

CTC Connecting to Care

Presents

Families Helping Families
Showcasing Peer Support Program

Thursday, July 14th 2022

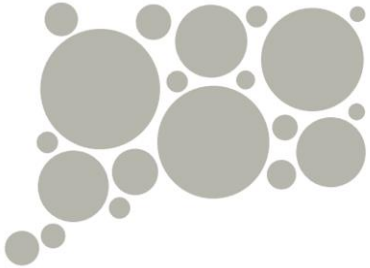
Connecticut's Network of Care Transformation grant: The Connecting to Care initiative

Vision

Create a system of care at the local, regional, and state levels that: ***offers a spectrum of effective, community-based services and supports for children and youth who have or are at risk for mental health challenges and their families.*** Such systems must be: ***organized into a coordinated network, build meaningful partnerships with families and youth, and address cultural and linguistic needs***, in order to help them to function better at home, in school, in the community, and throughout life.

Connecting to Care

Project Focus



Geographic Area: Statewide

Population Focus: includes **all Connecticut (CT) youth with serious emotional disturbance (SED)** at risk for: inpatient hospitalization, admission to Psychiatric Residential Treatment Facilities (PRTFs), use of Emergency Departments (EDs) for behavioral health crisis, suicidal ideation, clinical high risk for psychosis or early/first episode psychosis.

Project Partners

DCF CONNECTICUT

FAVOR Advocate. Empower. Lead.

CHDI Child Health and Development Institute of Connecticut, Inc.

beacon health options

Yale



Carolyn Westerholm, MPA
Director of Peer Support Services

FAVOR
Advocate. Empower. Lead.

FAVOR Inc.
185 Silas Deane Highway, Wethersfield, CT 06109
A Statewide Family Advocacy Organization for Children's Behavioral Health
860-563-3232

Established
2001

FAVOR
Advocate. Empower. Lead.

Incorporated
2002

FAVOR, Inc. is a non-profit statewide Multicultural family organization serving families, children and youth dealing with a broad spectrum of behavioral and mental health needs by providing family peer support and policy initiatives.

WHAT WE DO

1. Family Peer Support Program

Subcontracts

- IFCS Family Peer Support Specialist

2. Family Systems Manager Program
3. Medical Home Initiative for Children and Youth with Special Health Care Needs
4. FAVOR Learning & Leadership Academy

Family Peer Support Specialists

- FAVOR Family Peer Support Specialists are caregivers or a family member who have children with emotional, behavioral, neurobiological and/or mental health challenges
- Family Peer Support Specialists provides direct services to assist families in navigating the special education and mental health care service systems

ENGAGEMENT BEGINS DAY 1

- Family Peer Support Specialists (FPSS) share our lived experiences with our families. We work to empower parents and youth to reach their vision and needs through a wrap-around process. The development of true partnership is an integrated family-driven system of care approach

How We Do It

- **Strength based approach**
  - Non-judgmental
  - Family perspective
  - Listen and understand their story
- **Work with the whole family**
  - Identify needs
  - Building teams
- **Educate on rights**
  - Teach
  - Encourage
  - Empower
- **Support at meetings**
  - Develop agenda
  - Ensure that their voice is heard to be included in the decision making process



DISCHARGE SUMMARY REPORT

Data from June 1, 2021 thru May 31,2022

FPSS obtained an increase in school services:

Speech	Counseling	Academic Support	Occupational Therapy	Physical Therapy
44	144	184	31	9



FPSS SERVICES:

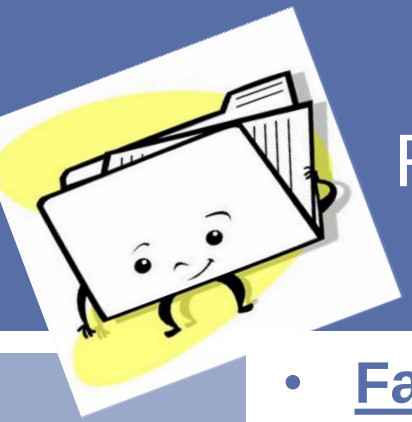
Attended: 539 PPTs/504 Meetings

624 Child and Family Team Meetings

FPSS secured 28 Therapeutic Day Placements

HOW WELL WE DO WITH WAITLISTED FAMILIES

- During the past year, both the Triage Coordinator and FPS Staff spent **314 hours consulting** with families and were able to **discharge 177 families as completed treatment**
- ***Families who remained on a waitlist received 642.75 hours of consultation prior to intake***



Referrals: FAMILY PEER SUPPORT PROGRAM

- **Family Peer Support Referrals are generated one of two ways:**

- **System of Care-** These referrals come from Care Coordination. Family Peer Support Specialists and Care Coordinators work as a team in assisting families for a period of approximately 6 months.
- **Brief Interventions-** These are referrals received from a variety of sources, including the family themselves, hospital, schools and other community providers for a period of 3 months.
    - All brief referrals receive a phone call from FAVOR's Triage Coordinator. The Triage Coordinator gathers the family's story. Needs are established and action steps given to the parent/caregiver before being sent to the FPSS in their area.

FPSS Program Goals

- **FAVOR believes that children with emotional, behavioral or mental health needs require individualized, family driven services and whenever possible, should be kept in their homes and their communities.**
- **Family Peer Support Specialist educate and empower you so that you can advocate for your own family independently**


thank you
danke
謝謝
ngiyabonga
teşekkür ederim
gracias
merci
obrigado
dziękuję
bedankt
спасибо
Баярлалаа
рахмат
mersi
barka
welalin
tack
spas
dank je
misaotra
matondo
paldies
grazzi
mahalo
tapadh leat
хвала
asante
manana
obrigada
tenki
muraköze
chokrane
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dèkuji
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ADVOCACY UNLIMITED

A PEER-LED NON-PROFIT

HISTORY

1994 Community Advocacy Education Division (CAED) - a branch of Connecticut Legal Rights Project (CLRP),

1998 independently incorporated and were renamed Advocacy Unlimited, Inc.

We remain committed to individual growth, human rights and systems transformation.

VISION

We hold the vision that all people, regardless of socio-economic status or psychiatric history, has the inner capacity to discover their full potential and create a life of self-defined purpose.

MISSION

We create spaces and places for people to be seen, heard, and valued within and outside of systems, and beyond a psychiatric diagnosis.

We provide holistic, peer-led, recovery education, advocacy, and support services in the areas of mental health, addiction, and trauma.

DISCOVER YOUR FULL POTENTIAL

BELIEFS

INFORMED CONSENT

CHOICE

PERSONAL AGENCY

OUR Approach

Peer-led

Holistic

Non-clinical

Trauma-informed

Recovery-oriented

Multiple pathways to recovery and healing

SIMPLY PUT

We meet people where they are and sit with the messiness of the shared human experience. We acknowledge the struggle is real, and we walk with people navigate their individual experience.

PEER LED

WHAT IS IT?

