



# Region 1 Catchment Area Council (CAC) Meeting Minutes

**Meeting Date:** November 17<sup>th</sup>, 2022

**Location:** ZOOM

**Present:** See attendance below

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

**(NEW!) CAC tab on Hub website:** <https://www.thehubct.org/region1catchmentareacouncil>

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
<b>CAC Updates</b>	<ul style="list-style-type: none"> <li>- Ingrid Gillespie will be stepping down as co-chair and will continue to be involved as a CAC member</li> <li>- The CAC is not currently looking for a new co-chair but if you are interested or know someone who might be interested, email Kaitlin</li> <li>- CAC Recap PPT is available on CAC tab on website</li> <li>- The Hub has begun the process for the new Priority Report (2022), this includes gathering data &amp; conducting focus groups. If you are interested in participating or learning more, email Kaitlin</li> </ul>	<p>Kaitlin Comet <a href="mailto:kaitlin@ryasap.org">kaitlin@ryasap.org</a></p> <p>To view The Hub’s 2020 Priority Report: <a href="https://www.thehubct.org/data">https://www.thehubct.org/data</a></p>
<b>Regional Behavioral Health Updates</b>	<ul style="list-style-type: none"> <li>- Suicide (Victoria O’Neill) <ul style="list-style-type: none"> <li>• Postvention efforts throughout the region continues</li> <li>• Hub can provide training support in creation of teams or activation of suicide postvention teams in the event of an untimely death</li> <li>• Hub &amp; many others (Positive Directions) will continue to offer free Suicide Prevention Gatekeeping – Question Persuade Refer (QPR) trainings throughout the region. Visit websites for more info.</li> <li>• There will be a suicide prevention awareness campaign available to all (there has been an increase in online traffic regarding suicide info)</li> <li>• Alternatives to Suicide Peer Support Group: see flyer attached to email</li> </ul> </li> </ul>	<p>Victoria O’Neill – <a href="mailto:victoria@ryasap.org">victoria@ryasap.org</a></p> <p>To sign up for Hub events &amp; trainings: <a href="https://www.thehubct.org/events">https://www.thehubct.org/events</a></p> <p>Positive Directions events &amp; trainings: <a href="https://www.positivedirections.org/events">https://www.positivedirections.org/events</a></p>



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<p><b>Regional Behavioral Health Updates</b></p>	<p>-Local Prevention Councils &amp; Substances (Daniella Arias)</p> <ul style="list-style-type: none"> <li>• PAVE Lunch &amp; Learn on Vaping: <a href="https://www.youtube.com/watch?v=Thbh_1mjSxk&amp;ab_channel=TheHubCTInfo">https://www.youtube.com/watch?v=Thbh_1mjSxk&amp;ab_channel=TheHubCTInfo</a></li> <li>• National Prevention Week is coming up and there will be a Lunch &amp; Learn on how to get involved. Look out for more information</li> </ul> <p>-Recovery Friendly Workplace (RFW) (Jeremy Kosbob)</p> <ul style="list-style-type: none"> <li>• RFW continues to certify many different organizations</li> <li>• This process is free &amp; Hub will provide assistance throughout entire process</li> </ul> <p>-Problem Gambling (Ingrid Gillespie)</p> <ul style="list-style-type: none"> <li>• Regional Gambling Awareness team meet quarterly, virtually and all are welcome. Email Ingrid for more info</li> <li>• There has been an increase in interest since online gambling has become legal</li> <li>• There is an increase in problem gambling calls &amp; this regional data is available on Hub website on Problem Gambling tab</li> <li>• Team went through CADCA bootcamp utilizing the Strategic Prevention Framework (SPF) to use data and strategically develop plans for gambling</li> <li>• There are correlations between suicide and substance use with problem gambling</li> <li>• Power Up Parent &amp; Power Up Player: problem gaming pilot and looking to recruit 5 groups (parents &amp; teens) to complete modules. Email Ingrid in you're interested</li> <li>• Mt. Sinai recently went through problem gambling training</li> <li>• There will be a problem gambling survey, please complete the survey and share the flyer (attached to email)</li> </ul>	<p>Find your LPC: <a href="https://www.thehubct.org/local-prevention-councils">https://www.thehubct.org/local-prevention-councils</a></p> <p>Daniella Arias – <a href="mailto:darias@ryasap.org">darias@ryasap.org</a></p> <p>Jeremy Kosbob – <a href="mailto:jeremy@ryasap.org">jeremy@ryasap.org</a></p> <p>Recovery Friendly Workplace (RFW): <a href="https://www.recoveryworksct.org/">https://www.recoveryworksct.org/</a></p> <p>Ingrid Gillespie – <a href="mailto:ingrid.gillespie@liberationprograms.org">ingrid.gillespie@liberationprograms.org</a></p>



