



Region 1 CAC Meeting Minutes

Meeting Date: May 19th, 2022

Location: Zoom

Present: See Zoom Participants & Below

Recorded Meeting Here: <https://www.youtube.com/watch?v=MbeYQA79wWc>

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
<p>Behavioral Health Legislation & Policy Updates</p>	<p>-Giovanna Mozzo:</p> <ul style="list-style-type: none"> Legislative short session ended May 4th Bills passed & signed: <p>HB 5419: Codifies RBHAO, great advocacy work around lived experience representation for state boards. Not a perfect bill and will be revisited in the future.</p> <p>HB 5044: Establishes Opioid Settlement Fund as a separate & non-lapsing fund. Opioid dollars will be redirected to prevention, awareness, education, etc. of substance use.</p> <p>HB 5430: Expands the list of non-opioid treatment options such as fentanyl testing strips. Dollars can be spent for these (SOR).</p> <p>-Ingrid Gillespie:</p> <ul style="list-style-type: none"> Tobacco Health Trust Fund: This year, there are now more dollars and more definitive language with some degrees of protection that the money cannot be taken out. CDC recommends the dollars go to prevention, cessation, etc. 	<p>-CAC Follow Up email will have legislative summaries available (DMHAS, KTP, NAMI & more)</p> <p>-DMHAS Legislative Summaries: https://portal.ct.gov/DMHAS/Divisions/Legislative-Unit/Legislative-Updates</p> <p>-KTP Legislative Recap: https://can2-prod.s3.amazonaws.com/user_files/user_files/000/076/398/original/2022_Mental_Health_Legislative_Recap.docx.pdf?link_id=3&can_id=f0c653001d8b331a1f37f6596e1f92a6&source=email-ktp-meeting-april-20th-2022-2&email_referrer=email_1545931&email_subject=ktp-meeting-may-18th-2022</p>



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	<p>-Margaret Watt:</p> <ul style="list-style-type: none"> • This year, we hoped to see more advocacy and awareness since cannabis was legalized last year. This year, there was some focus on advertising. Recognition on gifting and marijuana billboards (only 11PM – 6AM, rare for families to see). Billboards cannot be within 1500 ft of childcare, school establishments, recreation centers or places of worship. Hoping for this bill to pass. • HB 5001, SB1 & SB2 are large bills around children’s mental health. • SB450 (CVH Bill): Develop plans for a new forensic hospital, remove DMHAS commissioner from Whiting’s oversight board, require PSRB to consider individual’s safety & wellbeing as well as societal protection • Limited trial work on incorporating psychedelics into treatment • DOC to regularly review and recommend BH services throughout incarceration & integration • Peer run respite did not happen this year but there is more awareness <p>-Jordan Fairchild:</p> <ul style="list-style-type: none"> • SB 450: This is the start of a longer conversation. This will be revisited. The taskforce started recommended abolishing the PSRB but will instead, create a separate work group to see what to do with the PSRB. They want to ensure that there are diverse ideas in the group. 	



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<p>Behavioral Health Regional Updates</p>	<p>-Daniella Arias:</p> <ul style="list-style-type: none"> • We have an interactive calendar on our website to see many more events happening in-person, virtually in our region and some throughout the state. There are still many events happening. • Last Saturday was the NPW event at the Discovery Museum in Bridgeport, in our region. Good turnout with lots of activities. <p>-Ingrid Gillespie:</p> <ul style="list-style-type: none"> • Gambling issues are increasing (since legalizing online gambling & gaming). • There is money allotted to do a gambling prevalence report. It's been over 10 years since that has happened so this is great. • There will be a Gambling 101 presentation on June 14th. Email Ingrid for more info. 	<p>See The Hub's newsletter & website for events, trainings, resources & more for May is Mental Health Month & National Prevention Week</p> <p>Ingrid Gillespie: ingrid.gillespie@liberationprograms.org</p>



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<p>Children’s Mental Health</p> <p>What are you seeing?</p> <p>What initiatives are happening?</p>	<p>-Deirdre Ekholdt, Westport Social Services:</p> <ul style="list-style-type: none"> • At Staples High School, there was Get Real Day. An event with many tables and different mental health & substance use agencies. The Teen Awareness Group (TAG) ran this. It was a successful event. • Many TAG kids might say that there has been a slow adjustment returning in person after the pandemic. Especially for Seniors. • Heightened anxiety. <p>-Giovanna Mozzo:</p> <ul style="list-style-type: none"> • AmeriCorps member at Bridgeport high school had an open discussion with the teens on mental health and substance use. • The kids mostly wanted to talk about marijuana, edibles, and why they need to worry about fentanyl. • Many of the kids had depression or anxiety. Some described it as debilitating and not sure what to do with coping skills and daily life habits. • It seems like this may be a common theme across towns. • Stamford middle schools students are experimenting with marijuana and edibles. Some are also selling/sharing to other kids. • There have been so many events happening on education & awareness, this is a great movement happening by us all! • Shoutout to towns that have done mental health proclamations & Demetria with postvention team. 	<p>-Continue to share your work, experiences, observations, feedback, etc. with The Hub!</p>