Our team includes people who identify as being in recovery from mental health challenges, addictions, and trauma; and, we use our direct lived experience – coupled with training and education – to encourage others to pursue their innate capacity to heal, change, and transform along their personal pathway to recovery.



ADVOCACY UNLIMITED

Toivo & Healing From Within

Bridger & Olmstead
CT Hearing Voices Network

Advocacy
Education

Join Rise Be

Recovery Support Specialist Certification & Training

Compassionate Activism

Wellness Recovery Action Planning

Peer Forum

Advocacy Calls

Olmstead

Community Bridger

CT Hearing Voices Network

Resource Calls

Individual Advocacy Network

Maastricht Approach Project

Continuing Education

PEER RECOVERY SUPPORTS

Intentional Peer Support

AU Graduate Retreat

TOIVO

Hartford Center

Alternatives to Suicide

Healing From Within

Community Partnerships

Healing Arts Space

KARUNA CONFERENCE

JOIN RISE BE

Social Media

Statewide Advisory Boards

Community Presentations

Leadership Training

Peer Support

PROHEALING FESTIVAL

YOUNG ADULT SUMMIT

HOLISTIC | PEER-LED
ADVOCACY | EDUCATION | SUPPORT

INFORMED CONSENT

PERSONAL AGENCY

CHOICE

We create spaces and places for people to be seen, heard, and valued within and outside of systems, and beyond, a psychiatric diagnosis. We believe all people, regardless of socio-economic status or psychiatric history, have the right to live a life of self-defined purpose.

DISCOVER YOUR FULL POTENTIAL

JOIN OUR NEWSLETTER | WWW.ADVOCACYUNLIMITED.ORG | 860.505.7581 | INFO@ADVOCACYUNLIMITED.ORG

TOIVO A Holistic Approach to Stress Management

Established in April of 2014.

Created by visionary and former Executive Director, Deron Drumm, to serve as a compliment or alternative to the medical model.

Has grown from a small program to a nationally-recognized approach to holistic recovery supports.

- **Hartford Center**
- **Virtual Classes**
- **Community-Based Offerings**



HEALING FROM WITHIN

Healing from Within (HFW) is a distinct initiative of **Toivo** that began as a federally funded project, and is now fully self-sustaining.

Through this program, staff and patients at Connecticut Valley Hospital access holistic healing and stress-management groups on inpatient psychiatric units.

Groups encourage people receiving services and staff to incorporate these practices into their daily lives to decrease stress and increase their sense of well-being.

TOIVO Programs for Everyone

Stress Management Trainings and Retreats are educational and experiential programs designed to promote self-care and foster connection in whatever setting you choose. We create space for you to experience relaxation and teach tools that will support you in leading a stress-resilient lifestyle.

Healing Arts Spaces are like pop-up spas that can be created anywhere people gather and include one-on-one or small group sessions in Reiki, Massage and Acupuncture. Healing Arts Spaces serve as a safe place to pause, breathe, relax and renew.

LOCATION: Hartford, CT Center, Virtual & Statewide
LEARN MORE: www.toivocenter.org

BRIDGER

1:1 Peer Support

Provides non-clinical and mutual transitional support to build meaningful relationships based on trust, mutual benefit and compassion.

For people whose lives have been affected by psychiatry, trauma and/or addiction.

The approach is flexible and designed to meet the individual where they are at.

LOCATION: Statewide
LEARN MORE: www.advocacyunlimited.org

CT HEARING VOICES NETWORK

A peer support group where all belief systems are valued.

Allows for a sense of connection and community for persons who hear voices, see visions, have other sensory perceptions and/or are negotiating alternative realities.

A safe space to explore the personal meaning of our experience, honoring each of us as experts on ourselves.

LOCATION: Virtual & Statewide
LEARN MORE: www.CTHVN.org

OLMSTEAD

1:1 Peer Support

Provides peer support for individuals currently residing in nursing homes and other institutional settings who have experienced mental health challenges.

Supports individuals in transitioning to less restrictive environments and reconnecting with community.

Promotes and protects individual rights, mutual respect, dignity and choice.

LOCATION: Statewide
LEARN MORE: www.advocacyunlimited.org

ADVOCACY

Sustaining a Network of Individual Advocates

Compassionate Advocacy Training: designed through the belief that communicating from a foundation of respect is in itself a change agent that opens opportunity for community building. Attendees learn about self, systems, the consumer/survivor/ex-patient movement, the Americans with Disabilities Act, implicit bias and discrimination.

Individual Advocacy bi-weekly meeting of individual advocates from across the state that seeks to inform policy and practice as people with direct lived experience navigating mental health and addiction services.

LOCATION: Virtually & Statewide
LEARN MORE: www.advocacyunlimited.org

EDUCATION

Peer Delivered Educational Offerings

Recovery Support Specialist Training and Certification is an 80-hour peer certification course for persons with a history of mental health challenges. The certification makes them eligible to apply for jobs where they can use their lived experience to guide others through their recovery process.

Community Education is a series of educational offerings available throughout the month and is available to both recovery support specialists and general community members.

LOCATION: Statewide
LEARN MORE: www.advocacyunlimited.org

JOIN RISE BE

An Emerging Adult Recovery Initiative

Statewide Young Adult Warmline

855 (6) HOPE NOW | 7 days a week | 12Noon-9PM

RISE Leadership Training

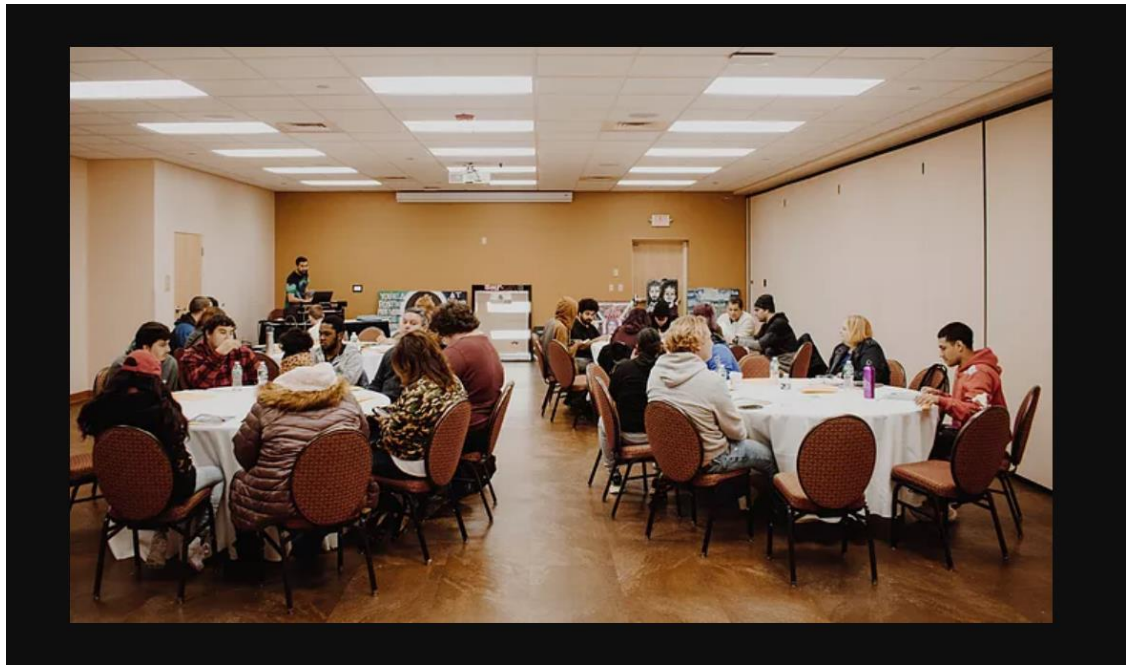
6 part training to support healthy transitions.

