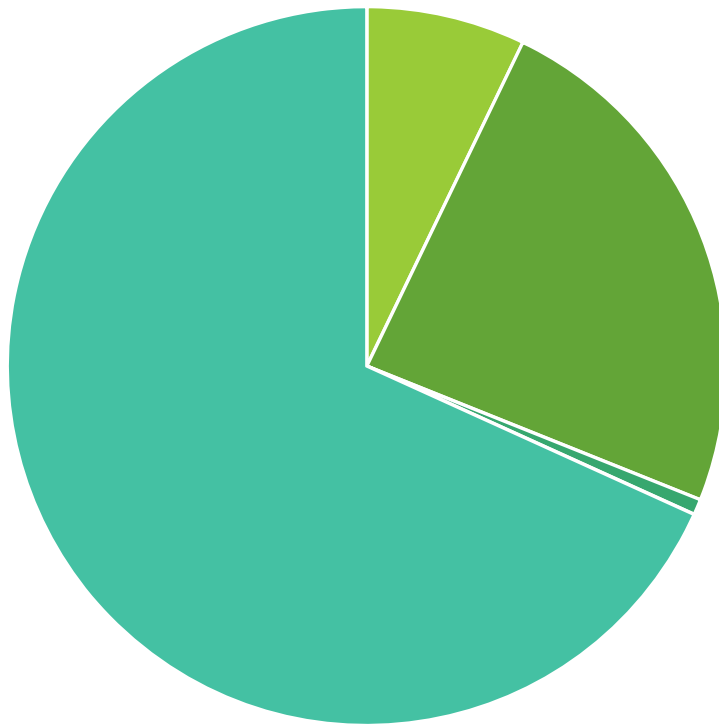
- Before 8/20 = 509
- After 8/20 = 360
- Given to CCMC = 50
- Still have left = 2081

Who received a card?

Department	Cards Distributed	Method of Distribution
Purple Pod	582	Mailed post discharge
Child & Adolescent PHP/IOP	160	Mailed post discharge
Young Adult Services	66	Mailed post discharge
Adolescent Inpatient	61	Given at discharge

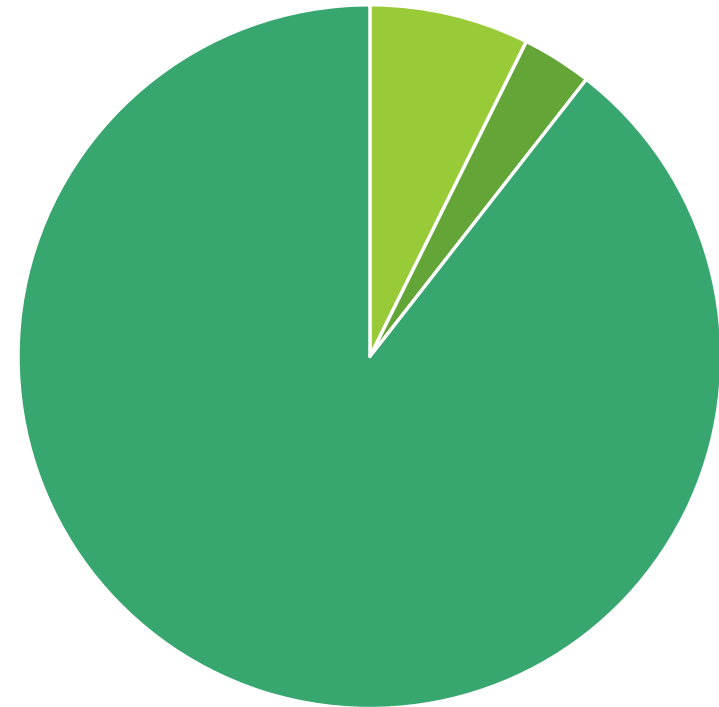


Level of Care



■ Inpatient ■ PHP/IOP ■ OP ■ ED

Method of Distribution



■ Given at d/c ■ Given at transition ■ Mailed after d/c

Feedback from Recipients

"Thank you all for the lovely card. I want to tell you that I'm doing well; completely recovered from the virus and emotionally happy. Yet I miss the behavioral staff of the ER very much and wish them well. I miss Anthony's help and William too. I hope both can have the opportunity to send a note. I would love to hear from them both. In the meantime, I keep you in my prayers."

"Made my day"

"Valued as a person"

"Done by someone going through mental health"

"Empowered me to be better."

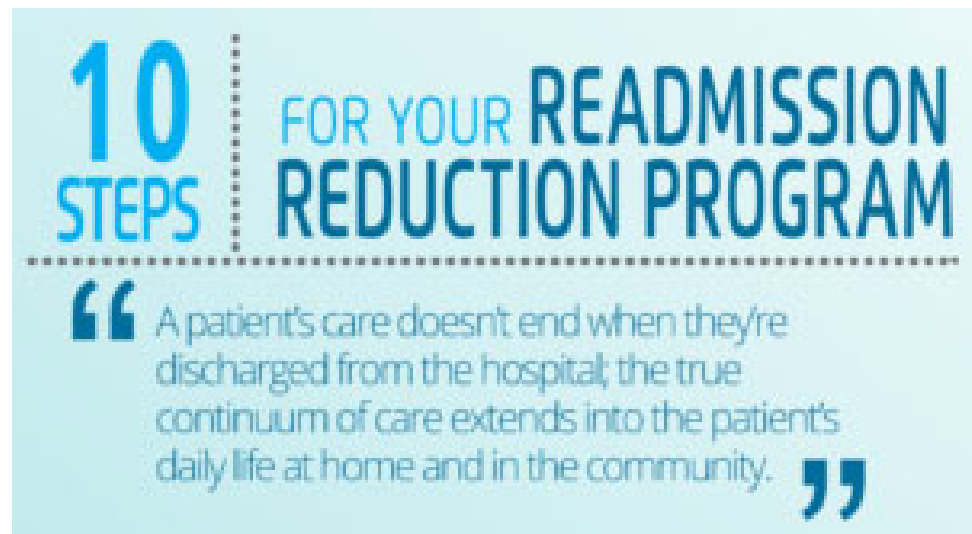
Next Steps

Enhanced Discharge process:

- Coordinated
- Scheduled follow-up
- Engage patients after d/c

Barriers and limitations

- Resources (cost, personnel, project mgmt)
- Loss to follow-up
- Difficult to collect data



For more information about how to start a Caring Cards Project in your agency

Contact Andrea Duarte at Andrea.Duarte@ct.gov

Contact Valerie Lepoutre at vlepoutre@namict.org

Check out the Angel Breeze Scents website at <https://angelbreezescents.com/>