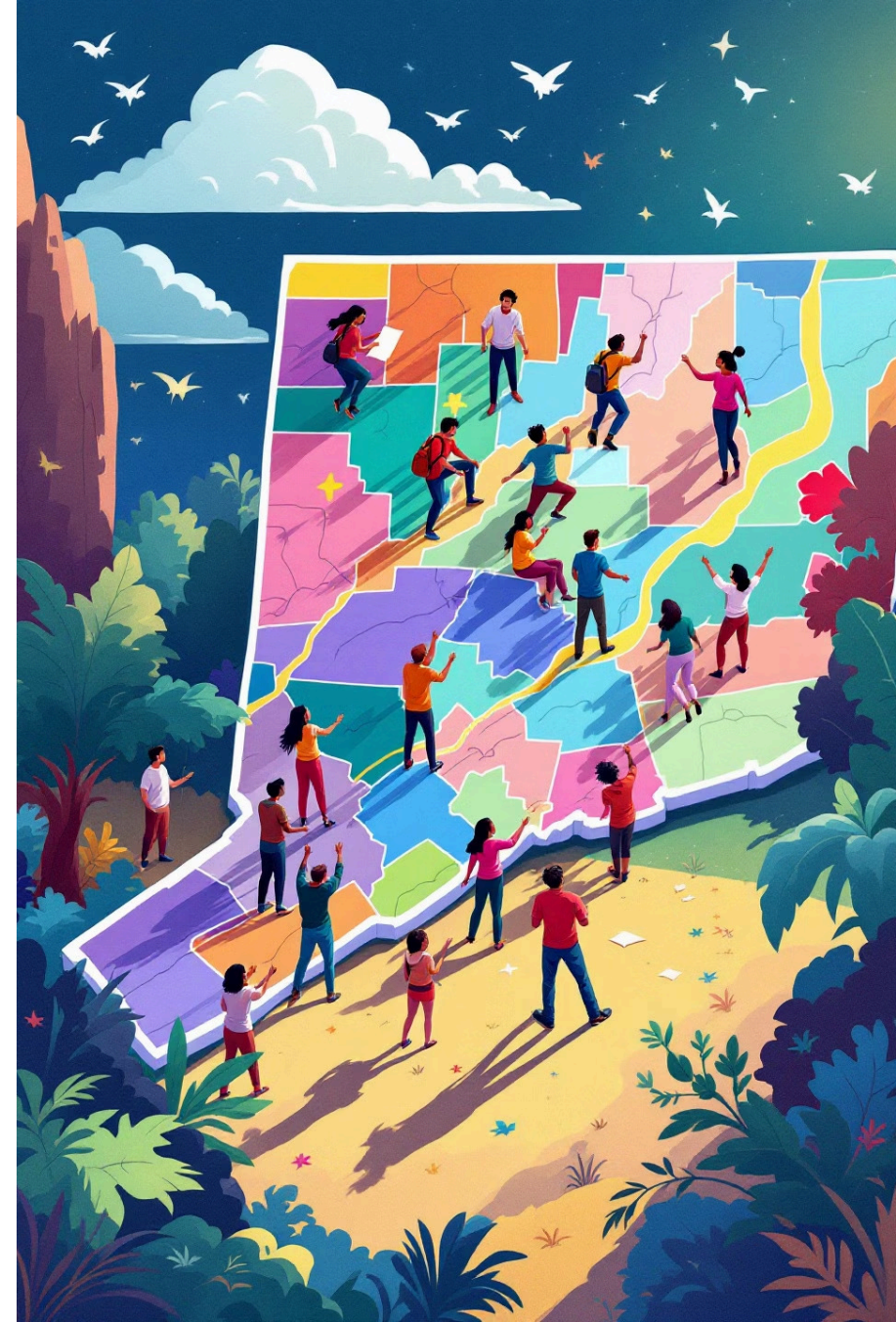


Navigating Connecticut's Prevention Infrastructure

Connecting Your Work to Connecticut's Substance Use and Problem
Gambling Prevention Ecosystem