Becoming an Ally

A 4-hour trainings designed for people working with young people.

e-Engagement

Social media, blogging, and podcast



JOIN RISE BE

An Emerging Adult Recovery Initiative

Make recovery available to all young people across the state of Connecticut

Recovery is recognized by and within the individual as a gradual and self-defined process of personal growth

Developmentally appropriate and generationally relevant perspective

Promote self-exploration and personal growth during the transition to adulthood

LOCATION: New Britain, CT Center, Virtual & Statewide
WEBSITE: www.joinrisebe.org

IMPACT IN 2021

531	Participants in peer delivered education
73	Participants received 1:1 peer support
467	Hearing voices support groups offered
865	Holistic stress management classes held
28,157	People reached through Toivo
3,848	Calls received on our young adult peer support line
19	Young adult presentations
1640	Community members participated in young adult presentations
92	Students certified as recovery support specialists and are eligible to work in the peer recovery workforce.

SIGNATURE EVENTS

KARUNA CONFERENCE

PROHEALING FESTIVAL

YOUNG ADULT SUMMIT

NEW INITIATIVE

Maastricht Approach Project (MAP)

MAP is an approach to supporting people who hear voices to explore their experience and develop their sense of self.

The Maastricht Questionnaire is offered to those who hear voices, experience paranoia and/or have other unique experiences.

LOCATION: Statewide
WEBSITE: www.CTHVN.org/map

Maastricht Approach Project
ADVOCACY UNLIMITED

CONNECT & SUPPORT

e: info@AdvocacyUnlimited.org
p: (860) 505-7581
w: www.AdvocacyUnlimited.org

DONATE BY TEXTING "AU2022" to 91999

Connecticut Parent Advocacy Center

- Since 1983, Connecticut's federally funded **Parent Training and Information (PTI) Center**
- CPAC is a **statewide** non-profit organization that offers information and support related to special education, ages birth to 26
- All CPAC program staff are either parents of children with disabilities or individuals with disabilities
- Our goal is to EDUCATE and EMPOWER families and educators to advocate for appropriate services for students with disabilities

Our Vision

All families will have the confidence, knowledge

and understanding they need to effectively advocate

for their children and to partner with professionals

to ensure that children and youth grow and learn

to their full potential.

Our Mission

CPAC's mission is to educate, support, and empower Connecticut's diverse families of children and youth with disabilities, chronic conditions from ages birth to 26, and the professionals who serve them.

How We Support

All of CPAC's Parent Consultants are parents of children with disabilities. We understand the stress, grief, pain, trials and the joys, that all go with raising a child with special needs.

Our Youth Team engages youth with disabilities or chronic conditions to empower them to self advocate and chart their own future.

We have a Bilingual Team of consultants who speak Spanish, Portuguese, Creole and French, and we can access the Language Line for all other languages needed.

ALL OF OUR SERVICES ARE FREE TO FAMILIES

Programs and Services

Tier 1: Accessible* information

- Website www.cpacinc.org
- Social Media

(Facebook, YouTube, Pinterest, Twitter, Instagram)

***that is high quality, relevant and meaningful**

Programs and Services

Continued

Tier 2: Interactive Communication - Brief

Call Center – phone, email, and in person

Weekly live Spanish support call *Zoom

Training opportunities virtually and in the community

Next STEPs Parent Leadership Series

Transition Tuesday Series (to Adult Life)

Programs and Services Continued

Early Childhood Programs-Tier 2

- **Family Connections – mentor program for families in B23**
  - Parent's Space Support Group – Early Childhood focus
  - Mentor program
  - FC Closed Facebook Group
  - Early Learning Series
  - Backpack Series

Programs and Services

Continued

Tier 3: More Intensive Support

- Effective Conversations
- Pre-K Pathfinders
- Intensive Family Connections needs
- Down Syndrome Association IEP Mentoring (1-1)

Serving Youth with Disabilities

- Youth Team
- Youth Advisory Board
- Student Panels
- Training for Students/Youth
- Website section, blog, and social media by youth for youth

CT SECONDARY TRANSITION
YOUTH ADVISORY BOARD



860-739-3089

cpac@cpacinc.org

www.cpacinc.org

CPAC

Connecticut's Resource for Children with Disabilities;
EMPOWERING AND EDUCATING FAMILIES

CCAR

Families helping Families

T.J. Aitken
RCP


EVERYONE
HAS A STORY

Where most people go to get their education surrounding addiction and the family dynamic



Where I received mine



What my life is like today



What I believe

- You can love someone but not their disease
- There is no one size fits all to Recovery
- Recovery is the best form of Prevention

Mission and Vision

- 1) put a face on recovery and 2) provide recovery support services, we also promote recovery from alcohol and other drug addiction through advocacy, education and service. CCAR strives to end discrimination surrounding addiction and recovery, open new doors and remove barriers to recovery, maintain and sustain recovery regardless of the pathway, all the while ensuring that all people in recovery, and people seeking recovery, are treated with dignity and respect.

Values and Principles

CCAR meets people where they are. We don't push any one form of recovery on anyone. Over the years CCAR has developed some foundational principles on which we base our work. They are:

- Recovery First.
- You are in recovery if you say you are.
- There are many pathways of recovery.
- Focus on the recovery potential, not the pathology.
- Err on the side of the recoveree.
- Err on the side of being generous.

