



Region 1 Catchment Area Council (CAC) Meeting Minutes

Meeting Date: September 15th, 2022

Location: ZOOM

Present: See attendance below

View Recording Here (Unlisted): https://www.youtube.com/watch?v=wn3-UH-ZCBY&ab_channel=TheHubCTInfo

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
<p>Introductions & Member Updates</p>	<ul style="list-style-type: none"> - Reviewing what the CAC is, what we do (and don't do), how we can support each other & the region - We will be meeting bimonthly on the third Thursday, 2:30PM – 4PM - CAC Lead: Kaitlin Comet – kaitlin@ryasap.org - CAC Co-Chair: Ingrid Gillespie – ingrid.gillespie@liberationprograms.org <hr/> <ul style="list-style-type: none"> -Reach out to Kevin Bartlett – Ability Beyond to chat about support employment for interested clients (kevin.bartlett@abilitybeyond.org) -Free online High School Stressor Support Group & free 1:1 support at Positive Directions: https://www.positivedirections.org/recovery -Positive Directions Open House will be October 6th: https://www.positivedirections.org/events -Laurel House has supported services and have openings. -Bridgeport (Health & Social Services) has a new program to engage & build rapport with the Police Department. -CT Counseling Centers Stamford clinic will be closing down in the coming months 	<ul style="list-style-type: none"> -See attached slides for info -See attachments to email for more upcoming events



Region 1 Catchment Area Council (CAC) Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
Regional Behavioral Health Updates	<p>-Problem Gambling & Gambling Awareness Team (Ingrid Gillespie):</p> <ul style="list-style-type: none">• There is one Gambling Awareness Team in each region. Ingrid facilitates the initiatives for this region.• Since the legalization of online gambling & sports gambling, there has been an increase in awareness & interest in this topic. There is also an increase in helpline calls. Especially young adults, sports betting & lottery tickets.• Anyone who is interested can join! Reach out to Ingrid for more information. <p>-CHIPS:</p> <ul style="list-style-type: none">• Each hospital & community has a community partnership. Community Health Improvement Plans (CHIPS). Daniella is a new co-chair for Greenwich CHIPS. Kaitlin is a new co-chair for Greater Bridgeport HIA CHIPS.	Ingrid Gillespie – ingrid.gillespie@liberationprograms.org



Region 1 Catchment Area Council (CAC) Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
	<p>-Suicide (Victoria O’Neill):</p> <ul style="list-style-type: none"> • 988 is functioning! The new suicide prevention crisis lifeline. Call or text available. If you call other lifelines (the older 10-digit number, 211, ACTION line), you will always be connected to crisis support. • American Foundation for Suicide Prevention (AFSP) Out of the Darkness Walk will happen on October 22nd. All are welcome to join, especially for our regional team. This is an opportunity to celebrate life, educate one another and spread awareness. No cost to walk but you can donate. • September is Suicide Awareness Month. There is a regional calendar of events on The Hub’s website. • The Hub hosts free & online QPR trainings the first & third Tuesday of every month, 9AM – 10:30AM. Visit the website to RSVP. Many other organizations and coalitions are offering free QPR trainings online & in-person. Contact The Hub for more information. Westport offers evening QPR. • All are welcome to the Regional Suicide Advisory Board (RSAB). Quarterly meetings & resources/information provided. Contact Victoria for more information. • There is a regional suicide campaign for September (newspaper publications, social media, MTA signs & more). <p>-Other Suicide updates:</p> <ul style="list-style-type: none"> • There will be an Alternatives to Suicide support group in Westport but open to all. This is a peer-support group for individuals who experience suicidal ideation. Open to all, 18 & over & free. There is no requirement for hospital visits for this group. This will launch October 4th. Meetings are every Tuesday at 7PM at Positive Directions in Westport! Please share this info everywhere! • There is also a free 3-day training happening in September for anyone (lived experience preferred) interested in being trained to be able to facilitate an Alternatives to Suicide support group. We can build regional capacity in this way. 	<p>Victoria O’Neill – victoria@ryasap.org</p> <p>SW CT Suicide Prevention Team for AFSP Walk: https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.team&teamID=297219</p> <p>To sign up for Hub events & trainings: https://www.thehubct.org/events</p> <p>Rocking Recovery Late Night Support Group: http://rockingrecovery.org/zoom-late-night-peer-support-group/</p> <p>See attached for Alternatives to Suicide info Register for training: https://docs.google.com/forms/d/e/1FAIpQLSfgW3wFfTtqNRG7YJTPtP9HTAOGltDVZSdUj4BPHtaUYiNfNA/viewform</p>



