



Region 1 CAC Meeting Minutes

Meeting Date: September 16th, 2021

Location: ZOOM

Present: See Zoom Participants & Below

Recorded Meeting Here: https://youtu.be/Ct_azwT8sJw

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
Introductions	<p>-Review of CAC. The CACs 1-4 have merged into one.</p> <p>-Introduction of Kaitlin Comet as The Hub (soon to be) Program Coordinator facilitating CAC meetings & Ingrid Gillespie, co-chair of CAC</p> <ul style="list-style-type: none">• Kaitlin Comet, Program Coordinator – kaitlin@ryasap.org• Ingrid Gillespie, Co-Chair – Ingrid.Gillespie@liberationprograms.org	<p>-Feel free to email Kaitlin & Ingrid to introduce yourselves and your work</p> <p>-Email Kaitlin with any updates, resources, flyers, etc. to be shared to CAC and relevant Hub contacts</p> <p>-RSVP for CAC meetings through The Hub’s website here: https://www.thehubct.org/events You will receive the Zoom invite link when you RSVP</p>



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<p>Behavioral Health Regional Updates</p>	<p>-Daniella Arias, The Hub: Updates on one of the region’s priorities, Alcohol</p> <ul style="list-style-type: none"> • The Hub completed the 2020 SW CT Region 1 Priority Report. Stakeholders voted on region’s priorities. Alcohol is #3. (Mental Health & Suicide is 1st & 2nd) • Mention Prevention Campaign engages community in alcohol prevention. Many LPCs have adapted this program • Darien has an alcohol campaign – “Our Darien”. Public Health initiative working with Thriving Youth Task Force • Young adults (18-25) have highest rates of alcohol consumption in our state, and are binge drinking more than other age groups • Adult binge drinking is highest in Greenwich • We hope to continue community education & awareness • We want to address alcohol treatment • Reach out to Daniella for more info: darias@ryasap.org <p>-Ingrid Gillespie: Updates on region, Problem Gambling</p> <ul style="list-style-type: none"> • Regional Gambling Awareness Team: covers Bridgeport – Greenwich, open to all. Virtual meetings. • Gambling is often linked to other disorders, including alcohol • Message isn’t “Don’t Gamble” but is how to safely gamble • Join meeting for updates, events, info etc. • There are gaps in gambling, vulnerable groups, and impacts in advocacy • Reach out to Ingrid for more info: Ingrid.Gillespie@liberationprograms.org 	<p>-You can review The Hub’s Priority Report here: https://d091c725-0279-4dd7-951f-ee48aa903de5.filesusr.com/ugd/6dc585_a0269c44f52d4976b1977d4c87e78b0c.pdf?index=true</p> <p>We can also provide a presentation on the report.</p> <p>-There are infographics available for a snapshot of each epidemiological profile available on our website (soon!) but are now available as we send these out through our newsletters.</p> <p>-Any relevant regional updates to be shared with CAC can be sent to Kaitlin kaitlin@ryasap.org</p>



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<p style="text-align: center;">Behavioral Health Legislation & Policy Updates</p>	<p>-Thomas Burr, NAMI (National Alliance on Mental Illness)</p> <ul style="list-style-type: none"> • NAMI focuses on improving care, intervening early, and diverting from criminal justice involvement. Fighting for just policies in these areas https://namict.org/ • Currently working on legislative priorities for next legislative session in Feb. 2022 • Likely will continue to advocate for peer run respite centers, mental health parity (to be where it needs to be), DMHAS budget • Annual conference will be Oct. • NAMI Smarts for Advocacy training will be Sept. 25th • New NAMI Chair for Public Policy: Margaret Watt • NAMI has 9 local affiliates throughout state. Fairfield & Stamford/Greenwich area in SW CT • Reach out to Tom for info: tburr@namict.org <p>-Jordan Fairchild, KTP (Keep the Promise Coalition)</p> <ul style="list-style-type: none"> • KTP is an advocacy organization primarily made up of individuals with lived experience, conducting a lot of legislative work for services and support in the state. Works closely with DMHAS clubhouses and other organizations http://www.ctkeepthepromise.com/ • Beginning legislative priorities. Likely to focus on peer run respite. • There are still federal protections for individuals with Fannie Mae or Freddie Mac mortgages available until the end of this month. Also apply to tenants of landlords with these mortgages: https://portal.ct.gov/dob/consumer/consumer-help/COVID-19-mortgage-relief • There are some protections still available for renters. Info for Unite CT: https://portal.ct.gov/DOH/DOH/Programs/UniteCT • CT state has green light for limited supporting housing programs for some Husky recipients 	<p>-Any relevant regional updates to be shared with CAC can be sent to Kaitlin kaitlin@ryasap.org</p> <p>-If you would like a speaking slot at any CAC meetings, please email Kaitlin kaitlin@ryasap.org</p>



