



Region 1 CAC Meeting Minutes

Meeting Date: January 20th 2022

Location: Zoom

Present: See Zoom Participants & Below

Recorded Meeting Here: <https://www.youtube.com/watch?v=uopEnBpacxA>

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
<p align="center">DMHAS Behavioral Health Legislation & Policy Updates</p>	<p>-Mary-Kate Mason:</p> <ul style="list-style-type: none"> • Legislative short session: Feb. 9th – Early May • Anticipating Mental Health to be a priority topic for the session, particularly children’s mental health (especially reports of overwhelmed emergency rooms) • There is some settlement money for Opioids • Appropriations hearings will likely be the week of Feb. 14th and potentially the week of Feb. 21st. Look out for that info so we can share the impact of funding for us. • Not sure yet what is in the budget but not anticipating significant cuts to the behavioral health system, hopefully some additions. • Appropriations Process: Governor proposes the budget, the budget goes to Appropriations, there is a hearing on what the Governors proposed and then there will be some revisions. The budget will be passed at the end of the session. We should speak up for the budget! Advocacy efforts are incredibly important. Advocacy shapes policy. • Peer Taskforce: Passed last year and has not yet been finalized. Appointments are still being made. It is moving forward. Cheri Bragg will serve as Co-Chair. • Peer Run Respite: There is a lot of research and conversations happening. It is in a concept phase. A plan will be put together, funding is needed to start and sustain. • DMHAS is formulating a legislative proposal that standardizes the current functioning of RBHAOs. 	<p>See attached Powerpoint for info on advocacy & legislation</p>



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<p>Behavioral Health Regional Updates</p>	<p>-Daniella Arias - LPC & Prevention Updates:</p> <ul style="list-style-type: none"> • LPCs are focusing their efforts on vaping (reducing use among youth). There has been an increase in vaping among youth, especially disposable vapes. • Some LPCs are working with their towns and legislators to determine what marijuana sales and distribution will look like in their town. They are making sure that there are prevention efforts. • There is some fentanyl found in marijuana so there is movement in educating others on this. <p>-Giovanna Mozzo – Drug Trends Updates</p> <ul style="list-style-type: none"> • Most towns in our region have submitted applications for the SOR grant and will be working around opioid misuse prevention by providing Narcan trainings and more. • Statewide, LPCs are working on Vaping (amongst youth). We can't forget that adults are also vaping. We are promoting healthy habits for all. • A Hartford teen had died from an overdose and other teens had poisoning. A New Haven teen ingested gummies and got sick. There are some cases in Norwalk where teens were poisoned by some substance – there is still investigation to what the substance was. The testing site is overwhelmed with different substances with suspected fentanyl. Currently, most vapes being collected is not fentanyl but THC Delta 9 and nicotine. • We need to start having more conversations and education around fentanyl. Fentanyl strips is a way to do this. <p>-Victoria O'Neill – Suicide Prevention Updates:</p> <ul style="list-style-type: none"> • The next Regional Suicide Advisory Board meeting is Friday, March 11th 10AM – 12PM on Zoom. All are welcome to attend. • Conversations on trends, new info & findings will be present. • Email Victoria for more info & to receive updates • The Hub has Question, Persuade, Refer Suicide Gatekeeping trainings the first and third Tuesday of every month, 9AM – 10AM on Zoom. Email Victoria if you want a private or organization group training. 	<p>Find your Local Prevention Council in your town: https://portal.ct.gov/DMH/AS/Prevention-Unit/Prevention-Unit/Local-Prevention-Councils</p> <p>https://www.thehubct.org/local-prevention-councils</p> <p>You Think You Know Campaign on Counterfeit Drugs & how to talk to youth about substances: https://www.youthinkyouknowct.org/</p> <p>The Hub Calendar with Upcoming Events & Meetings: https://www.thehubct.org/calendar</p> <p>RSVP to Upcoming Meetings and Trainings: https://www.thehubct.org/events</p> <p>Victoria O'Neill: victoria@ryasap.org</p>
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	<p>-Jeremy Kosbob – Recovery Friendly Workplace Updates:</p> <ul style="list-style-type: none"> • RFW is a statewide partnership with DOL, DPH & DMHAS. RFW identifies organizations and businesses in the region to provide support and trainings to certify their space as recovery friendly. • This is in response to the opioid epidemic – there are people who are in recovery who are struggling to get jobs and employment or are in organizations already and struggling because of the culture. • Recovery Works grant: also provides support for those impacted by the opioid epidemic to return to a workforce. Also provides support for those who are interested in becoming a Recovery Coach. • So far, RFW has submitted 4 organizations for RFW and have 2 more working towards that. They are looking for more organizations in the region! • Any business can apply. Contact Jeremy or Alvin to set up a meeting. The toolkit has the steps highlighted. This is all free. • There will be a national co-op event in February. See emails for updates. 	<p>Jeremy Kosbob: jeremy@ryasap.org</p> <p>Alvin Perez: aperez@workplace.org</p> <p>Recovery Works ct.org & download the RFW toolkit: https://www.recoveryworksct.org/</p>