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<p><b>Regional Behavioral Health Updates</b></p>	<p>-The regional Behavioral Health Training List will become available on the Hub website on our NEW Training tab. You can utilize this list to find speakers, trainers and more on different behavioral health topics. It is a working document so it will be frequently updated. Please share the LINK to the document rather than a PDF of the document. If you have any edits for the document, please email Kaitlin</p> <p>-New Spanish speaking Naloxone (Narcan) trainers are available as well as Youth Mental Health First Aid (YMHFA) Spanish speaking trainer. Info is on Behavioral Health Training List</p> <p>-New DMHAS, DOT, DESPP and CTHRA program: Outreach workers will be available at transit stations to engage, support and connect people who may be unstably housed or have challenges with mental health or substance use to community resources. Program is currently piloting in Hartford and New Britain stations, and will expand to other locations over time</p> <p>-There is a Peer-Run Respite Work Group that aims to advocate to fund five Peer-Run Respite for the state. There is a lot of interest in this resource and a group of people working to move this along. Email Jordan Fairchild if you're interested</p> <p>-Inpatient beds are closing at Norwalk Hospital – individuals who are in need of inpatient services will be transported to Danbury Hospital. This is an effort to increase outpatient capacity. There will be a public hearing about this soon.</p> <p>-The homelessness problem is increasing, especially in Bridgeport. There are issues in connecting with 211. Bridge House will be engaging in advocacy efforts to address this issue. If anyone is interested in these efforts, reach out to Jordan Fairchild or Holly Hackett. Housing is Keep the Promise's number 1 priority. Kaitlin to share 211 email (in email)</p> <p>-211 change of hours operation: 8AM – 4PM, 7 days a week. If you are running into issues with 211, please reach directly out to 211 director or save information on instances and reach out to Giovanna so that we can assist</p> <p>-Hub will be sharing more info on behavioral health screening tool</p>	<p>NEW Hub Training tab: <a href="https://www.thehubct.org/training">https://www.thehubct.org/training</a></p> <p>Giovanna Mozzo – <a href="mailto:gmozzo@ryasap.org">gmozzo@ryasap.org</a></p> <p>Info on Peer-Run Respite: <a href="http://rockingrecovery.org/the-peer-respite-project/">http://rockingrecovery.org/the-peer-respite-project/</a></p> <p>Jordan Fairchild – <a href="mailto:jfairchild_ktp@cahs.org">jfairchild_ktp@cahs.org</a></p> <p>Holly Hackett – <a href="mailto:ktpadmin@cahs.org">ktpadmin@cahs.org</a></p> <p>Check Up from the Neck Up Behavioral Health Screening Tool: <a href="https://d091c725-0279-4dd7-951f-ee48aa903de5.filesusr.com/ugd/8dc1cb_e12e5f8e447b47899fa4b9fc84d385e1.pdf">https://d091c725-0279-4dd7-951f-ee48aa903de5.filesusr.com/ugd/8dc1cb_e12e5f8e447b47899fa4b9fc84d385e1.pdf</a></p>