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	<p>-Margaret Watt:</p> <ul style="list-style-type: none"> • Positive Directions (Norwalk & Fairfield) survey showed high levels of depression. Saw mostly in girls & LGBTQIA+ kids. Any group that are marginalized in some way, have higher mental health struggles & substance use. We need universal & targeted approaches. • There is a lot of focus on crisis response and less of a focus on strengthening abilities with kids first (for ex, in school) • Marc Brackett, PhD: Yale Professor, wrote Permission to Feel. Developed social emotional curriculum (ruler system) implemented in many of our districts. He has also observed college students/young adults struggling – 90% of Yale students want to see a therapist • Young adults are also struggling with mental health and high suicidality, struggling with coping skills. Everyone needs mental health services (that may or may not be therapy exactly, there are many different options) • Much of the work happening is a response to crisis. Sometimes implementing small changes before a crisis can make a difference (increased passing time in high schools). <p>-Ingrid Gillespie:</p> <ul style="list-style-type: none"> • Allowing students to see grades before parents... • SERC spoke on the power of simple interventions/conversations was all that many kids needed to feel heard & connected. This led to resources actually being sufficient enough with these interventions as well. 	<p>-Fairfield recorded event: The Power of Emotional Intelligence, Marc Brackett, PhD: https://www.fairfieldct.org/fairfieldcaresnews/?FeedID=4932</p>



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	<p>Denise Vestuti:</p> <ul style="list-style-type: none">• Laurel House: Working with young adults and also seeing similar struggles.• Pre-engagement Q & A meetings can sometimes empower adults. Not necessarily a parent or provider give information but a younger staff introducing services. <p>Holly Hackett:</p> <ul style="list-style-type: none">• KTP is trying to engage with young adults again.• Young adults are doing amazing work in the state, especially for mental health.• Many don't take younger adults or kids seriously, which is a mistake. The state needs to listen to our kids because they know what they need and need to be heard.• Bridgeport Club Houses are also looking to engage with youth. <p>James Bethea:</p> <ul style="list-style-type: none">• GBAPP & The Workplace.• We have to change the stigma around mental health and stigma around what it is like to go through things in life and get connected to resources.• If we voice real experiences with youth & meet them at their level, it can help for them to open up and connect with you. <p>Margaret Watt:</p> <ul style="list-style-type: none">• Legislation will be implementing a peer support program for 6th-12th graders in school – plans are not yet clear yet.• DMHAS will do a study on the affects of social media on youth mental health.• Norwalk Partnership will have a live Youth Mental Health First Aid – this is for individuals who work with youth. This is different from Teen Mental Health First Aid – this is for teens to learn to provide support for each other.	
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	<p>Kaitlin Comet:</p> <ul style="list-style-type: none"> CT School Health Survey results are available (AKA YRBS): https://www.ctclearinghouse.org/webinars/ 	
<p>AmeriCorps Prevention Corps CT</p>	<p>Kaitlin Comet:</p> <ul style="list-style-type: none"> Prevention Corps is an AmeriCorps program in CT that focuses on combatting the opioid epidemic. PC partners with nonprofit organizations across the state and are looking for host sites. PC members are anyone over the age of 18 who have a high school degree/GED and can be placed with host sites for service work If interested in hosting a member: https://static1.squarespace.com/static/613fb05af7f766be3b969cc/t/62717670340bd34205a37f7a/1651603056974/Prevention+Corps+Host+Site+App+Guide+22-23.pdf For more info on PC: https://www.preventioncorpsct.org/ 	
<p>Suicide & Postvention</p> <p>How do we implement prevention & postvention efforts?</p>	<p>Victoria O’Neill:</p> <ul style="list-style-type: none"> Program Coordinator for The Hub and focuses efforts on suicide prevention & postvention Regional Suicide Advisory Board (RSAB): Meets on a quarterly basis to discuss and share suicide information, awareness, resources and more. They host speakers & presentations as well as data. <p>Kaitlin Comet:</p> <ul style="list-style-type: none"> Postvention is not just efforts created by professionals but is a community-based efforts. We can all get involved in these efforts 	<p>See follow up email for the attached PowerPoint slides.</p> <p>Victoria O’Neill: victoria@ryasap.org</p>