4 Recovery Community Centers

Windham
713 Main St., Willimantic

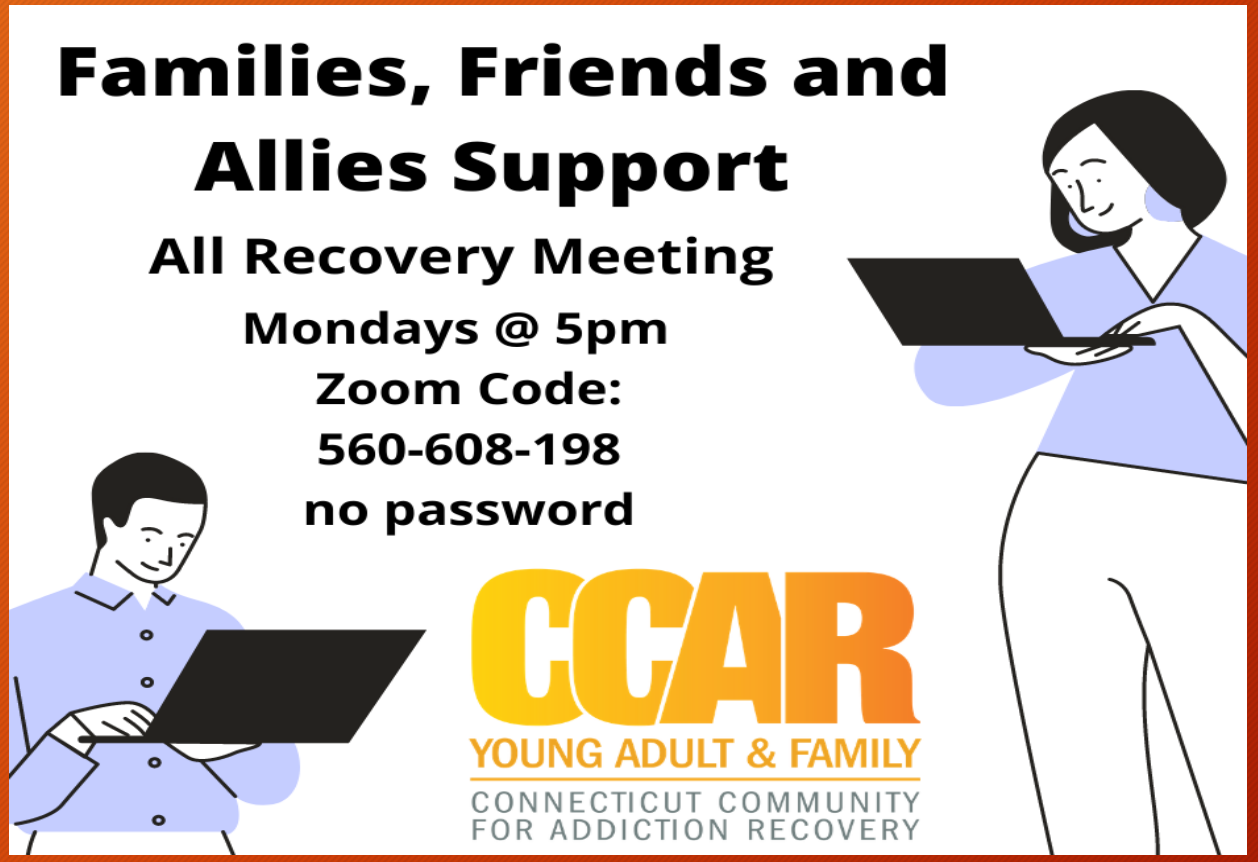
Hartford
198 Wethersfield Ave., Hartford

New Haven
1435 Chapel St., New Haven

Bridgeport
430 State St., Bridgeport

What we offer for Young People and Families

Families, Friends, and Allies



Parents in Recovery



Young People Meetings

Tuesday Night New Haven
7pm 1435 Chapel St., New Haven

Wednesday Night Manchester
7pm 160 Spruce St., Manchester
Basketball 8 – 9

Thursday Night Willimantic
7pm 713 Main St., Willimantic

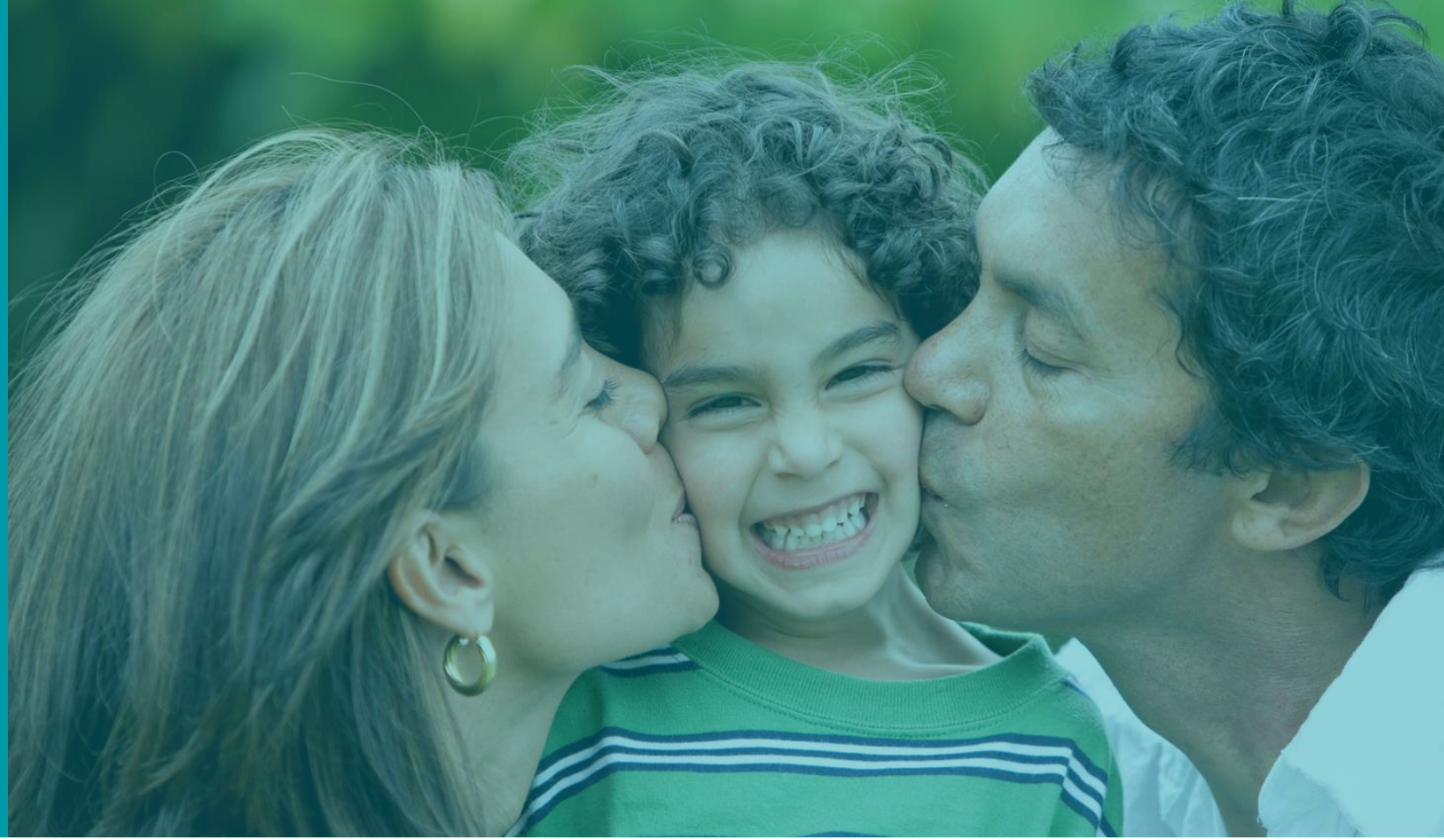
Contact info

Email: TJ@CCAR.US

Phone: 860-930-0983

Website: CCAR.US

Families Helping Families



NAMI
National Alliance on Mental Illness
Connecticut

We are a statewide grassroots organization that is dedicated to building better lives for individuals living with mental health challenges, as well as their families and loved ones.