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<p style="text-align: center;">Spotlight Presentations</p>	<p>-Laurel House & Resources to Recover – Denise Vestuti, LCSW & Danielle Leblanc, MSW</p> <ul style="list-style-type: none"> • See attached Powerpoint for info • Available in Bridgeport: Supported Education, Thinking Well & free workshop programs (social connection & skill building) • Some services available for 17-year-olds and elderly <p>-High Focus Centers – Kelsey Ciarleglio, MSW</p> <ul style="list-style-type: none"> • Located in Norwalk • Offers Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP) • Able to serve adolescents and adults (13-years-old). • There is a new program being created for middle school population, as early as 10-years-old. • Primary mental health track of treatment and co-occurring mental health track of treatment • PHP program for adolescents: 6-hour day, 5 days a week. Has clinical groups and then school component. After this program, clients can step down to the IOP program. • IOP program for adolescents & adults: 3 – 5 days a week. 3 hours of clinical group. Good support of transitional. You do not have to go through PHP to do IOP. • PHP program for adults: 6-hour day, 5 days a week. More of a full day. • Programs also have a lot of individual work along with group. Able to offer weekly psychiatry care. There is family involvement as well. • DBT & CBT are core modalities • There is a strong plan of discharge to ensure the continuum of care. • In-network with most commercial insurances • For adults, they will be able to see a small number on HUSKY insurance • Not in network with Medicare. There is something they will further explore. • Quick access to care. For adults, there is immediate availability (there is a quick turnaround). For adolescents, there is a little bit of a wait time for assessment. • For upcoming “non” COVID times, there will be transportation available. • They can also serve Westchester County • They can manage unique populations on a co-occurring basis and will eventually be bringing 	<p>Laurel House: https://www.laurelhouse.net/</p> <p>Resources to Recover: https://www.rtor.org/</p> <p>Danielle Leblanc: dleblanc@laurelhouse.net</p> <p>Denise Vestuti: DVestuti@laurelhouse.net</p> <p>High Focus Centers: https://highfocuscenters.pyramidhealthcarepa.com/locations/norwalk/</p> <p>Kelsey Ciarleglio: kcjarleglio@highfocuscenters.com</p>
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	<p>over more specific programs from New Jersey to here.</p>	
<p>Legislative Forum Updates</p>	<p>-The CACs will be hosting a legislative forum to participate in the upcoming short session. This will meet one of our goals to identify gaps & barriers and utilize our voice to advocate.</p> <p>-We have a CAC Legislative Subcommittee to continue this work. We recently met to have a detailed discussion on legislative priority topics. From this conversation and The Hub's 2020 Priority Report, we put together a survey of the topics to rank our action steps (have in forum, testify/track during session, send updates, save for another time)</p> <p>-A quick turn around is needed. We took time to fill out the survey.</p>	<p>If you'd like to join the committee or have connections with legislators or have prepared briefing notes or talking points or would like to participate in the forum, please email Kaitlin: kaitlin@ryasap.org</p> <p>See attached Powerpoint for info on advocacy & legislation</p>



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<p align="center">Member Announcements</p>	<p>-The Patient is U Foundation: There is a new essay contest to ask professionals to talk about compassion. This is open to Peer Career Guidance Counselors, Nurses and more. Award is \$500 - \$2000. More info on the website.</p> <p>-CT Nurse's Association: Has two-part Suicide program available on demand and on their website. Session 1 will be available to view. Session 2 is January 27th from 4PM – 5PM</p> <p>-Jacqueline Vega - GBAPP Bridgeport: Teen Father's program helps teen dads under the age of 24 to have a space for mentorship and supportive curriculum. Case management services as well. Email Jacqueline to refer. GBAPP has many other programs.</p> <p>-Let's Talk Mental Health Program 2/16: Co-sponsored by TPAUD and Confidant Health</p> <p>-The Hub: Free Narcan trainings with free Narcan, free QPR trainings, lots of great resources on our website and weekly newsletters.</p> <p>-NAMI Smarts for Advocacy Training: March 26th 9AM – 1PM. Look out for info from The Hub & NAMI to RSVP. Teach you how to understand and submit testimony.</p> <p>NEXT CAC MEETING: March 17th, 2:30PM – 4PM</p>	<p>Patient is U Foundation: https://tpiu.org/</p> <p>CT Nurse's Association: https://ctnurses.org/</p> <p>GBAPP & Teen Father's Program: https://www.gbapp.org/ https://www.gbapp.org/teen-fathers-mentoring</p> <p>Jacqueline Vega jvega@gbapp.org</p> <p>Email Kaitlin with any updates/resources you'd like shared out with the CACs</p> <p>If you'd like to present for the CACs, email Kaitlin</p>



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In Attendance (from Zoom):

Kaitlin Comet, The Hub
Ingrid Gillespie, Co-Chair & Liberation Programs
Mary-Kate Mason, DMHAS
Giovanna Mozzo, The Hub
Daniella Aris, The Hub
Jeremy Kosbob, RFW
Alvin Perez, RFW
Denise Vestuti, Laurel House
Danielle Leblanc, Resources to Recover
Kelsey Ciarleglio, High Focus Centers
Jessica Wisnieski, Family Centers
Travata Stewart, Stamford Hospital
Deirdre Ekholdt, Westport Human Services
Nicole Hampton, MH & Addiction Advocate
Susie Gatto, NAMI Southwest CT
Holly Hackett, KTP
Jordan Fairchild, KTP
Jacqueline Vega, GBAPP
Dr. Stephanie Paulmeno
Candy Bartlett
Edna Borchetta, HHC
Candace
Mary Ann Kalm
Jeffrey Greenblatt, CT Counseling
Trinity Haswell
Kristina Miceli, The Hub
Anna Sheldon, RFW & Prevention Corps
Dave Walenczyk, Norwalk Youth Services
Don Fischer
Mai Kader
Teresa Drew
Glenna Rains, Ability Beyond
Lauren Paolucci
Donna Deluca, Confidant Health
Michael McKinney, CT Counseling
Diamond Sead
Daniel Griffin, Beacon Health
Lauren
David