



April 2019

CONNECTing

Transforming Children's Services in Connecticut

ISSUE: APR 2019

**Mental Health
Awareness Month**

Awareness Activities
Wellness Calendar
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CONNECTing Children and Families to Care

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 an integrated approach to the delivery of children's services within Connecticut.



70th Anniversary of Mental Health Awareness

Did you know that Mental Health Awareness has been observed in May in the United States since 1949.



This year is the 70th Anniversary and is a great time to look back at the progress made in raising awareness, educating the public about mental illnesses and reducing stigma. It is also a great time to look forward.

How might you further the work of increasing awareness and reducing stigma? What can you do individually, as part of an organization, or as a member of your community? Join or host a mental health day event (p.2). Take the 31 days of Wellness challenge (p.3), take the pledge or share your story (p.4). Join the cause, get informed, get trained, and get involved (p.5-6).

JOIN US



Mental Health Awareness Day LIVE!

“Suicide Prevention: Strategies That Work”

This year's focus is on the impact that suicide has on children, youth, young adults, families, and communities. It also will address what each of us can do to connect those in need to the information, services, and supports that could save lives.




Connecticut's System of Care grant (CONNECTing Children and Families to Care) will be showing SAMHSA's Awareness Day broadcast live on:

May 6, 2019
500 Enterprise Drive, Rocky Hill CT, Suite 3D
2pm—5pm
Food will be provided

For further information and to reserve your spot, please RSVP to Ann Petitti at ann.petitti@beaconhealthoptions.com or 860.263.2092 by 5/1/19.



31 Days of Wellness

	<p>Use hashtag #31daysofwellness2019 when posting your activities on social media!</p>		<p>5/1</p> <p>Day 1: Incorporate a new vegetable or healthy food item into a meal</p>	<p>5/2</p> <p>Day 2: Forgive yourself for something or forgive another person</p>	<p>5/3</p> <p>Day 3: Drink 80 oz. of water and encourage a friend to do the same</p>	<p>5/4</p> <p>Day 4: Do a good deed for someone</p>
<p>5/5</p> <p>Day 5: De-clutter your desk or room and donate unused items</p>	<p>5/6</p> <p>Day 6: Bake or cook some comfort food and share with a friend</p>	<p>5/7</p> <p>Day 7: Play your favorite song and dance with a friend</p>	<p>5/8</p> <p>Day 8: Try a new activity and encourage others to try as well</p>	<p>5/9</p> <p>Day 9: Commit to doing something special for yourself today</p>	<p>5/10</p> <p>Day 10: Journal about 3 people you are grateful for</p>	<p>5/11</p> <p>Day 11: Invite a friend to take a walk outdoors</p>
<p>5/12</p> <p>Day 12: Call someone you love and tell them why</p>	<p>5/13</p> <p>Day 13: Plant a flower or vegetable</p>	<p>5/14</p> <p>Day 14: Take a social media break</p>	<p>5/15</p> <p>Day 15: Go to bed early and get a full night's rest</p>	<p>5/16</p> <p>Day 16: Pick up trash near your office, home or school</p>	<p>5/17</p> <p>Day 17: Slow down. Sit & watch the sunset</p>	<p>5/18</p> <p>Day 18: Attend the NAMI Connecticut Walk at Bushnell Park at 9 AM!</p>
<p>5/19</p> <p>Day 19: Get rid of 5 things you never use</p>	<p>5/20</p> <p>Day 20: Eat 3 servings of vegetables today and encourage a friend to do the same</p>	<p>5/21</p> <p>Day 21: Send an encouraging text or note to 5 people</p>	<p>5/22</p> <p>Day 22: Check out healthy/livesct.org and share with a friend</p>	<p>5/23</p> <p>Day 23: Go the entire day without complaining</p>	<p>5/24</p> <p>Day 24: Do one thing you've been putting off</p>	<p>5/25</p> <p>Day 25: Make time for a wholesome breakfast</p>
<p>5/26</p> <p>Day 26: Recommend a good book or podcast to a friend</p>	<p>5/27</p> <p>Day 27: Choose a motivational/inspirational quote and post it somewhere visible</p>	<p>5/28</p> <p>Day 28: Write a thank-you note for someone at the office or school</p>	<p>5/29</p> <p>Day 29: Make an uplifting music playlist</p>	<p>5/30</p> <p>Day 30: Do 5 minutes of yoga or meditation with a friend</p>	<p>5/31</p> <p>Day 31: Make a list of short term goals</p>	

Take the Pledge or Share Your Story



The Three R's

Recognize

We must first **recognize** the high prevalence of mental illness and substance use disorders

Reeducate

Then **reeducate** ourselves, friends and family on the truths of mental illness and addiction


Reduce

When we do this, we can **reduce the stigma.**


The Three R's (recognize, reeducate and reduce) depend on each other to effectively Stamp Out Stigma surrounding mental illness and substance use disorders. This is what I, as an individual, charge myself to do—to fully Stamp Out Stigma and to clear the path to health-seeking behavior. **It begins with me.**

Take the Pledge at <http://stampoutstigma.com/pledge.html>

As a supporter to those who have a mental illness or substance use disorder, I understand the importance of recognizing the high prevalence of mental illness and substance use disorders. I also know that when recognition is coupled with reeducation and understanding, health-seeking action can be taken. These actions lead to recovery, which is possible for everyone.