The Power of Lived Experience



NAMI
National Alliance on Mental Illness
Connecticut

All our programs provide an opportunity for mutual support and growth. Experience compassion and understanding from people who relate to your experiences.

Education

- NAMI Basics
- Bridging the Gap
- NAMI Ending the Silence
- NAMI Faithnet
- NAMI Family-to-Family
- NAMI Homefront
- NAMI In Our Own Voice
- NAMI Peer-to-Peer
- NAMI Provider
- NAMI Sharing Hope
- NAMI Sharing Your Story with Law Enforcement
- NAMI Compartiendo Esperanza
- NAMI Smarts for Advocacy

… and more!



NAMI
National Alliance on Mental Illness
Connecticut



Support

- NAMI Child Adolescent Network (CAN) Support Groups
- NAMI Connecticut Opioid Education and Support Groups
- NAMI Connecticut Young Adult Connection Groups
- NAMI Connection Recovery Support Groups
- NAMI Family & Friend Support Groups
- NAMI Spousal/Partner Support Groups
- NAMI Veteran Support Groups

NAMI
National Alliance on Mental Illness
Connecticut



Contact Us

EMAIL	admin@namict.org
WEBSITE	www.namict.org
PHONE NUMBER	860 882-0236
	@NAMICT

NAMI
National Alliance on Mental Illness
Connecticut

The Connecticut Family Support Network



The Connecticut Family Support Network

CTFSN exists to help families raising children with disabilities

and

special healthcare needs through the life span.

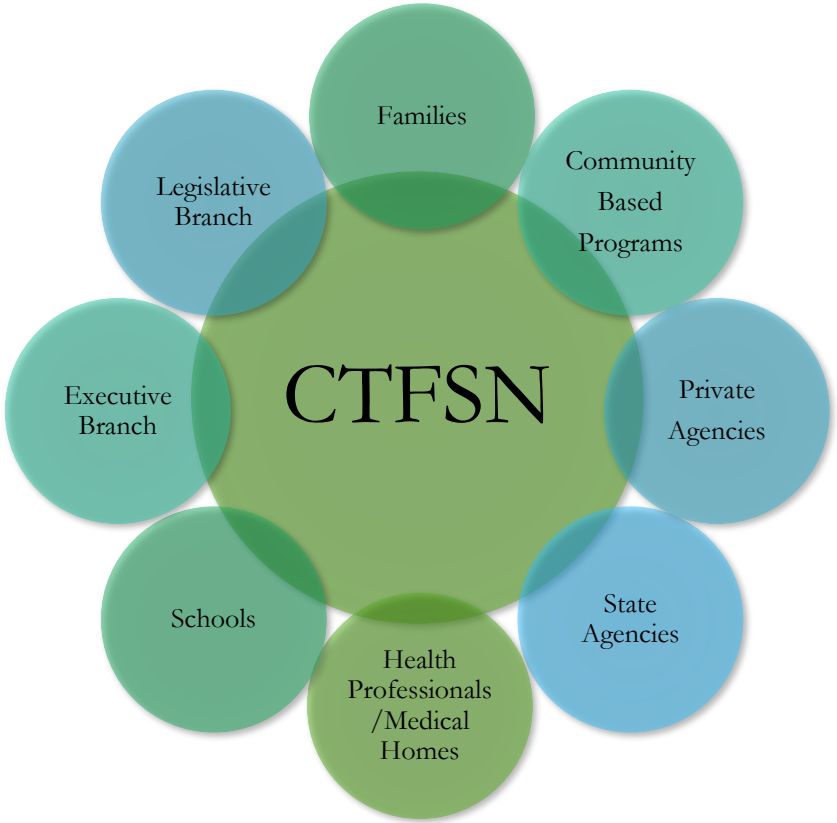
Our Vision

The vision of CTFSN is to build a community of families, self-advocates, providers, and Connecticut citizens who effectively network, communicate, collaborate, and are supported and prepared with the resources they need to achieve acceptance, inclusion, and equality.

Who We Are

- All staff are parents/family members or caregivers of a loved one with special needs.
- Regions
  - Northeast
  - North Central
  - Northwest
  - Southeast
  - South Central
  - Southwest
  - Statewide Bilingual

CTFSN – A Central Point of Support



Supporting Children with Special Needs

&

Their Families

CTFSN Goals

- One-to-one support.
- Online support groups, training and workshops.
- Sharing current and relevant information.
- Collaborate with professionals, community groups, local and state agencies to provide access to resources and support.
- Empowering families to become effective and successful advocates for their children and themselves.
- Letting families know that they are not alone
- *All of our services are free.*

Resources

CT Parent Advocacy Center

https://cpacinc.org/

Special Education Guidance and Resources for COVID-19

https://portal.ct.gov/SDE/Special-Education/Bureau-of-Special-Education/Coronavirus

Child Health Development Institute- **COVID-19 Resources for Pediatrics**

https://www.chdi.org/our-work/health/educating-practices-community-epic/educating-practices-covid-19-trainings-and-resources/

CT State Department of Education-Resources for Families

https://portal.ct.gov/SDE/COVID19/COVID-19-Resources-for-Families-and-Educators/Resources-for-Families

CTFSN Contact Information

www.ctfsn.org

1-860-744-4074

https://www.facebook.com/CTFSN

https://twitter.com/ctfsn

https://www.instagram.com/ctfsn_info/

https://www.youtube.com/channel/UCUXFQklT16d0fCkRDiVWDsQ/videos

Below is the link to join a CTFSN email distribution list.

https://ctfsn.org/join-us/

Melissa Kremmel
Executive Director
860-965-4953
mkremmel@ctfsn.org

Adrianna Ramirez
Statewide Spanish Speaking Coordinator
(203) 699-6123
aramirez@ctfsn.org

beacon
health options

Peer Support Services



July 14, 2022

Peer Support Services Team

- **Felicia Goodwine** – Director of Peer Services
- **Marie Betulia** – Adult Peer
- **Mary Jo Capitani** – Adult Peer/Changing Pathways
- **Kenneth Cayones** – Family Peer
- **Dan Griffin** – Adult Peer
- **Janeika Jones** – Adult Peer
- **Karen Kiley** – Adult Peer
- **Frank Sullivan** – Adult Peer/Changing Pathways

Peers at Beacon

Peers are individuals with “lived experience,” meaning they or someone in their immediate families has experienced a mental illness and/or substance use disorder.

