



# CONNECTING

Transforming Children's Services in Connecticut

## ISSUE: JULY 2018

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This website is the product of a statewide collaborative effort which includes the following partners: Beacon Health Options, Connecticut Health and Educational Facilities Authority (CHEFA), Child Health and Development Institute (CHDI), CT Department of Children and Families, CT Department of Mental Health and Addiction Services, the University of New Haven and United Way of Connecticut/2-1-1.

## WHAT IS CONNECT?

The Connecticut Network of Care Transformation (CONNECT) is a statewide initiative to create a partnership among families, state agencies, and service providers at the local, regional and state levels to develop a “No Wrong Door” approach to the delivery of children’s services within Connecticut.

## Introducing Healthy Lives Connecticut

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**Take a Screening**  
A healthy mind is as important as a healthy body.  
If you are concerned about yourself or someone you love, take a few minutes to complete an anonymous self-assessment.

**Opioid Abuse and Addiction**  
Break the Connection  
Interested in accessing addiction services and/or resources for you or someone you know?

**Mobile Crisis**  
When your child is in crisis.  
It's not easy to get through to a child who is out of control. The good news is, help is only a phone call away. By dialing 2-1-1, you are reaching out to trained counselors who can immediately help to resolve the crisis.

Connecticut is committed to the health and wellness of its citizens. The Healthy Lives Connecticut website provides information and tools for maintaining or regaining wellness in the areas of emotional wellness, physical wellness, holistic wellness, financial wellness, and recovery from addiction issues. The site also includes self- screening tools for mental health and addictions which are anonymous and confidential. Visit the website at [www.healthylivesct.org](http://www.healthylivesct.org).



# HEALTHY LIVES CONNECTICUT

## TAKE A SCREENING

*A healthy mind is as important as a healthy body.*  
Are you worried about yourself or someone you love? Take a few minutes to fill out an anonymous self-assessment.

## HELP WITH ADDICTION

*Addiction and Recovery*  
Interested in addiction recovery information or resources for you or someone you know?

## MOBILE CRISIS

*When your child is in crisis.*  
It's not easy to get through to a child who is out of control. The good news is help is only a phone call away.

Wellness is more than being free from illness. The things we do and the emotions we feel all relate to our overall wellness. Our actions and emotions also affect our wellbeing. It's important to make healthy choices for both your physical and mental wellbeing. Making healthy choices will help lower stress, prevent illness and improve interactions with others. Healthy Lives CT gives Connecticut residents resources to support and promote overall wellness.

## FEATURES

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- Take A Screening - Find out if you or someone you care about should talk with a mental health professional.
- Community Resources - Links to programs and services
- Calendar - List of health topics to help you focus on wellness.
- Blog - Articles, tips, and trends
- Social Media - Twitter and Tumblr feed for each area of wellness.

## WELLNESS AREAS

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### Emotional Wellness



### Physical Wellness



### Holistic Wellness



### Financial Wellness



## CONNECT Statewide Transformation Team Updates

CONNECT Teams: Family Engagement Action Team, Cultural and Linguistic Competency Development Team, Communication & Social Marketing, Network Analysis, Data Integration, and Workforce Development.

### **Cultural and Linguistic Competency Development Team**

The *Enhanced National Culturally and Linguistically Appropriate Services (CLAS) Standards* aim to improve the quality of health-related services and advance health equity by establishing a framework for organizations to serve the nation's increasingly diverse communities (U.S. Department of Health and Human Services, Office of Minority Health).

To date, the CONNECT CLAS Leadership Team assisted 39 agencies in developing implementing and evaluating health equity plans.

**We are pleased to announce Summer Programming:**

#### **Regional CLAS Learning Communities for agencies with a health equity plan.**

The first meeting is being held **August 13<sup>th</sup>** at **The Children Center of Hamden**.

#### **Accelerated CLAS Health Equity Planning**

**August 11<sup>th</sup>** from 9:00 a.m. to 12:00 p.m.

Location: The Alliance: The Voice for Community Non-profits

35 Cold Spring Rd. Building 500, 2nd floor, Suite 525 Rocky Hill, CT 06067

#### **Orientation to the Enhanced National CLAS Standards - Looking for host sites**

Theme 1: Governance & Leadership

Theme 2: Language Services

Theme 3: Community Engagement and Continuous Quality Improvement

If you are interested in hosting a training and/or would like additional, information please contact Lisa Palazzo at Beacon Health Options, [lisa.palazzo@beaconhealthoptions.com](mailto:lisa.palazzo@beaconhealthoptions.com).

## CONNECT Statewide Transformation Teams

### Communication and Social Marketing Team

The Communication and Social Marketing Team has submitted entries for the 2018 Excellence in Community Communications and Outreach (ECCO) awards. The entries are currently being reviewed and evaluated. This recognition program showcases and celebrates outstanding achievements in social marketing and communications by system of care grantees. It is an opportunity to share successes and to learn from the talents, strengths, and accomplishments of other systems of care around the country. Wish us luck with our entries. The team also hosted the Mental Health Awareness Day live broadcast from the Substance Abuse Mental Health Administration Service on May 10<sup>th</sup>. The event was well-attended, educational and fun.



