

Behavioral Health Resources You Should Know

Presentation to St Vincent's Parish Nurses
February 13, 2018

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HealthyMindsCT.org



Why should you learn about Behavioral Health?

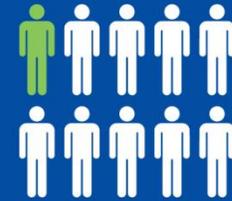
- Definition
- Prevalence
- Groups at risk
- Co-occurrence



American adults
has a mental illness



Mental illnesses are
the leading cause of
disability worldwide



1 in 10 full-time
employees
has an addiction

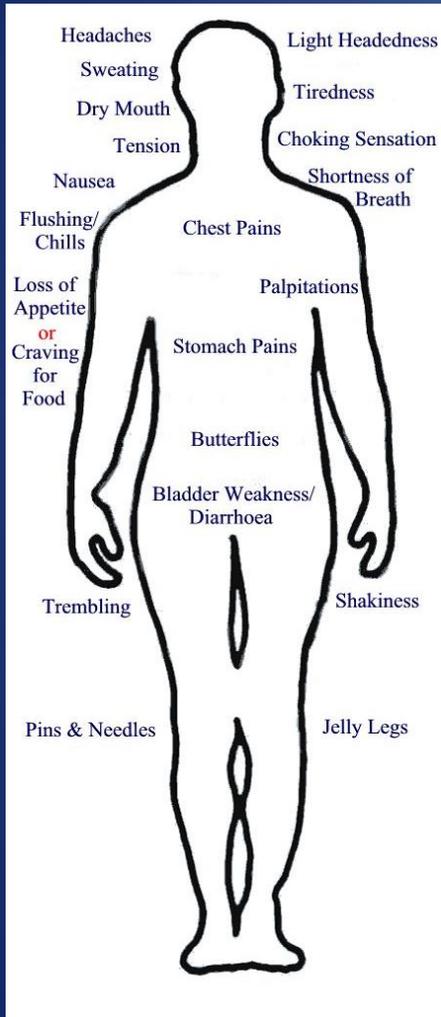
To help identify people in need early

Take the Mental Wellness Screen

- Depression, including Suicidality
- Anxiety
- PTSD / trauma
- Alcohol & Other drugs

→ *Resource: Online screenings at HealthyMindsCT.org*

→ *Could your parish host screenings?*



To help connect people to help



- Triage:
 - Is it a crisis?
 - Could treatment help?
 - Could social support help?
 - How's the life balance?

Crisis Resources

- Mobile crisis
 - Adults: 800-586-9903
 - Children up to 18 y.o.: 211, press 1 *or* dial 203-327-KIDS
- National Suicide Prevention Lifeline: 800-273-8255
- Crisis Text Line: Text “CTL” to 741741
- Substance Use Access Line: 800-563-4086
- Call 911: Ask for a CIT officer

Peer support

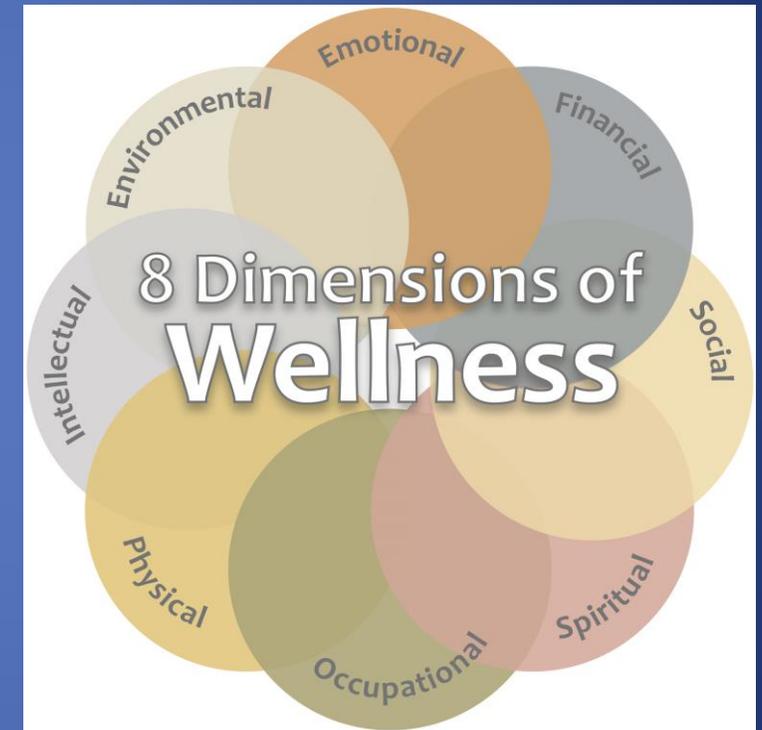
- Warmline (5-10pm daily): 800-921-0359
- Young people:
 - Young Adult Warmline (12-9pm): 855-6-HOPENOW
 - TurningPointCT.org (teens & young adults)
- Hearing Voices Network (CThvn.org)
- Primarily for families:
 - National Alliance on Mental Illness (NAMIct.org) – training, support, advocacy
 - The CARES Group – family support for substance use disorders
- CCAR – offers free Telephone Recovery Support for addiction
- 12 Step programs & other models of peer support



Resource: List of free peer support groups in the region at HealthyMindsCT.org

What about wellness?

