

SURVEY IMPACT CASE STUDY 01 OF 07

Let Grow: When Adults Step Back, Kids Step Up

New Canaan Public Schools, a member of the New Canaan Behavioral Health Alliance | \$5,000

THE RESULT

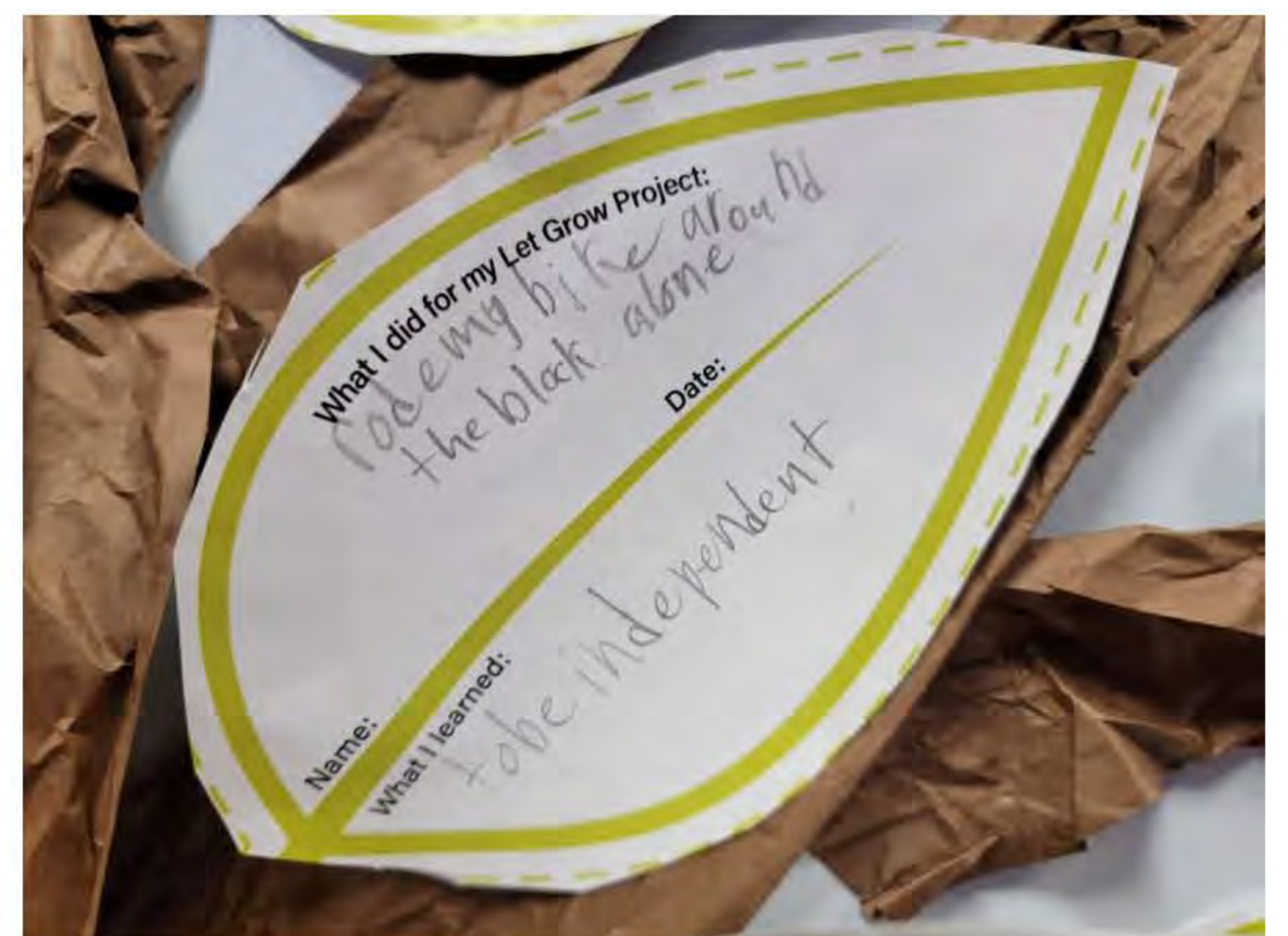
3 New Canaan elementary schools now run Let Grow.

HOW THE ALLIANCE RESPONDED

New Canaan Public Schools put a \$5,000 grant toward the \$17,000 speaker fee that brought Lenore Skenazy to Saxe Auditorium on November 19, 2025. Let Grow then moved into the classroom.

“It was encouraging to be among a room full of parents discussing what we were allowed to do as children and what we don't hold true as the same standard for our kids. Just getting different ideas of how to release a little control and give more independence to our kids was encouraging. It was also surprising to learn what they didn't know how to do when we gave them that control. Something as simple as making their own sandwich at lunch meant breaking down the steps of the process: what they need to do with the ice and how to spread mayo on the bread.”