### Network Analysis Team

The Yale Evaluation Team is busy finalizing the reports from the 2nd round of behavioral health collaboration survey results for each region. In late June, the Eastern Region received their report and additional presentations are currently being planned for the remaining regions. Be on the lookout for a presentation in your region over the summer and early fall.

We are also looking forward to reporting the results from the third round of community conversations. The team from FAVOR has just finished coding the data, the data analysis will be completed by mid-August with the final report coming at the end of the summer.

For additional information or if you are interested in joining the Network Analysis workgroup, please contact Lisa Palazzo at [lisa.palazzo@beaconhealthoptions.com](mailto:lisa.palazzo@beaconhealthoptions.com).

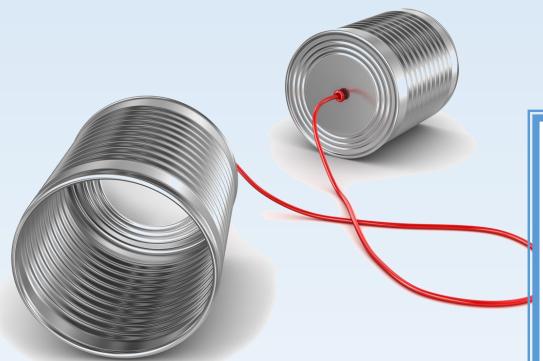
## CONNECT Statewide Transformation Teams

### Data Integration Team

The Data Integration workgroup continues to focus on increasing transparency and availability of state agency data. Recent legislation passed concerning executive branch agency data management and processes. For more information on this bill, please visit [www.cga.ct.gov/2018/act/pa/pdf/2018PA-00175-R00HB-05517-PA.pdf](http://www.cga.ct.gov/2018/act/pa/pdf/2018PA-00175-R00HB-05517-PA.pdf). The CT Data Collaborative has also made updates to their website <http://ctdata.org> and upcoming trainings continue to be posted at <http://ctdata.org/academy/>.

### Workforce Development Team

The Workforce Development Team introduced a new way for families interested in system change to come together, to learn from one another and to strengthen the collective voice of families across Connecticut. The FAMILY CHAMPIONS CONNECTION is a statewide virtual learning community. Facilitated learning calls provide information and training, networking with other family champions and strengthening family partnerships. Calls are held twice a week. Monday evening “IMPACT” calls are from 8:00-9:00 p.m. and Thursday “POWER HOUR” calls are at 12:00-1:00 p.m. Family Champions can simply call in to share, partner and learn. See the flyer attached to this issue and please share it with interested families you may know. For more information contact: Susan Graham, 860-309-4322 or by email at [familychampionsct@yahoo.com](mailto:familychampionsct@yahoo.com).



Simply dial **(515) 604-9860**  
and enter **109669#** to join the call  
**Mondays** 8:00-9:00p.m.  
**Thursdays** 12:00-1:00p.m.

**FAMILY CHAMPIONS CONNECTION**  
**HOPE Academy Learning Community**  
HONORING OPPORTUNITIES for PERSONAL ENRICHMENT

The **FAMILY CHAMPIONS CONNECTION** is a statewide virtual learning community. Let's come together to learn from one another and strengthen the collective voice of families across the State.

A Family CHAMPION:

- wants to help bring about **system change**
- wants **children and families** to be better served
- has **personal experience** with child serving systems

If this describes **YOU – JOIN US** – calls are open to **EVERYONE**

**Monday Evening IMPACT:** 8:00 p.m. – 9:00 p.m.

or

**Thursday POWER HOUR:** 12:00 noon – 1:00 p.m.

Registration not required – Just CALL in - let's learn together and get connected

Facilitated learning calls provide:

- Information & Training
- Networking with other FAMILY CHAMPIONS
- Strengthening Family Partnerships Technical Assistance

How it works:

Dial **(515) 604-9860** & enter **109669#** to join the call

Join a weekly call to share, partner and learn.

**Let's "Be the CHANGE" we want to see in Connecticut**

For more information contact: Susan Graham

860-309-4322 or at [familychampionsct@yahoo.com](mailto:familychampionsct@yahoo.com)

## Community Corner

### CONNECTING CARING COMMUNITIES

Come connect with community based organizations that support children & families in our region!



This event is co-sponsored by the North Central Network of Care & DCF Region 4 Regional Advisory Council. It will feature a panel discussion by community based providers about how they are supporting families.

**When: Wednesday, June 13<sup>th</sup> 9:30-11:30**

**Where: West Hartford Town Hall Conference Center  
50 South Main St West Hartford  
Refreshments will be provided**

Parking validation is available. Go through the main entrance & take the elevator to the 3<sup>rd</sup> floor.  
Take 2 lefts off the elevator and the door to the conference center is on the right. RSVP is not required but please let Lisa Palazzo know by June 1<sup>st</sup> if you need translation services at 860-707-1149 or [lisa.palazzo@beaconhealthoptions.com](mailto:lisa.palazzo@beaconhealthoptions.com).

