



Region 1 Catchment Area Council (CAC) Meeting Minutes

Meeting Date: May 18th, 2023

Location: Zoom

View Recording Here (Unlisted Link): <https://youtu.be/pz2XNRf1tMA>

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
<p>Regional Behavioral Health Updates</p>	<p>-Welcome new members! Thank you for attending our meeting. We are looking forward to collaborating with you.</p> <p>-May is Mental Health Month & National Prevention Week (Daniella Arias)</p> <ul style="list-style-type: none"> • The Hub has an interactive calendar with all May events on the website (in-person & online) • 2023’s NPW event was hosted in Hartford and had a great turnout • 2024 NPW: May 12th – 18th • Carolina & Stamford Police: Hosting their first Behavioral Health Community Event • Mai & Carelon Behavioral Health: 31 Days of Wellness & Regional Resource Fair. New COVID Care videos w/ mental health planning (https://www.connectingtocarect.org/covid-care/) • NAMI Annual Walk in Hartford • Many more in-person events & Naloxone trainings • NorWALK Mental Health Awareness (had many resource tables & a walk for mental health awareness) • Make the Road CT: Greater Bridgeport event for Spanish-speaking families with physical & mental health resources & services 	<p>Daniella Arias darias@ryasap.org</p> <p>Victoria O’Neill: victoria@ryasap.org</p> <p>In-Person Alternatives to Suicide Support Group: https://www.positivedirections.org/support-groups</p> <p>Zoom Alternatives to Suicide Support Group: http://rockingrecovery.org/alternatives-to-suicide-on-zoom/</p>

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<p style="text-align: center;">Regional Behavioral Health Updates</p>	<p>-Suicide</p> <ul style="list-style-type: none"> • Columbia Suicide Severity Rating Scale (CSSRS) Training will be held. Continuing education credits are offered. (CEU's) • RSAB will continue to meet in-person & on a monthly basis • Question, Persuade, Refer (QPR) will continue to be offered for free & online twice a month throughout the summer <p>-Additional</p> <ul style="list-style-type: none"> • The Hub will soon be able to offer Youth Mental Health First Aid Trainings (trainings for adults who work with young adults) • The Hub is hiring! Problem Gambling & Recovery Friendly Workplace Coordinators • Norwalk Hospital is starting patient IOP (youth 13 – 17), Mondays, Wednesdays & Fridays. Referrals have begun being taken • CT Counseling Centers (Norwalk) is running well. Has three IOPs (one substance use and two co-occurring, one on Zoom), methadone program, men's & women's groups. Looking for Male Methadone Counselor (bilingual & license preferred) • Teen Nights Out Initiative in Norwalk has social & substance-free events for teens to respond to how COVID has affect social relationships and wellness • Family Centers: Health Equity focus group for community members. English only, looking for community members 	<p>Register for a QPR training: https://www.thehubct.org/events</p> <p>Submit a QPR training request for a specific group or event: https://www.thehubct.org/training</p> <p>Jeffrey Greenblatt – CT Counseling Centers jgreenblatt@ctcounseling.org</p>

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<p>Legislative Updates</p>	<p>-View The Hub’s Advocacy page. This includes all information and our recording for our 2023 Legislative Forum: https://www.thehubct.org/advocacy</p> <p>-Celebrating the passing of the RBHAO Bill, which allows us to receive more funding. See more information here: https://www.cga.ct.gov/2023/TOB/H/PDF/2023HB-06600-R00-HB.PDF</p> <p>-The Hub hosted Attorney General Tong to discuss vaping & opioid settlement funds. If you would like to receive information about this, including funding information, names of the committee leaders, and more, please email info@thehubct.org</p> <p>-Keep the Promise is still working hard this session. There has been a lot of continued fighting. Including rights for individuals with HUSKY. Husky C has the lowest income and asset limits, and this is discriminatory.</p>	
<p>Presentations</p>	<p>Recorded Presentations: https://youtu.be/pz2XNRfltMA</p> <p>-Please review the High Focus Centers presentation from Nicole Hampton & Jonathan Mazza (CC’d in email) or review their recorded presentation (25:27 – 38:00) https://www.highfocuscenters.com/</p>	<p>Jonathan Mazza: Jmazza@highfocuscenters.com</p> <p>Nicole Hampton: nhampton@highfocuscenters.com</p>

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<p align="center">Presentations</p>	<p>-Elsa Ward is the Director of Community Affairs, DMHAS and is seeking to learn more about the state and individuals’ experiences. Please review Elsa’s highlight on Recovery & future projects through our recording. Recovery for all! (40:00 – 47:21) We are looking for individuals to get involved!</p> <p><i>*We are looking for:</i></p> <ul style="list-style-type: none"> - <i>Eating Disorder Resources</i> - <i>Holistic Ways of Care & Recovery</i> <p>- Please review the Network of Care presentation from Mai Kader & Keisha Martin Velez recorded presentation (47:00 – 53:00)</p>	<p>Elsa Ward elsa.ward@ct.gov</p> <p>Mai Kader: Mai.Kader@carelon.com</p> <p>Keisha Martin Velez: kmartin-velez@favor-ct.org</p>
<p align="center">CAC Working & Revamping</p>	<p>Please review our discussion on CAC planning & potential partnerships with Network of Care (53:00 – 1:17:00)</p> <p>-We are considering a partnership with Network of Care, who does similar work to the CACs. This can help with our capacity and reach of members, work & responding to identified behavioral health priorities.</p> <p>-Please take less than 5 minutes to fill out our 2023 CAC Feedback Survey and if you would like, vote on the CAC and Network of Care partnership. The goals of this survey is to:</p> <ol style="list-style-type: none"> 1. Update our membership and those interested 2. Hear YOUR feedback 3. Get your vote on partnership <p>https://ryasap.my.salesforce-sites.com/ryasap/WebForm?Id=7016g0000007r7AAAQ</p>	<p>Review the 2023 CAC Recap: https://www.thehubct.org/region1catchmentareacouncil</p> <p>*This also includes our NEW Regional Priorities Ranked:</p> <ol style="list-style-type: none"> 1. Depression 2. Anxiety 3 Suicide 4. ENDS 5. Heroin & Fentanyl 6. Alcohol

In Attendance:

Mary Ann Kalm, LCSW	Monroe
Mai Kader	Network of Care
Alexa Gudelsky	Family Centers
Elsa Ward	Director of Recovery Community Affairs, DMHAS
Dave Walenczyk, LMFT	Norwalk Youth Services
Kristen Mulheard	Greenwich Public Schools
Holly Hackett	Keep the Promise Coalition
Keisha Martin Velez	SW Family Systems Manager, FAVOR INC
Jeffrey Greenblatt	CT Counseling Centers (Norwalk)
Carolina Grijalda-Rodriguez, LCSW	Stamford Police Department
Nicole Hampton	High Focus Treatment Centers, Norwalk & Farmington
Keisha Stephens, RN	
Sgt. Adriana Molina	Stamford Police Department
Jonathan Mazza, LPC	Director of Outreach, High Focus Treatment Centers Executive Director, Community Health Workers Association of CT
Millie Seguinot	
Lisa Gregory	Norwalk CCT
Don Fischer	Stratford
Daniella Leblanc	Resource Specialist for Resources to Recover, Laurel House
Ava Licata	Student
Margaret Watt	Positive Directions
Barbara Kuryluk	Recovery Network of Programs