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	<p>Margaret Watt:</p> <ul style="list-style-type: none"> • Murder-suicides are rare but also requires unique postvention efforts. • Response to “untimely death” – doesn’t necessarily have to be a suicide death • Some communities are ready & willing to step up, not everyone. • Most suicide deaths will go through first responders first so we can work with them so that they know to activate a postvention team. Or this can be a team effort. • Ally Kernan is a Peer Support Specialist that is available to provide limited one-on-one free peer support to teens and adults. She was trained as an Alternatives to Suicide facilitator. Awaiting trainings/support groups– coming soon. <p>Ingrid Gillespie:</p> <ul style="list-style-type: none"> • Postvention is there to help surviving members heal but it is also prevention • Postvention is prevention because it is a high risk for surviving members. There is focus on helping to heal but also prevent. <p>Giovanna Mozzo:</p> <ul style="list-style-type: none"> • The Hub will be going through Postvention TOT so we will be able to offer these trainings to the region soon. • We can offer to postvention teams, towns & more. • As teams, we work for the community at large but we also have to learn to work for each other and look out for each other. Break silos. • Many towns are doing wonderful work in suicide prevention & postvention. • Follow us on social media and our newsletter to get updates. 	<p>Ally Kernan: akernan@positivedirections.org https://www.positivedirections.org/one-on-one-peer-support</p>



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<p>CAC Next Steps & Upcoming Events</p>	<p>May 24th: Understanding Suicide in the Elderly in America – continuing education credits available:</p> <ul style="list-style-type: none">• https://www.thehubct.org/event-info/understanding-suicide-in-the-elderly-in-america-1 <p>May 26th: Columbia Suicide Severity Rating Scale Training:</p> <ul style="list-style-type: none">• https://www.thehubct.org/event-info/columbia-suicide-severity-rating-scale <p>May 31st: LGBTQIA+ & Allyship:</p> <ul style="list-style-type: none">• https://www.thehubct.org/event-info/lgbtqia-allyship <p>June 3rd: The Hub Virtual Engagement Party:</p> <ul style="list-style-type: none">• https://www.thehubct.org/event-info/virtual-engagement-party-2022-06-03-10-00 <p>Please note: We will not be having another formal CAC meeting until September. We will resume in September. We invite all CAC members to attend our Hub Year in Review Engagement Party on June 3rd, 10AM – 12PM.</p> <p>This event will be a presentation of The Hub, our initiatives, what we have accomplished in the past year and more.</p> <p>There will be many conversations happening and this is also a great opportunity to let us know about your work, any feedback you have for the region/state as well as feedback for how we can support you and the region.</p> <p>-NAMI:</p> <ul style="list-style-type: none">• NAMI Connecticut is having the statewide awareness walk / fundraiser this weekend in Hartford. ***Challenge***: they have a one-week \$10,000 matching grant so if enough people donate this week to reach that level, it will be doubled! https://namict.org/get-involved/namiwalksconnecticut/	
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	<p>-TurningpointCT:</p> <ul style="list-style-type: none"> • Ally will be offering a Recovery Coach Academy for young adults the week of July 18th where they can get trained as Recovery Coaches, a recognized form of peer supporter. Flyer should be out tomorrow - you will see it in Kailey's weekly news from TurningPointCT.org. 	
<p>CAC Assessment Survey</p>	<p>-We have created a 2022 CAC Assessment Survey to help the leadership team gain information on how the CAC is doing. We would like to gain perspective and feedback to be informed on how we can improve and support our members. The survey is anonymous.</p> <p>-This is a short survey. Please fill it out and share it out with everyone!</p> <p>https://forms.gle/d8R3D3KA5baBEhsz5</p> <p>-Over the summer, the leadership team will be continuing CAC work with recruitment, research and planning</p>	



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In Attendance:

Kaitlin Comet, The Hub
Daniella Arias, The Hub
Giovanna Mozzo, The Hub
Ingrid Gillespie, Liberation Programs
Susie Gatto, NAMI SW CT
Margaret Watt, Positive Directions
Jordan Fairchild, KTP
Jessica Wisnieski, LCSW Family Centers
Jeffrey Greenblatt, CT Counseling Centers
Holly Hackett, KTP
Deidre Ekholdt, LCSW Westport
Candy Bartlett, Darien Rep/Former SW
Edith Lee, LifeBridge Community Services
Millie Seguinot, Certified CHW
Victoria O'Neill, The Hub
Denise Vestuti, Laurel House
Nick Hoffman, KeyStone House
James Bethea, GBAPP & The WorkPlace
Citlaly Ibarra, SVMC Hartford Healthcare
Patricia Lopez, SVMC Hartford Healthcare
Demetria Nelson, Greenwich Department of Human Services
Mary Pat Healy, RYASAP
Kelsey Ciarleglio, High Focus Centers
Diamond Sead, Norwalk, YSB, LPC
Terry Drew, Stamford, YSB, LPC
Daniel Griffin, Beacon Health