Region 1 Catchment Area Council (CAC) Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
	<p>-Local Prevention Councils (LPCs) (Jessica Patrie):</p> <ul style="list-style-type: none"> • The Hub oversees & funds (through DMHAS) LPCs in each town in our region. Their goal is to target prevention. The statewide priority substance for this year is Vaping (reduce vaping rates & increase public awareness). • Last year, LPCs received additional COVID funding for a choice in local priority substances. Many focused on alcohol & marijuana in addition to the statewide priority of vaping. • Thank you LPCs! Contact Daniella for any further questions or info. <p>-Additional Updates (Giovanna Mozzo)</p> <ul style="list-style-type: none"> • We can see individuals already applying their QPR skills after we have trained them. Darien Crisis Services have informed us of an increase of calls for mobile crisis after trainings. We can see a heightened awareness of support & use of QPR skills. • The entire Bridgeport Fire Department has also been trained in QPR. • The Department of Public Health has a list of approved CEU trainings and QPR is now on this list. QPR trainers can now give EMS 2 CEUs for training (2-hour credit). • EMS can also now receive CEUs for Naloxone trainings (1-hour credit). • September is also Recovery Awareness Month!! 	<p>Find your LPC:</p> <p>https://www.thehubct.org/local-prevention-councils</p> <p>Daniella Arias – darias@ryasap.org</p> <p>Giovanna Mozzo – gmozzo@ryasap.org</p>
<p>Catchment Area Council Work</p>	<p>-Please review attached slides for info & review recording</p> <ul style="list-style-type: none"> • CAC Highlights for the past year • Regional Priorities – for RBHAO & CAC Legislative Forum. These priorities were guided by The Hub 2020 Priority Report and CAC Legislative survey & CAC Legislative Subcommittee • Results of CAC Assessment Survey • Current CAC Ideas Moving Forward (including Client Groups) 	<p>Please email Kaitlin if you are interested in getting involved with CAC advocacy & legislation. This is an opportunity for YOU to bring different topics to our efforts.</p>



Region 1 Catchment Area Council (CAC) Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
Legislative & Advocacy Updates	<p>-NAMI is currently working on their legislative priorities for this upcoming year. There will be a big push for education on Peer Run Respite. There will be different education opportunities. The NAMI conference will be in October – all are welcome, it is virtual!</p> <p>-There will be attention on marijuana & what amendments are needed to the current law. Specifically on public health and underage consumption. Let’s work together to have a statewide plan.</p> <p>-There may be an advocacy opportunity around fentanyl. Currently, there is a barrier in the treatment system to getting help when you are currently using fentanyl. If you are in withdrawal, you can get services. However, if fentanyl is present for individuals, it is more difficult to receive services onsite. The testing process is lengthy & there are challenges.</p> <ul style="list-style-type: none">• There is no one clear test for fentanyl as there are many different types of fentanyl. The materials of cups may also matter.• We want to make access to treatment easier (and quicker) if they have fentanyl in their system• Abstinence v. Harm Reduction!• There are additional challenges (including waivers) <p>-NAMI Smarts for Advocacy is a free & online class available, and KTP will be offering advocacy education opportunities.</p> <p>-KTP is also planning to include Peer Run Respite in their legislative priorities as well as housing.</p>	



Region 1 Catchment Area Council (CAC) Meeting Minutes

<p>Upcoming CAC Work</p>	<p>-Please review attached slides for info & review recording</p> <p>- If you would like to share additional feedback on what you would like to see in CACs (our work & meetings), how we can support you, what the CACs need, ideas, etc. please email Kaitlin.</p> <p>-If you are interested in advocacy or joining CAC efforts in working with consumers/clients, please email Kaitlin.</p> <p>-Our Zoom meeting link is recurring for all meetings. You do not always need to RSVP. If you would like a Google calendar invite for CAC meetings, please email Kaitlin.</p>	<p>Next CAC Meeting:</p> <p>Thursday, November 17th, 2:30PM – 4PM</p>
---------------------------------	---	--



Region 1 Catchment Area Council (CAC) Meeting Minutes

In Attendance:

Kaitlin Comet
Ingrid Gillespie
Victoria O'Neill
Giovanna Mozzo
Jessica Patrie
Melissa Gomez Arce
Glenna Rains
Barbara Kuryluk
Ali Ramsteck
Aniella Fignon
Jennifer Eielson
Dennis Torres
Candy Bartlett
Brenda Lobdell
Terri Drew
Jeffrey Greenblatt
Margaret Watt
Danielle Leblanc
Elaine Daignault
Holly Hackett
Kevin Bartlett
Denzel Hunter
Jamiya Richardson



Region 1 Catchment Area Council (CAC) Meeting Minutes

Lia Lopez Stewart

Liz Lebo
