
WHAT IS THE CATCHMENT AREA COUNCIL (CAC)?

The Catchment Area Council (CAC) is an open community group. Our group includes individuals with lived experience with mental illnesses or challenges and/or substance use as well as providers, consumers, family members, friends, medical professionals, first responders, advocates, and more!

We are focused on sharing resources, raising awareness, identifying trends, gaps, and needs, and advocating to improve the behavioral health system for all ages and across prevention, treatment and recovery. The CAC's ability to forge partnerships in the behavioral health system and throughout our communities is key in influencing systems and contributing to health communities.

This is an opportunity to use your voice! Each person comes with their own experience and expertise, and we want to hear from you. This is also an opportunity to hear, learn from and empower the voices of our region.

Check out our [new](#) web page! <https://www.thehubct.org/region1catchmentareacouncil>

Kaitlin Comet, Program Coordinator & Region 1 CAC Lead – kaitlin@ryasap.org

Region 1 CAC Bimonthly Meeting (Zoom)

Thursday, May 18th

2:30PM – 4PM

Please RSVP here: <https://www.thehubct.org/event-info/cac-meeting-region-1-sw-ct-5>

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

- **Regional Behavioral Health Updates**
 - May Mental Health Month
 - National Prevention Week
 - Legislative Updates
 - Member Updates

- **Catchment Area Council (CAC) – Reset!**
 - Recap of this year
 - What is next for the CACs?

- **Network of Care – Mai Kader & Keisha Martin Velez**
 - Potential partnerships

- What is next for CACs?

 - **CAC Survey**
 - Please provide your feedback for: contact info/membership, ideas & feedback, vote on partnership

 - **Member Announcements & Updates**
 - What is happening in your work/community?
 - How can we help?

 - **Summary – Next Steps**
 - CAC meetings will resume in September
 - June – August: workshopping & work group meetings (consumer meetings)
 - If you are interested in being involved with CAC planning or with meeting with clients/consumers, please contact Kaitlin. We are looking for support!
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