



## Region 1 Catchment Area Council (CAC) Meeting Minutes

**Meeting Date:** March 16<sup>th</sup>, 2023

**Location:** Zoom

**View Recording Here (Unlisted Link):** [https://www.youtube.com/watch?v=4UGEdl2-nGk&ab\\_channel=TheHubCTInfo](https://www.youtube.com/watch?v=4UGEdl2-nGk&ab_channel=TheHubCTInfo)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
<p><b>Regional Behavioral Health Updates</b></p>	<p>-Welcome new members! Thank you for attending our meeting. We are looking forward to collaborating with you.</p> <p>-2022 Regional Priority Report (Daniella Arias)</p> <ul style="list-style-type: none"> <li>• The Hub is in the process of creating the 2022 Regional Priority Report Needs Assessment. All 5 RBHAOs will be releasing their regional reports.</li> <li>• This report includes epidemiological profiles on a variety of behavioral health topics.</li> <li>• There is a dedicated group of stakeholders and volunteers to assist The Hub in gathering &amp; reviewing data and rank behavioral health priority topics.</li> <li>• Previous priorities: #1 Mental Health #2 Suicide #3 Alcohol.</li> <li>• To learn more about the report and how this can be used in our state/region and your work, visit: <a href="https://www.thehubct.org/data">https://www.thehubct.org/data</a></li> </ul> <p>-We no longer have active focus groups for the Priority Report. Our report will soon be submitted and we will continue into the editing phase! We will be presenting our data at a future meeting.</p>	<p>Daniella Arias  <a href="mailto:darias@ryasap.org">darias@ryasap.org</a></p>

## Regional Behavioral Health Updates

-The Hub does have representation from DCF in the Priority Report process. Victoria also submits quarterly reports to DCF.

-The Priority Report does include information & data on children's mental health.

-May is Mental Health Awareness Month! National Prevention Week will also take place in May, beginning 5/7. The Hub will have a calendar of events and will be partaking in and highlighting different events. The in-person event will be May 9<sup>th</sup> in Hartford. To view our MAY MH calendar, see here:

<https://www.thehubct.org/mhmcalendar>

More info on NPW: <https://www.samhsa.gov/prevention-week>

-Recovery Friendly Workplace (RFW) (Jeremy Kosbob)

- Progress continues!
- Visit our website for more info: <https://www.thehubct.org/rfw>

-Suicide (Victoria O'Neill)

- New Suicide Prevention & Crisis flyer (includes new Agristress Helpline!).
- Alternatives to Suicide group: a safe space for individuals to talk about mental health and suicide. Westport (in-person), Tuesday evenings. ONLINE group: Friday nights, 7-8:30PM.
- Continuing to offer monthly QPR trainings.
- Partnering with Daydream Communications for a new Suicide campaign. Ads will be throughout the region and will include billboards, train ads, and more.
- Email Victoria if you would like to be included in regional suicide updates or to become involved in the Regional Suicide Advisory Board (RSAB).

-Language suggestion: terminology around "populations at risk" can be problematic. We can switch to "populations who may be at highest risk." This

Jeremy Kosbob  
[jeremy@ryasap.org](mailto:jeremy@ryasap.org)

Victoria O'Neill:  
[victoria@ryasap.org](mailto:victoria@ryasap.org)

In-Person Alternatives to  
Suicide Support Group:  
<https://www.positivedirections.org/support-groups>

Zoom Alternatives to Suicide  
Support Group:  
<http://rockingrecovery.org/alternatives-to-suicide-on-zoom/>

Register for a QPR training:  
<https://www.thehubct.org/events>

Submit a QPR training  
request for a specific group or  
event:  
<https://www.thehubct.org/training>

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	<p>can help us to be more aware of all populations that may be at risk but might have historically not given enough attention.</p> <p>-Children's Mental Health</p> <ul style="list-style-type: none"> <li>• Kids in Crisis: 17 TeenTalk Counselors in high schools &amp; middle schools. Kids are still struggling, especially depression, anxiety &amp; school refusal. Mental Health panels &amp; programs are very helpful. Also has Club Talk Counselors (just in Greenwich for now).</li> <li>• Carelon Health (previously Beacon Health): Network of Care managers work with providers, including children's behavioral health.</li> <li>• Private practice perspective: big uptick in anxiety &amp; depression (especially Wilton, Norwalk, etc.). There is concern around Norwalk inpatient program.</li> <li>• Norwalk Hospital: the inpatient program will close but it is not completely closed. A new outpatient building has been opened. There will be a new young adults program and adolescent IOP but has not yet started. There is not many children as patients. Mostly primary care comes into the emergency rooms for children. Most patients may have to go Danbury.</li> <li>• Community Health Center Inc. (CGC psychiatry): see patients in the full lifespan and providing care to children. Also seeing an uptick – anxiety, school refusal. Parents are struggling with what to do. A lot of depression &amp; suicide. Telehealth has been helpful in increasing capacity to provide care. Can take care of children throughout the region. However, if there is required in-person consultation for medications, this can drastically change.</li> <li>• There is a shortage of stimulants, including Adderall.</li> </ul>	