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<p align="center">Behavioral Health Legislation & Policy Updates</p>	<ul style="list-style-type: none"> • Application for CT Housing Engagement and Support Services (CHESS): https://www.ctchessdss.com/ • The Governor’s Office of Policy & Management have a committee, Long Term Planning Committee, to create 3-year plans for state policies and governor office actions on where to improve long term support & services. The new plan is being created (2022) and in the process of collecting input from others, especially others with lived experience. There will be a roundtable to collect this feedback. Limited space and open to those with lived experience. Advocates also welcome. • Reach out to Jordan for more info: jfairchild_ktp@cahs.org 	
<p align="center">September Suicide Awareness Month & Recovery Month</p>	<p>-Daniella Arias, The Hub:</p> <ul style="list-style-type: none"> • The Mobile Crisis Unit is looking for more social workers to extend their hours to 24/7! • The Hub has Question, Persuade, Refer (QPR) Trainings throughout the month. Register on website: https://www.thehubct.org/events • Reach out to Daniella for more info: darias@ryasap.org <p>-Ingrid Gillespie:</p> <ul style="list-style-type: none"> • 8th Annual Recovery Celebration at Sacred Heart Community Theater on Sept. 29th. In-person or you can join on Youtube. Honoring individuals, families, and communities in recovery. Please register. • Reach out to Ingrid for more info: Ingrid.Gillespie@liberationprograms.org <p>-NAMI is sharing info through listservs & social media</p> <p>-BUC & GBAPP will be hosting a town hall at the end of the month</p>	<p>-Email Kaitlin with any updates, resources, flyers, etc. to be shared to CAC and relevant Hub contacts kaitlin@ryasap.org</p>



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<p>Region 1 SW CT Priority Report Summary</p>	<p>-Discussing ideas for how we want to address the gaps in Mental Health based on the Priority Report for our region:</p> <ul style="list-style-type: none"> • Pediatric care • Emergency Room & Inpatient Hospital Discharge process • Mental Health Parity: coverage, obtaining accurate reports from insurance industry (there will be a public hearing, visit https://www.cga.ct.gov/ and daily bulletin) • Peer Run Respite • Services for undocumented individuals • Services for uninsured • Training for marijuana response <p>-Lia Stewart, Stamford Hospital:</p> <ul style="list-style-type: none"> • Funding/reimbursement for peer support specialists • Advocacy in keeping telehealth <p>-We will continue the discussion in what gaps we'd like to focus on and how we can address these gaps. We can create work groups/subcommittees for such.</p>	<p>-You can review The Hub's Priority Report here: https://d091c725-0279-4dd7-951f-ee48aa903de5.filesusr.com/ugd/6dc585_a0269c44f52d4976b1977d4c87e78b0c.pdf?index=true We can also provide a presentation on the report.</p> <p>-If you have ideas or preferences for what we can do as a CAC in addressing gaps, please email Kaitlin kaitlin@ryasap.org</p>