What are Peer Services?

- We provide a wide range of guiding, connecting, and advocacy services to individuals and/or their families (mentoring, health promotion, navigating the health care system, finding resources, supporting well-being and recovery, coordinating care, skill coaching)

- Focus maximum resources on the most vulnerable individuals to develop a plan for significantly reducing the length, frequency, and intensity of service usage
- Work as an adjunct to clinical services to assist individuals by removing barriers, increasing access to appropriate levels of care, supporting recovery through discharge planning, and connecting individuals and/or families to community resources.

Peer Certifications

- Our Peer Department completed the process of certifying our team as Certified Peer Recovery Specialist (CPRS) through the CT Certification Board (CCB).
- The credentialing provides much-needed standardization to the rapidly growing profession of peer recovery support. It recognizes achievement of a standard of ethics, education, and experience necessary to provide quality recovery support services.
- Our Peers are also certified in
  - Mental Health First Aid
  - Recovery Support Specialist
  - Recovery Coaches
  - Intentional Peer Support
  - WRAP Around

  We are continuously learning and enhancing skills

Changing Pathways

- Our Peers have been able to engage with members who are considering MAT (Medication Assisted Treatment), as well as those who have chosen MAT and are awaiting discharge.
- Peers are able to support the success of the member in attending their MAT warm hand-off appointment and provide ongoing recovery support for a period of 90 days post-discharge from the facility.
- Peers also address the barriers that negatively impact adherence to MAT. The Peer administers a needs assessment which covers seven factors of the social determinants of health. From these results the Peer identifies community resources and supports the member in connecting to these with the hopes that once needs begin to be met the member will have a higher success rate of adherence to MAT.

Family Peers

- Empower, and educate regarding access to Behavioral Health Care services.
- Assist and support members/families in finding community resources before or during a crisis and help families develop their own crisis plan.
- Help members/families to be fully involved in their treatment planning by helping families identify their needs and how to communicate those needs to providers.
- Work with families to ensure that they understand information received from providers around Discharge Planning, P.P.T.'s, and Benefit changes.
- Help members/families fill out paperwork for special programs and services in the community.
- Provide information about CT BHP, member rights and responsibilities and the complaint and grievance process.

Peer Referral Criteria

- **Member must be eligible at time of referral*
- ***Member/parent/guardian must give permission for referral to be made (some exceptions can be made based on individual case review).*

<u>For children:</u>

- History of multiple inpatient hospitalizations or higher levels of care such as PRTF, SFIT, ED etc.
- School difficulties related to behavioral health issues
- Need for family to connect to non-clinical/non-traditional resources (parent groups, educational advocates, etc.)
- Assistance needed with connecting child/family to state agencies (DCF, DDS, DMHAS, DSS)

Peer Referral Criteria (cont.)

For adults:

- Need for additional resources to support discharge from an inpatient facility (i.e., CCAR or NAMI)
- Assistance needed with connecting to state agencies (DMHAS, DSS)
- Support needed to make an appointment for behavioral health providers, or additional referrals after already receiving referrals from CSR, CLs, etc.
- Support with connecting with community based recovery resources

Making a referral

- Referrals can be self-referrals, family members, schools, community resources, providers, etc.

- Contact us at 1-877-552-8247
  - Monday-Friday, 8:30am-5pm

Warm line

- 1-877-552-8247
  - Select Prompts 1 & 3
  - Or 711 for Relay Services and we can connect a caller with someone who speaks their language.
  - Monday-Friday, 9am-5pm

- The Warm Line offers peers who provide self-directed, empowering support, along with education and resources for people facing life challenges.
- The Warm Line values empathetic and genuine relationships, embraces trauma-informed approaches, provides strength-based support, encourages shared-decision making, and conveys respect and dignity.

Member Satisfaction Survey

We recognize the importance of establishing meaningful relationship with our members. We completed a pilot satisfaction survey in 2020.

- 94.74% of respondents reported their Peer Specialist always listened to them.
- 100% of respondents reported their Peer Specialist always wants to help them.
- 100% of respondents reported their Peer Specialist always gets back to them in a timely manner.
- 89.48% of respondents reported the Peer Program helps them reach their goals most of the time (63.16% Always, 26.32% Most of the time).

The Peer Support Services Team is here to support!



Thank you

Contact Us

877-552-8247

www.beaconhealthoptions.com
www.ctbhp.com

Statewide Peer and Advocacy Programs

AFCAMP – African Caribbean American Parents of Children with Disabilities, Inc. (AFCAMP) Advocacy for Children, is a parent-led nonprofit organization. Their mission is to educate, empower and engage parents and the community to improve quality of life for children with special needs and others at risk of education inequity or system involvement. AFCAMP serves a diversity of parents, youth, and families that need not only special education services but are also trying to navigate the juvenile justice, child welfare, and health systems, including children's behavioral health. www.afcamp.org

The Youth Mental Health Project – The Parent support network is a parent- driven, family focused program that provides parents and caregivers who are concerned about their children's emotional health with an opportunity to find and support each other in a confidential and safe space. : https://ymhproject.org/events/ Online Meetings. Available for anyone in the country. Meetings times and contact info available by following this link.

https://ymhproject.org

Contact: darienpsn@ymhproject.org

Turning Point CT – was developed by young people in Connecticut who are in recovery from mental health and substance use issues. We know what it's like to feel alone, stressed, worried, sad, and angry. We've lived through the ups and downs of self-harm, drugs and alcohol, and the struggle to find help. https://turningpointct.org/

Statewide Peer and Advocacy Programs cont'd

Path Parent to Parent Program

With our Parent Support Program, parents who contact us for support are matched with a "veteran" parent—someone who most often has a child with a similar disability. These one-to-one parent matches offer a perspective from someone who has "been there" and understands what you are going through. Our parent support matches are here to listen and provide informational and emotional support when needed. https://pathct.org/

Contact: 1-800-399-7284 Sheri Romblad

Hispanic Health Council- MUJERES EMPODERADAS support groups

Support Community by guiding and assisting families collaboratively through pregnancy and the postpartum period and continue through childhood and adolescence Maria Ortiz 860-338-2284 / MariaO@hispanichealthcouncil.org

The Governor Prevention Partnership

Promoting Safe School Environment and providing Mentory Collaborative Training for Families with school challenges - Susan Sarmiento Program Coordinator, Parent and Mentor Engagement) / Aristede Hill (Mentoring program Manager) 860-212-7952 / susan.sarmiento@preventionworksct.org / aristede.hill@preventionworksct.org