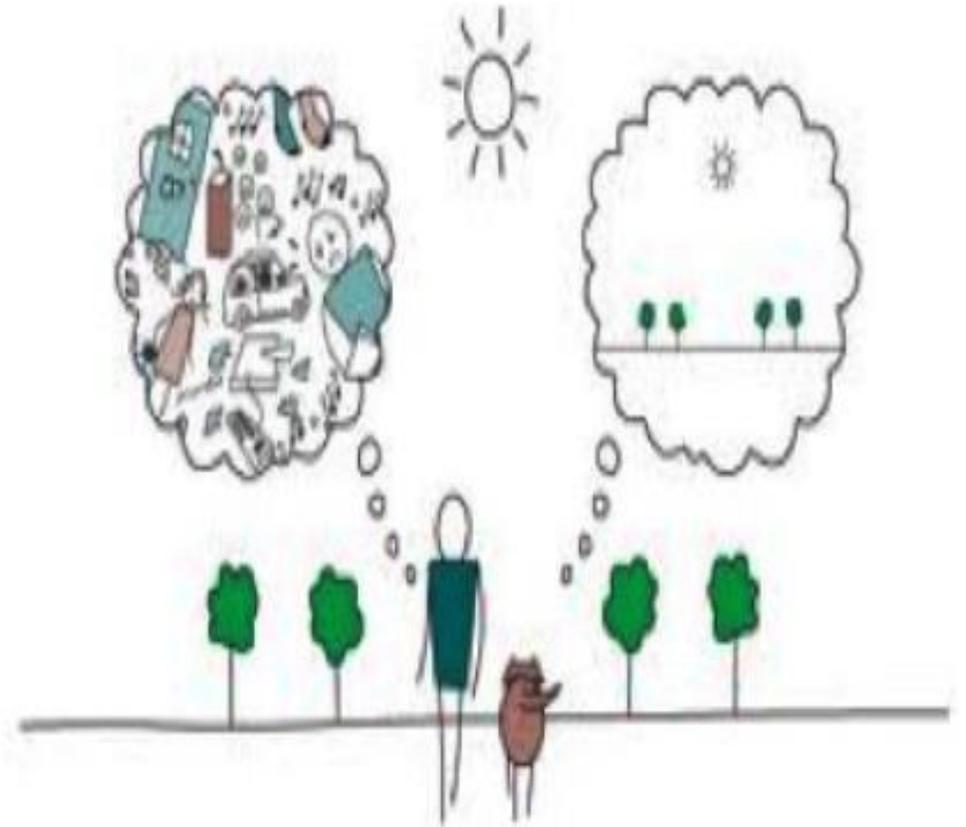
- Mindfulness / meditation
- Spirituality
- Nature
- Sensory activities
- Social connectedness is critical
- Consider 8 dimensions



Resource: List of apps for wellness

LET'S TRY SOMETHING...

1. Get comfortable in your chair
2. Place both feet grounded on the floor
3. Close your eyes. Keep them open if preferred
4. Inhale through your nose for the count of two
5. Exhale deeply through your mouth



Mind Full, or Mindful?

Education & Awareness

- Training programs:
 - Mental Health First Aid (Youth, Adult, Older Adult, First Responder modules)
 - Suicide awareness & prevention trainings (QPR, SafeTALK, ASIST)
 - Community prevention programs
- Mental Health Awareness Month - May
- Wellness Month – free screenings & wellness info – October

→ *Could your parish or organization host a training?*

Next Steps

1. Please post the “**Need Help?**” poster at your parish to raise awareness of critical and cheap/free resources.
2. Please make the poster for **TurningPointCT.org** available to youth groups. (“Feeling alone? We’ve got your back.”)
3. Please make **resource guides** and lists of free **peer support groups** available in your parish for those seeking help.
4. Consider hosting **training or screening programs**.

Info & Resources

- Contact Margaret at the SW Regional Mental Health Board at 203-840-1187 or mwatt@HealthyMindsCT.org
- We can provide materials and help organize programs.

*NOTE: We are currently a part of a state-wide restructuring process. We are developing a formal partnership with RYASAP and Communities 4 Action to serve as a new entity to be called the **Regional Behavioral Health Action Organization**. Contact info is the same for now.*