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<p><b>Legislative Updates</b></p>	<p>-Hub new Advocacy page: <a href="https://www.thehubct.org/advocacy">https://www.thehubct.org/advocacy</a></p> <ul style="list-style-type: none"> <li>• The Regional Legislative Forum was successful. To see more information (slides, recording, infobrief, etc.), visit the webpage above.</li> <li>• We will continue to track legislation and provide testimony (written &amp; spoken) for a range of behavioral health topics.</li> </ul> <p>-CCPG: Working to continue to put protections in place for problem gambling. There is a general outreach approach with legislators to inform and educate them. Legislators are generally involved. There are some gaps for individuals with problem gambling disorder getting kickbacks from insurance for treatment. If anyone has information for this, reach out to Paul Tarbox. Many individual meetings with legislators are happening, much of this work will take some time but there is great groundwork happening. Some challenges with youth who call the helpline but need parental consent for treatment. For more information, reach out to Paul.</p> <p>-There may be a new gambling bill: colleges not allowing direct gambling solicitation. This is a response to some universities who partner with gambling organizations and offer student lists to get gambling institutions to email with sponsorships &amp; donations.</p>	<p>Paul Tarbox:  <a href="mailto:pault@ccpg.org">pault@ccpg.org</a></p>

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<p style="text-align: center;"><b>Speaking Presentations</b></p>	<p>Carelon Behavioral Health (formerly Beacon Health)  Mai Kader &amp; Jules Calabro  AIM Tool (Assisted Intervention Matching Tool) – a tool to find &amp; identify at-home behavioral health services &amp; learn about different treatment models. This tool is for all individuals (consumer, provider, case manager, etc.) and all ages.</p> <p><i>*Please see meeting recording for presentation and attached PPT</i></p> <p>Connecting to Care website:  <a href="https://www.connectingtocarect.org/support-services/">https://www.connectingtocarect.org/support-services/</a>  <a href="http://www.connectingtocarect.org">www.connectingtocarect.org</a>  <a href="https://plan4children.org/">https://plan4children.org/</a></p> <p>DMHAS Problem Gambling Services (PGS)  Kelly Leppard &amp; Fred Fetta  Updates, information, resources &amp; services offered, and upcoming events &amp; trainings.</p> <p><i>*Please see meeting recording for presentation and attached PPT</i></p>	<p>Mai Kader:  <a href="mailto:Mai.Kader@carelon.com">Mai.Kader@carelon.com</a></p> <p>Jules Calabro:  <a href="mailto:julie.calabro@beaconhealthoptions.com">julie.calabro@beaconhealthoptions.com</a></p> <p>Kelly Leppard:  <a href="mailto:Kelly.Leppard@ct.gov">Kelly.Leppard@ct.gov</a></p> <p>Fiorigio (Fred) Fetta:  <a href="mailto:Fiorigio.Fetta@ct.gov">Fiorigio.Fetta@ct.gov</a></p> <p>For information on Regional Gambling Awareness Team:  Ingrid Gillespie:  <a href="http://Ingrid.Gillespie@liberationprograms.org">Ingrid.Gillespie@liberationprograms.org</a></p>
<p style="text-align: center;"><b>Additional Member Announcements &amp; Updates</b></p>	<p>-NAMI SW CT: Seeking presenters for Ending the Silence program. This is a program aimed at young students to equip them with mental health skills. Looking for presenters (18-35) &amp; adults with lived experience with a mental health condition or are a loved one of someone with experience. Please email Kaitlin if you are interested or know someone who may be interested.</p>	<p>Kaitlin Comet  <a href="mailto:kaitlin@ryasap.org">kaitlin@ryasap.org</a></p>

**In Attendance (chat):**

Kaitlin Comet, The Hub

Daniella Arias, The Hub

Victoria O'Neill, The Hub

Ingrid Gillespie, Liberation Programs

Paul Tarbox, CT Council on Problem Gambling

Mai Kader, Network of Care/Carelon Behavioral Health

Kelly Leppard, DMHAS PGS

Lisa Gregory, Norwalk CCT

Jeffrey Greenblatt, Norwalk CT Counseling Centers

Hannah Daddario, Laurel House

Keisha Stephens, NP Student

Jules Calabro, Network of Care/Carelon Behavioral Health – Western CT

Rachel Kovacic, Operation Hope

Denise Rollinson, Norwalk Community Health Center

Eriberto Santos, CT Renaissance – Bridgeport Outpatient

Courtney Boucher, LMFT – Cedarwood Family Therapy

Maureen Asiel, New Canaan CARES

Denise Qualey, Kids in Crisis

Wendy Mendes, Fairfield University

Demetria Nelson, Greenwich Department of Human Services

Leslie Coplin, YWCA Greenwich Domestic Abuse Services

Alexa Gudelsky, Family Centers

Barry Kasdan, retired BH CEO

Diamond Sead, The Norwalk Partnership

Tichianaa Armah, MD – CGC

Fred Fetta, DMHAS PGS