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<p><b>Regional Legislative Updates</b></p>	<p>-NAMI (Thomas Burr)</p> <ul style="list-style-type: none"> <li>• NAMI Smarts on Advocacy trainings are free and offered throughout the year. Email Thomas to RSVP for an upcoming training</li> <li>• NAMI’s priorities can best be described as falling into these 3 categories:               <ol style="list-style-type: none"> <li>1. Improve Care - NAMI fights for policies to ensure people get the best possible care. This includes expanding access to health insurance, requiring parity coverage of mental health care, and ensuring that the right services are available at the right time.</li> <li>2. Intervene Early - NAMI fights for policies to ensure people get help early. This includes better research to detect and identify mental illness, integration of mental health care into primary care settings, and access to mental health in schools.</li> <li>3. Divert from Justice Involvement - NAMI fights for policies to get people help, not handcuffs. This includes expanding access to crisis services, promoting best practices in de-escalation, and diversion of people experiencing psychiatric crises to treatment.</li> </ol> </li> <li>• NAMI also generally fully supports the KTP priorities. For this upcoming session, they are still deciding what they will apply concentrated focus on, but at this point it may be: Mental Health Parity, Peer-run Respite, and Supportive Housing.</li> </ul> <p>-Hub</p> <ul style="list-style-type: none"> <li>• We will be hosting a legislative forum in January</li> <li>• We will be sharing out a Legislative Priorities Topic Survey to the region to rank different topics and determine action steps for the upcoming legislative session</li> <li>• There is a regional CAC Legislative Work Group – if you are interested, email Kaitlin</li> </ul> <p>-Keep the Promise (KTP)</p> <ul style="list-style-type: none"> <li>• Working on legislative priorities &amp; will have membership vote</li> <li>• Has been hearing a lot on housing &amp; will continue to focus on patient abuse in CVH &amp; Whiting (patient rights). Also mental health services, peer-run respites, mental health crisis response, funding</li> <li>• Predicted priorities: covering Medicaid and changing income &amp; asset limits, housing &amp; peer-run respites</li> </ul>	



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<p><b>Agency Spotlight:</b></p> <p><b>Recovery Network of Programs (RNP)</b></p> <p><b>Brian Morris</b></p>	<p>-Please see Powerpoint attached to email for all info &amp; resources or review the recorded presentation in the link at the top of this document</p> <p>-State has created fentanyl testing policy that can create barriers to treatment/detox. There is some advocacy around addressing &amp; changing this policy. There has been an uptick in denials because of individuals testing for fentanyl.</p> <p>-The vast majority of individuals seeking treatment is for fentanyl and much less heroine</p>	<p>Brian to reach out to RNP Detox Director to find out criteria &amp; send synopsis to Kaitlin</p> <p>Ingrid to check in with Alcohol, Drug &amp; Policy Treatment Center &amp; send info to Kaitlin</p>
<p><b>Wrapping Up</b></p>	<p>Next meeting: January 19<sup>th</sup>, 2:30PM – 4PM            RSVP here: <a href="https://www.thehubct.org/events">https://www.thehubct.org/events</a></p> <p>NEW* CAC tab on Hub website:            Upcoming Advocacy tab on Hub website *coming soon*</p>	



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### In Attendance:

Kaitlin Comet
Ingrid Gillespie
Giovanna Mozzo
Citaly Ibarra
Lisa Gregory
Judy Phillips
Brian Morris
Rachel Kovacic
Stephanie Paulmeno
Jill Winner
Holly Hackett
Lauren Sgro
Travata Stewart
Mary Ann Kalm
Jodi Giorlando
Milagrose Seguinot
Barbara Kuryluk
Brenda Lobdell
Dave Walenczyk
Jahliah Green
Denzel Hunter
Candy Bartlett
Mary Pat Healy
Thea Diserio Ross



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Leslie Coplin
Jeremy Kosbob
Denise Qualey
Diamond Sead
Demetria Nelson
Loretto Lacayo
Nick Hoffman
Maureen Asiel
Nicole Hampton
Elain Daignault