



DCF Region 6 Central
Citizens' Review Panel- Regional Advisory Council
RAC

March 7, 2019
Minutes

Meeting called to order by Elizabeth Flores, RAC Tri-Chair, opened the meeting at 5:37 pm.

Minutes reviewed and accepted.

Administrative Business

Elections for RAC Provider

Natalia Liriano presented the Nominee Ballot for RAC Provider Tri-Chair: Debra Borzellino, Family Services Director from The Connection and Marie Mormile-Mehler, VP of Planning and Performance Improvement, CMHA. Natalia indicated that she received one absentee ballot. Debra was present via phone call, as she was attending in a training conference in Washington, DCF.

Election Results: Marie Mormile-Mehler of CMHA elected.

Task Force Updates–

Member Share - Opioid Addiction – Community Needs

Tina Jefferson shared article in **New Haven Register** about Mayor Erin Steward joining forces with other CT Mayors in a lawsuit against the drug companies as part of the CT Opioid Strategy Taskforce (COST).

https://insurancenewsnet.com/oarticle/connecticut-mayors-join-forces-to-recover-damages-from-opioid-crisis#.XI_3NY2OWUK

Cynthia Vasquez shared that Paul Amarone, Director of Special Projects; City of New Britain is running the City of New Britain Opioid Task Force. They have an Education Committee that is working to educate the community on Opioids. There are also Opioid Task Forces in Bristol, Rocky Hill, Wethersfield (led by Mayor) and Meriden (led by Meriden Youth Coalition, Crystal Blake), Bristol met on 3/11/19 and will meet again on 3/21/19.

Rushford Centers received a \$2 million grant to partner recovery coaches with 1st responders (EMTs).

ACTION ITEM:

Suggested to create a grid with description of what each town is doing with respect to opioid response and then decide what the RAC may do to partner with these initiatives.

Natalia will send something around for Cynthia to populate. Elizabeth will assist.

Youth Needs

Elisabeth Flores read some of the remarks she heard from a **Youth Summit held at AFCAMP** this week. The general theme is that youth with mental health issues feel very isolated and alone. See attachment for excerpts. Group was very moved by the youth comments.

Lisa Lumbruno noted that there is a wealth of knowledge in the room. We need to find a way to share it.

Nan Arnestin presented at the New Britain Collaborative meeting last week that really showcased the good work her agency has done with kids. Need to find a way to do more of this.

Meeting adjourned at 7:00 pm.

Next Meeting: April 4, 2019



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Next Steps:

TASK

DAVE TOMPKINS	Attend the New Britain Task Force- Education Subcommittee Meeting on March 26
NYDIA DOMINGUEZ	
JENNIFER ABBATEMARCO	Obtain information on National Night Out
MARIE BARCHAND	Explore DMHAS Recovery Programs
CYNTHIA PETONIO-VASQUEZ	Obtain information on the local NRZ and churches that might be willing to partner
	Meet with Nathalia to map out existing task force

Name of Initiative or Program	Town	Mayor	contact	Next Meeting	Comments	
Opioid Task Force	Bristol	Zoppo-Sassu, Ellen		3/21/19 @ 6:30	Wheeler involved; year long	http://ct-
Opioid Task Force	New Britain	Stewart, Erin	Paul Amarone	TBD		
Meriden Healthy Youth Coalition	Meriden	Scarpati, Kevin	Krystal Blake		to coordinate efforts and interventions in response to the opioid epidemic. This Coalition includes community organizations, behavioral health agencies, healthcare providers, Police and Fire Departments, EMS services, the Board of Education, treatment professionals, peer support groups and elected officials.	http://meridenhealthyyouthcoalition.com/
The Coalition	Rocky Hill	Kochanek, Joe	Lori Stanczyk, Youth Services Coordinator		Youth & family services thru youth leadership promote create awareness and prevention; Elk's Club; Central Connecticut Heath District	https://www.rockyhillct.gov/departments/departments_a-h/human_services/index
	Rocky Hill		Melissa Hicke			
	Wethersfield	Morin-Bello, Amy	Erica Texeira			
Central Connecticut Health District	Berlin, newington , Rocky Hill and Wethersfield		8607858380			



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Youth Summit Workshop Behavioral Health (Children of aged 13-18)
Orange Group Discussion

What are the personal issues that you are facing?

- Having friends that have mental health issues
- Having depression and not being able to talk to anyone about it
- Having anxiety and insomnia and not being able to meditate
- Having family members that say children are too young to feel stress
- Having people justify their feelings by making it about the other person
 - Having PTSD
 - Not being trauma informed
 - Parents are not educated
 - Parents don't support children in school when it comes to teachers"

Whom can you go to when you feel this way?

- Myself
- My friend who also has a mental health diagnosis
- Listen to music or other artists that are diagnosed with a mental disorder

What if a friend or family member is having a hard time?

- Tell them about the hotlines
- Help them get through their struggle
- Resources were given
- Psychology today for a therapist or if they have questions about their diagnosis
- Mediation Sleep app

Sociological Observations:

- Children are lacking resources in the community.
- Children have a lack of support in the community.
- Children are not identifying a family member as a support.
- Children are depending on external sources like social media to give them a hotline number. For example, a rapper rapped the suicide hotline number and they were able to remember it because it was in the title of the rap.

Common themes in the Children's group:

- Mental Health
- Biophysical
- Youth Engagement
- Relationships
- Community support
- Coping skills
- Talents
- Activity
- Feeling of Belonging
- Discrimination (age, gender, religion, and ability)
- Education
- Self (identity, friendships, family, and their thought process, and belief system.)
- Technology
- Demographics of the teachers in the school