ABOUT TAKE THE PLEDGE SHARE YOUR STORY SHOW SUPPORT GET EDUCATED


14,550
HAVE TAKEN THE PLEDGE

TAKE THE PLEDGE

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The Three R's (recognize, reeducate and reduce) depend on each other to effectively Stamp Out Stigma surrounding mental illness and substance use disorders. This is what I, as an individual, charge myself to do—to fully Stamp Out Stigma and clear the path to health-seeking behavior. It begins with me.

To take the pledge, please enter your name and email address below (This information will be used and disclosed only in accordance with our Privacy Statement.):

Submit

Get Informed and Get Trained

QPR

Question the Person About Suicide. Do they have thoughts? Feelings? Plans? Don't be afraid to ask.

Persuade the Person to Get Help. Listen carefully. Then say, "Let me help." Or, "Come with me to find help."

Refer for Help. If a child or an adolescent, contact any adult, any parents; or call your minister, rabbi, tribal elder, a teacher, coach or counselor; or call the resources listed.

Warning Signs of Suicide...

Suicide threats Prolonged depression Previous attempts Making final arrangements
Alcohol & drug abuse Giving away prized possessions Sudden changes in behavior
Statements revealing a desire to die Purchasing a gun or stockpiling pills

To Save a Life...

Realize someone might be suicidal.

Reach out. Asking the suicide question DOES NOT increase risk.

Listen. Talking things out can save a life.

Don't try to do everything yourself. Get others involved.

Don't promise secrecy and don't worry about being disloyal.

If persuasion fails, call your mental health center, local hotline, or emergency services.

Crisis Resources

Mobile Crisis Services: In CT, Dial **2-1-1**

Crisis Text Line: Anywhere in the USA, Text **741741** for free, 24/7 support for those in crisis.

National Suicide Prevention Lifeline: Dial **(800) 273-TALK**

Don't wait to become informed! Get trained!

For resources and information about low-cost/no-cost trainings, please visit

www.preventsuicidect.org where you will find a comprehensive directory of information and resources for anyone interested in supporting suicide prevention.

Get Involved

The foundational belief of Zero Suicide is that suicide deaths for individuals under the care of health and behavioral health systems are preventable. For systems dedicated to improving patient safety, Zero Suicide presents an aspirational challenge and practical framework for system-wide transformation toward safer suicide care.



SUICIDE

is preventable.

Yet in the U.S., more than one million people attempt suicide and more than 40,000 people die by suicide annually. Deaths by suicide have increased 24 percent over the past 15 years, making suicidal behavior disorder a leading cause of death.

“Establishing suicide prevention as a priority will require significant changes by health systems and mental health programs in terms of policies, protocols, and staff training.”

— Michael F. Hogan, Pioneer of Zero Suicide, 2016

For more information, please visit the Zero Suicide website at www.zerosuicide.sprc.org and to get connected with your local suicide prevention efforts, contact Allyson.nadeau@beaconhealthoptions.com.

Community Corner

2019 CT OPIOID & PRESCRIPTION DRUG OVERDOSE PREVENTION CONFERENCE SPOTLIGHT ON TRAUMA INFORMED INITIATIVES

Thursday, May 2, 2019

DoubleTree by Hilton

42 Century Drive

Bristol, CT

8:00 – 8:45 AM Registration/Networking

8:45 AM – 4:30 PM Conference

Who Should Attend:

Public health professionals • Health care providers
(Prescribing doctors, dentists, APRNs, etc.) • Policy makers •
Social service staff involved with harm reduction

Conference Focus:

Attendees will gain insight and information on opioid related initiatives occurring in Connecticut. As the state has responded to the crisis, our focus has expanded to include addressing adverse childhood experiences (ACEs) and suicide.

The conference will provide:

- Data informed strategies and statistics
- Current programs concentrating on overdose prevention
- Trauma's impact on addiction
- Communication efforts to address stigma
- Collaboration to direct community interventions

Registration information: Course ID 1084196

<https://www.train.org/connecticut/welcome>

Cost to attend: \$25 (Non-refundable, substitution allowed)

Please make your check out to "Treasurer, State of CT"

Mail your check to:

CT Department of Public Health

410 Capitol Avenue, MS#11HLS

P.O. Box 340308

Hartford, CT 06134-0308

Attn: Ramona Anderson

REQUIRED: Register online and then send the payment.

Registration will be confirmed once payment is received.

For more information: ramona.anderson@ct.gov



Featured speakers :



Austin Eubanks is an expert in the addiction treatment industry and a nationally recognized speaker and media contributor on topics surrounding behavioral health and addiction recovery. An injured survivor of

the Columbine shooting, Austin's traumatic experience as a teen was the catalyst to his painful journey through addiction. Now in long-term recovery, he has devoted his career to helping those who have turned to substances as a result of trauma.

Charles Atkins, MD, is a board-certified psychiatrist, Chief Medical Officer of Community Mental Health Affiliates in New Britain, clinical trainer, and author. Dr. Atkins will review current literature, which includes data specific to Connecticut, and provide evidence-based approaches to treatment and recovery, which include Medication-Assisted Treatment (MAT) for opioid use disorders, integrated trauma work, wellness, peer supports, community and family-based strategies.



John Holt will serve as the moderator for our event. John is well known in Connecticut as a documentary producer for CPTV, former Emmy-winning sports reporter for WFSB, and is currently on staff with the Connecticut Association of Schools and Connecticut Interscholastic Athletic Conference as a special projects manager and video storyteller. He has been involved with suicide awareness events for many years.



The Connecticut Department of Public Health will be hosting a conference about opioid and prescription drug overdose prevention. Register for the conference at:

<https://www.train.org/connecticut/welcome>



Child Health and
Development Institute
of Connecticut, Inc.



beacon
health options