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<p>Planning Legislative Forum Proposal – Legislative Ideas</p>	<p>-Continuing the conversation in pursuing a legislative forum on 1 – 2 topics as a CAC. This can be a work group with CAC support.</p> <p>-Amy Badini:</p> <ul style="list-style-type: none"> • Review summary of the Essential Caregivers Act (national bill): https://theconsumervoice.org/news/detail/latest/essential-caregivers-act-h.r.-3733 • Bill HR3733 Essential Caregivers Act: Allows two individuals (essential caregivers) access to long-term care facilities to continue to provide care and support to a facility resident during any public health emergency, following the same protocols as staff • The number of the bill and the language of the bill may change but the title should not • CT Law is PS 21-71 – An act concerning essential support person • Unintended impact of the pandemic. Epidemic of many deaths from failure to thrive for those in long-term care. There is unintended neglect. Barriers and restrictions to family connection. Individuals are dying from loneliness. “Essential Caregivers” are not just visitors but anyone who goes to provide attention and care to those in long-term care • Amy & grassroots community group (Caregivers for Compromise) created a book of stories and pictures from every state. Each state has a group. They created a book that will be published and sent to every legislative (senate & congress) • This is a mental health issue! <p>-We will revisit what our action for this will be as a CAC</p>	<p>-If anyone has connections in book promotion, please reach out to Amy Badini: abadini06870@gmail.com</p> <p>-Please reach out to Kaitlin if you have an interest in being involved or any feedback/comments kaitlin@ryasap.org</p> <p>-If you can assist in connecting Amy with Congressmen in state, please reach out to Amy Badini: abadini06870@gmail.com</p>



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<p>Planning Legislative Forum Proposal – Legislative Ideas</p>	<p>-Donna DeLuca:</p> <ul style="list-style-type: none"> • C.A.R.E.S. Family Support has aligned with Confidant Health (app-based treatment services. You can receive tx with \$1 and pay more to help others pay for tx) www.confidanthealth.com • Reach out to Donna for more info: donna@confidanthealth.com 	<p>-Kaitlin will send out Confidant info</p>
<p>Summary & Next Steps</p>	<p>-We will not have an official CAC meeting for our next scheduled meeting (November 18th). Please use the time to attend Beacon Health event on Members & Providers education.</p> <p>-There will be a different CAC meeting time so we can still meet in November.</p> <p>-RSVP for future CAC meetings on our site: https://www.thehubct.org/events</p>	<p>-Kaitlin will send out Beacon Health flyer & info on a new meeting time for November</p> <p>-Please send Kaitlin info for any ideas of presentation & speakers kaitlin@ryasap.org</p>



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In Attendance (from Zoom Chat):

Kaitlin Comet, The Hub
Julie Demarco, Fairfield Human and Social Services
Jeffrey Greenblatt, Program Director, CT Counseling Center (Norwalk)
Trinity Haswell, Youth Services Coordinator, Wilton Youth Services
Thomas Burr, NAMI CT
Ingrid Gillespie, Co-Chair, Liberation Programs
Jordan Fairchild, Keep the Promise Coalition (KTP)
Danielle Leblanc, Laurel House
Lauren Paolucci, St. Vincent's Westport Campus
Michael McKinney, Program Director, CT Counseling Center (Stamford)
Dan Griffin, Peer Specialist, Beacon Health Options
Olivia Donnelly, Community and Senior Services (Stratford)
Kristina Miceli, Intern, The Hub
Mai Kader, Network of Care Manager, Beacon Health Options (Region 1)
Laurie Graziano, Youth Services Bureau, MYLK, WHS & AITE
Dave Walenczyk, LMFT, Department of Youth Services (Norwalk)
William Acosta-Ho, Advocacy Coordinator, Bridge House (Bridgeport)
Liz Peralta, Norwalk Hospital Outpatient Department, Nuvance Health
Susan Cardillo Cunningham, System Program Director, DCF (Region 1 – Bridgeport/Norwalk)
Ina Anderson, Bridgeport United Coalition, GBAPP (Bridgeport)
Donna DeLuca, Family Matchmaker & Care Navigator, Confidant Health
Mary Ann Kalm, Town of Monroe
David Robledo, Family Centers Health Care (Greenwich)
Don Fischer, Recovery Program Coordinator, Stratford Rep & NAMI CT
Nicole Hampton, Peer Engagement Specialist, Norwalk Hospital & Nuvance Health
Karla Lamoutte, Case Manager, St. Vincent's Community Support Services
Virgina Mittelstadt, Continuum of Care
Kevin Best, Case Manager, St. Vincent's Community Support Services
Deirdre Ekholdt, Social Worker, Westport
Jim Lisher
Kelly Idarraga, Bilingual Community Collaboration Coordinator, The Rowan Center
Jessica Wisnieski, LMSW, Family Centers
Amy Badini, Prevention & Mental Health Advocate
Daniella Arias, Program Coordinator, The Hub
Giovanna Mozzo, Director, The Hub