



Region 1 Catchment Area Council (CAC) Meeting Minutes

Meeting Date: January 19th, 2023

Location: ZOOM

Present: See attendance below

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

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
Regional Behavioral Health Updates	<p>-Suicide (Victoria O’Neill)</p> <ul style="list-style-type: none"> • QPR trainings will continue to be offered the first & third Tuesday of each month, 9AM – 10:30AM. Register on Hub website • Suicide Postvention Lunch & Learn: how to have a community response to an unexpected death & more info. There will be two parts to this series. Open to ALL. More information about Part II will be given in Part I. On February 14th, 12PM – 1:30PM. <p>-Positive Directions & Alternatives to Suicide Group (Ally Kernan)</p> <ul style="list-style-type: none"> • Tuesday nights in Westport, 7PM – 8:30PM. In person. • There will be an advertising relaunch with new contact information • There will be no more referring youth/young adults to peer sessions as Ally will be leaving Positive Directions but will be continuing to co-facilitate the Alternatives to Suicide group. • There will be a new position open! For someone passionate about working with youth & young adults • Alternatives to Suicide Group: consistent turnout, ages 25 – 40. Mostly individuals from Norwalk & Westport. Some barriers: childcare for individuals who wish to attend. Unable to travel to in person. 6 people from the group were connected to BH treatment (consensually! Not pushing treatment) <p>-Norwalk Health Department (Kelley Tomlinson & Anniella Fignon)</p> <ul style="list-style-type: none"> • Regional MH Series with local health departments: Mental Health in a Post Covid World & Where to Turn For Help: Virtual & In Person: Thursday, January 26th, 6PM – 7:30PM 	<p>Victoria O’Neill: victoria@ryasap.org</p> <p>Positive Directions: info@positivedirections.org</p> <p>Kelley & Anniella: KTomlinson@norwalkct.org AFignon@norwalkct.org</p>



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<p>Legislative Updates</p>	<p>-The legislative long session has begun so there will be many opportunities to get involved. We have a new Advocacy page with info & resources: https://www.thehubct.org/advocacy</p> <p>-Connecticut Prevention Network (coalition of five RBHAO’s) have published the 2023 Public Policy Priorities (statewide asks). We will be addressing Reinstating Funding for RBHAOs at our Regional Legislative Forum</p> <p>-The Hub partnered with stakeholders in Norwalk & Westport to host a Cannabis Forum on an array of topics. It was a great success!</p> <p>-Our Regional Legislative Priorities survey is an opportunity to gain feedback from the region and specifically, the CACs, on our action steps for a list of topics (identified barriers, gaps & needs). We will be continuing legislative and advocacy work throughout the year. The survey is now closed. Results now available!</p> <p>-We have a CAC Regional Legislative Work Group for anyone interested in getting involved. Email Kaitlin for more information.</p> <p>-We will be hosting a Regional Legislative Forum on January 30th, 6PM – 8PM over Zoom. RSVP on Hub’s website. We are seeking speakers and presenters! Please email Kaitlin if you or someone you know may be interested.</p> <ul style="list-style-type: none"> • The forum is open to all. This is an opportunity for legislators to hear you! Be sure to encourage your legislators to join as well. <p>-Bridge House Updates: Housing is a major concern and a challenge. This is the main focus at Bridge House.</p>	<p>Kaitlin Comet kaitlin@ryasap.org</p> <p>To RSVP for Hub Events & Trainings (Including Legislative Forum): https://www.thehubct.org/events</p>



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CAC Work Plan & Goals	<p>-Please subscribe to our newsletter but if you want CAC-specific updates, please email Kaitlin to add your email address to our contact list.</p> <p>-NEW Catchment Area Council (CAC) webpage: https://www.thehubct.org/region1catchmentareacouncil Any ideas for edits & additions, please email Kaitlin</p> <p>-There is a <u>drafted</u> CAC Work Plan to give our group some goals and objectives. How can we use this group in the best way that is needed for this region, for ALL? Please email Kaitlin for feedback on the work plan.</p> <p>-Objective: Increase client-membership through CAC outreach</p> <ul style="list-style-type: none"> • CAC requirement of lived experience <u>used</u> to be at least half of members but we do not have this currently • We still want to be able to have this space for clients to understand their treatment, their rights, resources and more • A lot has changed in the past few years & the pandemic created many challenges • Ideas: <ul style="list-style-type: none"> ○ In-person visits to different programs to discuss resources & CACs (can eliminate transportation barriers) ○ Hybrid meetings ○ Adding Client Report to agenda to hear from clients each meeting ○ Partnering with Peer Support Specialists & CCAR <p>-If you or someone you know may be interested in co-chairing the CACs & has lived experience, please email Kaitlin</p> <p>-What are our next steps? What goals do we have? How can we increase membership? We will continue to discuss.</p>	<p>Kaitlin Comet kaitlin@ryasap.org</p> <p>Hub Training Request Form & Web Page: https://www.thehubct.org/training</p>



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<p>The Hub’s Regional Needs Assessment Priority Report</p>	<p>-The Hub is in the process of gathering data and conducting focus group for our 2022 Priority Report. For more information, visit our Data web page.</p> <p>-We want to hear your feedback! Focus groups are closing but you can give your feedback in our Priority Report Focus Group survey here: https://forms.gle/vN49WHj1K6qTkf3KA</p> <p>More info about the report and the survey is included when you click the link. The survey includes: Mental Health & Suicide, Substance Use & Problem Gambling in Prevention, Treatment & Recovery</p> <p>-We will be sharing results of our report in future CAC meetings</p>	<p>The Hub’s Data Web Page w/ Priority Report Info: https://www.thehubct.org/data</p> <p>Take the Priority Report Focus Group Survey here: https://forms.gle/vN49WHj1K6qTkf3KA</p>
<p>Additional Resources</p>	<p>-Regional Community Health Improvement Plan (CHIPS) & Community Health Needs Assessment (CHNA) – Greater Bridgeport, Norwalk & Greenwich</p> <p>-There is data and resources available as well as opportunities for local involvement</p> <p>Greater Bridgeport Health Improvement Alliance: http://www.hia-ct.org/ - 4 task forces: Child Well-Being, Healthy Lifestyles, Access to Care & Behavioral Health</p> <p>Greenwich CHIP (GCHIP): https://www.greenwichhospital.org/about/community/community-health/needs-assessment</p> <p>Norwalk CHIP: https://www.nuvancehealth.org/about-us/community-and-wellness/community-benefit</p>	<p>Info on CHIPS & CHNA: https://hartfordhealthcare.org/community-health-needs-assessment#:~:text=The%20Community%20Health%20Improvement%20Plan,the%20community%20health%20improvement%20process.</p> <p>Find your Local Prevention Council (LPC): https://www.thehubct.org/local-prevention-councils</p>



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In Attendance:

Kaitlin Comet
Dana Bossio
Carol Cruz
Candy Bartlett
Kevin Bartlett
Daniella Arias
Victoria O'Neill
Aniella Fignon
Kelley Tomlinson
Julie Demarco
Diamond Sead
Leslie Coplin
Will Acosta
Jodi Giorlando
Mary Ann Kalm
Chandra Ring
Nicole Hampton
Ally Kernan
Marypat Healy
Barry Kasdan
Lisa Gregory
Holly Hackett