
WHAT IS THE CATCHMENT AREA COUNCIL (CAC)?

We have merged the CACs together! The “Catchment Area Council” (CAC) is an open grassroots community group for individuals with lived experience with mental illnesses or challenges and/or substance misuse. The group includes providers, consumers, family members, advocates, and more. We are focused on sharing resources, identifying gaps and needs, and advocating to improve the behavioral health treatment and recovery system. This is an opportunity to use your voice! Come share your experiences, express your ideas, raise awareness, and help identify improvements to the treatment and recovery system.

Kaitlin Comet, Program Coordinator – kaitlin@ryasap.org

Ingrid Gillespie, Co-Chair – Ingrid.Gillespie@liberationprograms.org

Region 1 CACs 1 – 4 Bimonthly Meeting (Zoom)

Thursday, March 17th

2:30PM – 4PM

Please RSVP here: <https://www.thehubct.org/event-info/cac-meeting-2022-03-17-14-30-2>

Click on the link above to be directed to our website. Click “Register Now” to RSVP to the meeting and receive the Zoom invite link.

Meeting Agenda

- **Introductions**
 - Welcome! Please put your name & affiliation in the chat

- **Behavioral Health Legislation Updates**
 - Kaitlin Comet & Daniella Arias – The Hub
 - Ingrid Gillespie – Liberation Programs

- **May Mental Health Awareness Month & National Prevention Week**
 - Mental Health Highlights – Journals/Blogs/Quick Videos
 - <https://forms.gle/SDBJeJck8Uq9fgGo6>
 - Lived Experience Panel – NPW

- **Spotlight Presentations**
 - Kelly Leppard, CPS & Kaitlin Brown, LPC, LADC, ICGC II, BACC & Fred Fetta, LPC, ICGC-II, BACC, AADC – CT Problem Gambling
 - Beverly Reyes & Atiba DeCruise– Stamford CARES

- **Member Announcements, Updates & Sharing Resources/Info**
 - **Summary – Next Steps**
 - Next CAC Meeting: Thursday, May 19th 2:30PM – 4PM
 - If you would like to submit a Mental Health Highlight sharing your story, please fill out this form: <https://forms.gle/SDBJeJck8Uq9fgGo6> or email Kaitlin
 - If you or someone you know would like to participate in the Lived Experience Panel, please email Kaitlin
 - If you are interested in being a spotlight presenter, please email Kaitlin at kaitlin@ryasap.org
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Upcoming 2022 Meeting Dates

Bimonthly - 3rd Thursdays, 2:30PM – 4PM

Please RSVP to upcoming meetings here: <https://www.thehubct.org/events>

Click on the link above to be directed to our website. Look for the upcoming CAC meeting date. Click “Register.” Click “Register Now” to RSVP to the meeting and receive the Zoom invite link.

May 19th 2:30PM – 4PM

June 3rd 2:30PM – 4PM * Please note: This is a Friday! *