Statewide Peer and Advocacy Programs cont'd

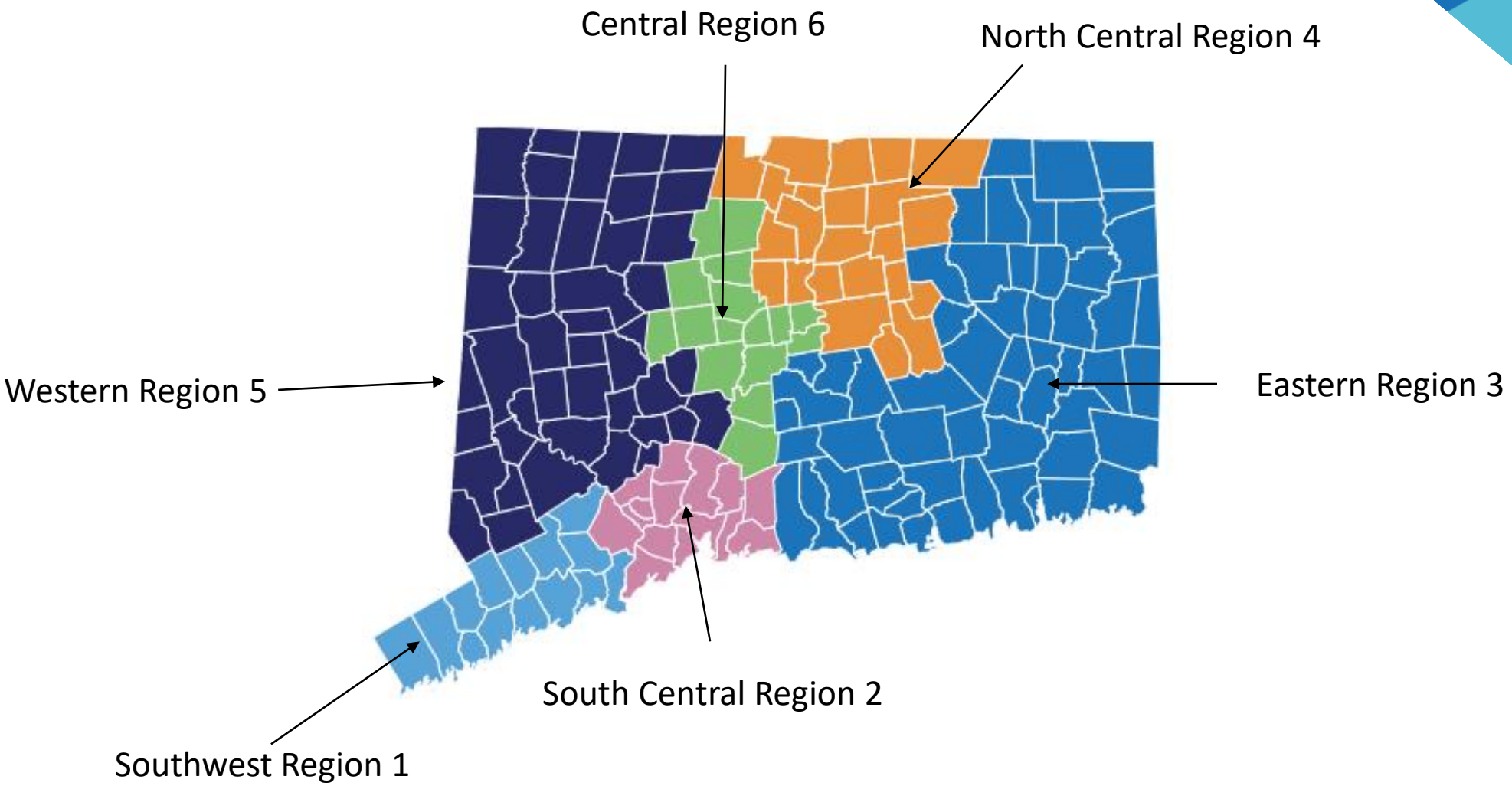
Connecticut Counseling Centers, - Bridge to Recovery Initiative – Peer Mentoring Program located in Norwalk & Waterbury locations contact: Robert C. Lambert, MA, LADC at 203.838.6508 ext. 238. or rlambert@ctcounseling.org

Autism Services & Resources CT (ASRC): https://ct-asrc.org/calendar/ Online Meetings & Events. *Note: some events may require payment. Parent Support Groups are free. Meetings times and contact info available by following this link. General Contact Info: 203-265-7717

Keep the Promise Coalition (KTP) is a Connecticut Coalition of advocates (people living with mental illness, family members, mental health professionals and interested community members) dedicated to ensuring that a comprehensive, community mental health system is created and sustained across the lifespan (children, adolescents, emerging adults, adults, older adults and families in Connecticut).
https://ctkeepthepromisecom.wordpress.com

Address: 31 DeJohn Dr., Middletown, CT 06457, Phone 860-788-6180

DCF Regions/Towns



Peer Support Programs per DCF Region

Resources for Southwest Region 1

Alliance For Community Empowerment – The sole mandate is to assist the underserved. The Alliance concentrates its efforts and resources on identifying and eliminating the causes of poverty rather than only dealing with its effects. The Alliance's actions are directed towards promoting appropriate institutional change and enabling the underserved to become self-sufficient contributors to society. Covers the Greater Bridgeport areas and Norwalk areas. For more information go to https://alliancect.org/

New Reach Stable Homes Program – Offers support to families to avoid evictions. New reach inspires independence for all people in the Fairfield and New Haven Counties affected by homelessness and poverty through a continuum of housing and support using the most innovative, progressive, equitable and inclusive methods. For more information contact Jocelyn Antunes, supportive housing program manager at 203-492-4866 info@newreach.org

The C.A.R.E.S Group (Community Addiction and Recovery Services) The mission of The C.A.R.E.S. Group is to provide education, support, resources and hope for communities, families, and individuals struggling with substance abuse and addiction. (855) 406-0246 or https://turningpointct.org/resources/map/the-c-a-r-e-s-group/

Building Neighborhoods Together- Offers information on financial literacy and 1st time home buyers programs and education. Their focus is to end housing insecurity, income inequality and homelessness by creating safe, affordable housing, and providing comprehensive housing and financial counseling services to low- and moderate-income families across Connecticut. For more information contact the general number 203-290-4255 or email reception@bntweb.org

Resources for Southwest Region 1 cont'd

St. Joseph Parenting Center (Stamford) - works with clients, partners, and donors to strengthen families that are at risk of child abuse and neglect statewide. We provide parenting education and support to achieve the vision that all children live in a world free of abuse and neglect. For more information contact Lauren Goodman 203-588-1934 x 11 lgoodman@sjpcenter.org

Salvation Army – Bridgeport

Parents Second Time Around is geared to providing relative caregivers the support necessary to raise and provide effective care for the children they are parenting. The support includes sharing information on how to be a parent today, educational sessions focused on well-being, child development, health and safety checks, mentoring and providing caregivers and children with mental, physical and spiritual support.

Many Caregivers support multiple children. Because almost all of the families we serve are in poverty, the participants in our programs are food insecure. We provide one healthy and nutritious meal a week free of charge.