A Let Grow parent



A Let Grow independence activity.



Lenore Skenazy at Saxe Auditorium, November 19, 2025.

The New Canaan Behavioral Health Alliance is 47 member organizations as of September 2026.

Take the 2026 survey.

October 1 to 31 | 5 minutes | Anonymous | Residents 18+

newcanaanbha.org

SURVEY IMPACT CASE STUDY 02 OF 07

Positive Discipline: Nine Free Mornings at the Library

New Canaan CARES, a member of the New Canaan Behavioral Health Alliance | \$2,775

WHAT THE SURVEY FOUND

1 in 3 parents did not know or were unsure where to turn if their child was struggling.

HOW THE ALLIANCE RESPONDED

New Canaan CARES answered with nine free Positive Discipline workshop sessions at New Canaan Library: one series for parents of elementary children and one for parents of middle schoolers. Each session was capped at twelve people so every parent received hands-on practice.

WHERE IT STANDS

Sessions

Nine, all free

Series

Parents of elementary and of middle schoolers

Size

Twelve people per session

Grant

\$2,775

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SURVEY IMPACT CASE STUDY 03 OF 07

Parents Reported Being Stretched Thin

Community Mindfulness Project, a member of the New Canaan Behavioral Health Alliance | **\$2,500**

WHAT THE SURVEY FOUND

53% of respondents were the primary caregiver for a child.

12% of those caregivers were also caring for a parent. That group reported unmet mental health needs at 16%, more than double the 7% across all respondents.

HOW THE ALLIANCE RESPONDED

In December 2025, the New Canaan Community Foundation awarded Community Mindfulness Project a \$2,500 Survey Response Grant to answer this finding. Community Mindfulness Project responded with Parent Circles of Support, six sessions for parents held in spring 2026.

WHERE IT STANDS

Program
Parent Circles of Support

Sessions
Six, spring 2026

Grant
\$2,500

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SURVEY IMPACT CASE STUDY 04 OF 07

The Hardest Finding, and the Fund That Followed

New Canaan Abuse Prevention Partnership with the New Canaan Community Foundation, both members of the New Canaan Behavioral Health Alliance | [DV Survivor Support Fund](#)

WHAT THE SURVEY FOUND

41% of residents who felt unsafe at home did not know local domestic violence services existed.

HOW THE ALLIANCE RESPONDED

The DV Survivor Support Fund launched July 31, 2026. It pays for safe housing, basic needs, emergency financial assistance and childcare.

WHERE IT STANDS

Launched	July 31, 2026
Pays for	Safe housing and basic needs
Also	Emergency financial assistance and childcare

IF YOU NEED HELP

DVCC

203-588-9097

Safe Connect

888-774-2900

In immediate danger

911

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SURVEY IMPACT CASE STUDY 05 OF 07

The State of Our Town's Behavioral Health

New Canaan Behavioral Health Alliance | Awareness, coverage and visibility

WHAT THE SURVEY FOUND

1,490 residents answered, roughly 10.5% of New Canaan adults.

HOW THE ALLIANCE RESPONDED

Findings were presented publicly at New Canaan Library on January 27, 2025. Sixteen months of local coverage followed across five outlets, along with a standing Outreach and Awareness work group.

WHERE IT STANDS

Responses

1,490 in October 2024

Confidence interval

Plus or minus 2.4%

Coverage

Five outlets over sixteen months

Now

A standing Outreach and Awareness work group

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newcanaanbha.org

SURVEY IMPACT CASE STUDY 06 OF 07

KidSafeHQ: A Standing Resource

The Rowan Center, a member of the New Canaan Behavioral Health Alliance | \$5,000

WHAT THE SURVEY FOUND

1 in 3 parents did not know or were unsure where to turn if their child was struggling.

HOW THE ALLIANCE RESPONDED

The Rowan Center answered by bringing KidSafeHQ to New Canaan as a free standing resource for families. Raising Kids in a Digital World followed at New Canaan Library on May 11, 2026.

WHERE IT STANDS

KidSafeHQ

Free standing resource for families

Event

Raising Kids in a Digital World, May 11, 2026

Grant

\$5,000

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newcanaanbha.org

SURVEY IMPACT CASE STUDY 07 OF 07

Data as a Tool: The Commission Went Deeper

New Canaan Human Services | No grant funding

WHAT THE SURVEY FOUND

40% of survey respondents were 60 or older.

HOW THE ALLIANCE RESPONDED

Rather than commission a new study, the Human Services Commission went back into the 2024 data with the original researcher, ran senior focus groups in summer 2025 and brought formal recommendations in April 2026.

WHERE IT STANDS

Summer 2025

Senior focus groups

April 2026

Formal recommendations

Grant

None needed

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