Connecting Caring Communities, co-sponsored by the NCNC (North Central Network of Care) and the DCF Region 4 RAC, was held on June 13th in West Hartford, CT. In an effort to increase collaboration and share information and resources, this event featured a panel discussion by community-based providers that support children and families in the North Central region. Almost 90 people of various disciplines (behavioral health, juvenile justice, education, law enforcement, medical, faith based and caregivers and community members) attended to hear from the panelists and network with each other all in an effort to better serve children and families.

The panel included representation from Breaking the Cycle, Brothers Creating Opportunities, Compass Youth Collaborative, Ebony Horsewomen, Inc., Girls Empower Hour, Latin Enrichment Organization (L.E.O), and Young Educated Determined to Succeed, Inc. (Y.E.D.S). Panelists spoke passionately about their programs and the supports they offer to children and families. Which is everything from dance and drill teams, equine & animal therapy, cycling programs for teens with substance use disorders, leadership and mentoring programs, entrepreneur programs, support groups, and behavioral health counseling. Participants asked about barriers and program needs and one thing was clear; more funding and volunteers are needed. If you are interested in learning more or volunteering you can contact [lisa.palazzo@beaconhealthoptions.com](mailto:lisa.palazzo@beaconhealthoptions.com).

## Community Corner

### What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

**NAMI Family-to-Family**  
National Alliance on Mental Illness

**NREPP**  
Included in SAMHSA's  
Helping Families  
Evidence-Based  
Programs and Practices

**What is the NAMI Family-to-Family Education Program?**

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**Family-to-Family FALL Classes 2018**

**F2F – STAMFORD**  
**Date:** Begins, Monday, September 10<sup>th</sup>, 2018  
**Time:** 7:00 – 9:30 p.m.  
**Location:** St. John's Lutheran Church  
884 Newfield Ave, Stamford, CT 06905  
**Contact & Registration:** [Marietta](#) at (203) 329-8633 or [Bob C.](#) at 203-849-9573

**F2F - HAMDEN**  
**Start Date:** Tuesday, September 11<sup>th</sup>, 2018  
**Time:** 6:00 to 8:30 p.m.  
**Location:** Unitarian Society of New Haven (Library)  
700 Hartford Turnpike, Hamden, CT 06517  
**Contact & Registration:** [Marc](#) at 203-234-0629

**F2F - MANCHESTER**  
**Start Date:** Wednesday, September 12<sup>th</sup>, 2018  
**Time:** 6:00 to 8:30 p.m.  
**Location:** Center Congregational Church  
11 Center St, Manchester, CT 06040  
**Contact & Registration:** [Roberta](#) at 860-690-1034

**F2F – RIDGEFIELD**  
**Start Date:** Monday, September 17<sup>th</sup>, 2018  
**Time:** 6:30 to 9:00 p.m.  
**Location:** First Congregational Church  
103 Main Street, Ridgefield, CT 06877  
**Contact & Registration:** [Marc](#) at (203)-203-940-2516 or [marcabinowitz@gmail.com](#)

**F2F – FAIRFIELD**  
**Date:** Begins, Monday, September 17<sup>th</sup>, 2018  
**Time:** 7:00 – 9:30 p.m.  
**Location:** First Church Congregational  
148 Beach Road, Fairfield, CT 06430  
**Contact & Registration:** [namiFairfield@gmail.com](#)

**F2F – BLOOMFIELD**  
**Date:** Begins, Tuesday, September 18<sup>th</sup>, 2018  
\*\*\*Classes are going to be held on Tuesdays and Thursdays  
**Time:** 6:30 – 9:00 PM (Both days)  
**Location:** The First Congregational Church  
10 Wintonbury AV, Bloomfield, CT 06002  
**Contact & Registration:** [Lisa](#) at 860-670-7935

**F2F – NORWICH**  
**Date:** Begins, Thursday, September 20<sup>th</sup>, 2018  
**Time:** 6:30 – 9:00 PM  
**Location:** Southeastern Mental Health Authority - Community Conference Room  
401 West Thames Street, Norwich, CT 06360  
**Contact & Registration:** [Kathy](#) at 860-691-8355 or [Dottie](#) at 508-757-5348

**F2F – GUILFORD**  
**Date:** Begins, Wednesday, September 26<sup>th</sup>, 2018  
**Time:** 6:30 – 9:00 p.m.  
**Location:** Nathanael B Greene Community Center, 32 Church St, Guilford, CT 06437  
**Contact & Registration:** [Susan](#) at 860-575-9593 or [susanschuster@yahoo.com](#)

Contact us to register for these NAMI Family-to-Family classes!  
& don't forget to visit [www.namict.org](#) under Educational Programs

**NAMI Connecticut**

Enjoy your  
Summer :)