Website: https://easternusa.salvationarmy.org/southern-new-england/bridgeport/parents-second-time-around-bridgeport/

The Norwalk Partnership – Offers peer services and mental and behavioral health support to youth and families. They are is a community coalition that fosters mental wellbeing and supports healthy behaviors across the lifespan.

Contact Margaret Watt at 203-227-7644 or mwatt@positivedirections.org

Resources for South Central Region 2

Peer support at CMHC - Currently, CMHC has Recovery Coaches on the ACT (Assertive Community Treatment) Team based at 34 Park Street, and on the Young Adult Services Team at the West Haven Mental Health Clinic. *To learn more about peer support services at CMHC, please contact Rebecca Miller, Director of Peer Support at CMHC, (203) 889-7097, rebecca.miller@yale.edu.* https://medicine.yale.edu/psychiatry/care/cmhc/clinics/peer/

Reach Out Greater New Haven Warmline (Clifford Beers) *COVID-19
In response to covid pandemic, The Clifford Beers Center launched a warmline to help connect people with various programs and support. If you want someone to talk with, have questions on how to get information about COVID-19, or need help, the warmline offers compassionate listeners who are trained in providing mental health guidance. Call (203) 287-2460. Available 8:30am-7pm Monday-Thursday and 8:30am - 6pm Friday.
https://www.cliffordbeers.org/reach-out-new-haven

Community Warmline (BH Care) A supportive help line for mental health issues. Call 203-732-2004. Available: Sun-Thursdays 6pm-10pm and Fridays-Saturday 6pm-11pm
http://www.bghealth.org/

Safe Harbor Warm line(Continuum of Care, Inc.) The Safe Harbor Warm Line serves people who want a listening ear. All calls are confidential and all operators are trained and in recovery. Call 1-800-258-1528. Available: 5pm - 10pm; 7 nights per week, including weekends and holidays https://www.continuumct.org/

Resources for Eastern Region 3

PPI (Perceptions Program Inc) Danielson, Storrs, Willimantic he Willimantic Behavioral Health Center (BHC) offers individual, group, and family therapy to clients age 18+. This site offers a full range services in both English and Spanish. Willimantic BHC specializes in co-occurring disorders and offers same-day Suboxone, intensive outpatient services (IOP), and walk-in services. Address: 54 North St, Willimantic, CT 06226, Phone: (860) 450-0151 www.perceptionprograms.org

SAFE Futures New London (IPV) Has a program called VOICES - The VOICES Committee is a group of survivors who have come together to give back to Safe Futures by providing guidance and feedback and also to support other survivors on their journey to hope and healing. https://safefuturesct.org Address: 16 Jay St, New London, CT 06320. Hours: Open 24 hours Phone: (860) 447-0366 Contact: Christine Foster

Fellowship House Ministries – Groton

Many have firsthand knowledge of how the problem of substance abuse and a criminal history can impact all areas of life. They recognize the frustration of being caught up in the revolving door syndrome of relapse. In their attempts to more fully understand the problem they determined that a key to the problem is the lack of adequate housing and a job. Both factors are critical in the early stages of recovery. Furthermore, they determined that in the majority of cases in which a successful transition was made, those same key ingredients were present and were considered a prominent factor in making a successful transition. http://www.fellowshiphouseministries.com Address: 466 Long Hill Rd, Groton, CT 06340 Phone: (860) 448-3400

Resources for North Central Region 4

Community Renewal Team CRT

Fatherhood support group works towards meeting their family responsibilities, obtaining meaningful work, repaying child support and bonding with family members. CRT provides help with job searches and job leads, and participants have access to CRT's full range of programs and services. Elizabeth Horton Sheff (Director of Community Services) 860-560-5501 / elizs@crtct.org

Leaders Of Tomorrow Youth Group - By Independence Unlimited

The purpose of this project is to increase the participation of youth with disabilities in the process of planning for their transition to adulthood. Supporting students with disabilities on furthering their independent living self-advocacy and self-=esteem skills during their transition process. Jenna Felcha (Core Advocate), Alyssa Morales (Core Advocate**),** 860-523-5021. For more information go to www.independenceunlimited.org/index.php/our-programs

The Hartford Parents University

Mobilize parent power and encourage greater family involvement in developing a lasting learning partnership in which parents support their children in achieving academic and personal success, advance their own achievement and promote educational equity. - Milagros Vega 860-461-4514 / vega04023@gmail.com

https://www.hartfordparentuniversity.org/

Resources for North Central Region 4 cont'd

The Institute Of Living

Peer support Group intended to provide support, encouragement, and positive momentum for people in recovery from mental health and substance use. The group fosters a coming together and hopefully assists individuals in changing old unhealthy patterns, by helping individuals build relationships that are respectful, mutually responsible, and supportive to help each other get out of 'stuck' places. This group offers a forum to be with others to encourage and promote a culture of health and ability verses illness and disability. Nancy Hubbard, L.C.S.W. (Psychiatric Vocational Services) 860-545-7098 / Nancy.Hubbard@hhchealth.org

The Bridge Family Center

Offers school-based programs, emergency in-school counseling response, positive youth development programs, mentoring, parenting services, and the West Hartford Teen Center. Presentations about fears for living on their own. Peer support helps relieve anxiety as they prepare for in Enrichment classes Field trips Theater group Peer support groups Recess programs K.I.D.S, 1022 Farmington Ave, West Hartford CT 06107 860-521-8035 - Fax - 860-521-8036. For more information go to www.bridgefamilycenter.org/

Resources for Western Region 5

Wheeler Clinic – LGBTQI Walk with Me – A brighter, healthier tomorrow is always possible. Wheeler's behavioral health services and treatment for substance use disorders can help you address your unique challenges and achieve health, recovery, and growth at every stage of life. 85 Lakewood Road Waterbury, CT Call our Navigation Center at 888.793.3500 For more information go to https://www.wheelerclinic.org/services/lgbtqia-responsive-services-at-wheeler/wheeler-walk-me

Relatives as Parents Program, a program from Brooker Memorial, offers peer support and resources to relative caregivers. To register or learn more about this program, call Jeff Geddes at Brooker Memorial at 860-489-1328 ext. 130 or by email at jgeddes@brookermemorial.org.

Torrington Area Families for Autism (TAFA) and we offer a parent/ caregiver support group meeting once a month for families impacted by autism. It is best for families to reach out to us via email at TAFAIncorporated@gmail.com, we also have a website at www.TAFAInc.org and a facebook page at: https://www.facebook.com/Torrington-Area-Families-for-Autism-TAFA-1511283945600992

Western Connecticut Association for Human Rights (WeCAHR) is a special education advocacy organization serving Danbury and surrounding towns. Offers special education information and advocacy. Contact: advocate@wecahr.org or call 203-792-3540.

Thank you!

For more information on Connecting to Care check out: **connectingtocarect.org**



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@connectingtocare_ct
Thank you,