Learning Objectives

- Identify evidence-based prevention strategies within the infrastructure
- Explain the role and importance of prevention in public health, focusing on mitigating substance use and its broader social impact
- Identify key stakeholders in substance use prevention (individuals, organizations, and federal/state/regional/local agencies).
- Analyze the design of CTs prevention infrastructure, including its function across ecological levels (local, regional, state, and national).
- Introduce the roles of Local Prevention Councils, Community Coalitions, and RBHAOs
- Outline the key components of CT's Prevention Infrastructure
- Explore TTASC's Learning Management System as a professional as a professional development tool
- Review resources, strategies, and partnerships to strengthen prevention work

Today's Agenda

- Welcome and Introductions
- Understanding Prevention
- CT Prevention Infrastructure
- Prevention Tool Spotlight: TTASC Learning Management System
- Regional Behavioral Health Action Organization (RBHAO) Deep Dive - Guest Speaker: Kaitlin Comet, Program Manager at Catalyst CT
- Connecting Individual Work to the Bigger Picture
- Q&A and Wrap-Up



What is Prevention?

Prevention means stopping something from happening.

In health, prevention refers to actions taken to keep people healthy and well, and to prevent or avoid risk of poor health, illness, injury, and early death.

Substance Use Prevention

In the field of substance abuse, prevention refers to the use of strategies and programs to reduce the risk and substance use and the development of substance use disorders.

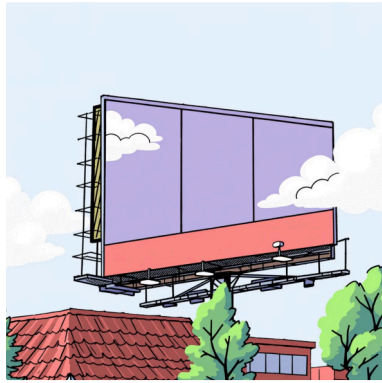
Prevention aims to change social norms, conditions, attitudes, and behaviors that reduce the initiation of substance abuse.

Why Prevention Matters

Effective prevention efforts:

- Reduces incidence and prevalence of substance misuse.
- Improves overall health and well-being in communities.
- Reduces healthcare costs associated with substance use disorders.
- Strengthens community resilience.
- Creates a safer and healthier environment for everyone.

Prevention Strategies



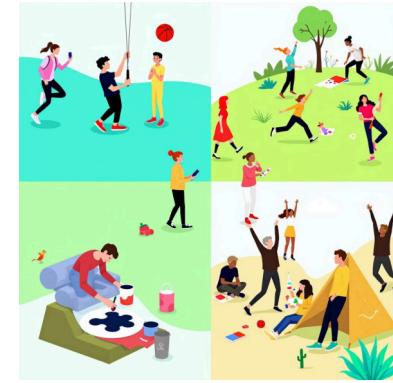
Information Dissemination

Increasing awareness and changing attitudes about substance use through communication (e.g., public awareness campaigns, educational materials).



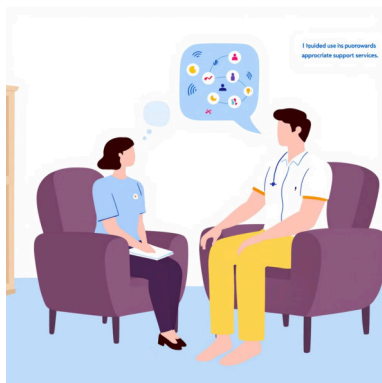
Prevention Education

Equipping individuals with skills to resist substance use (e.g., decision-making, refusal skills training).



Alternatives

Offering appealing alternatives to substance use (e.g., youth programs, recreation activities).



Problem Identification & Referral

Recognizing potential substance use issues and facilitating access to appropriate services.



Community-Based Processes

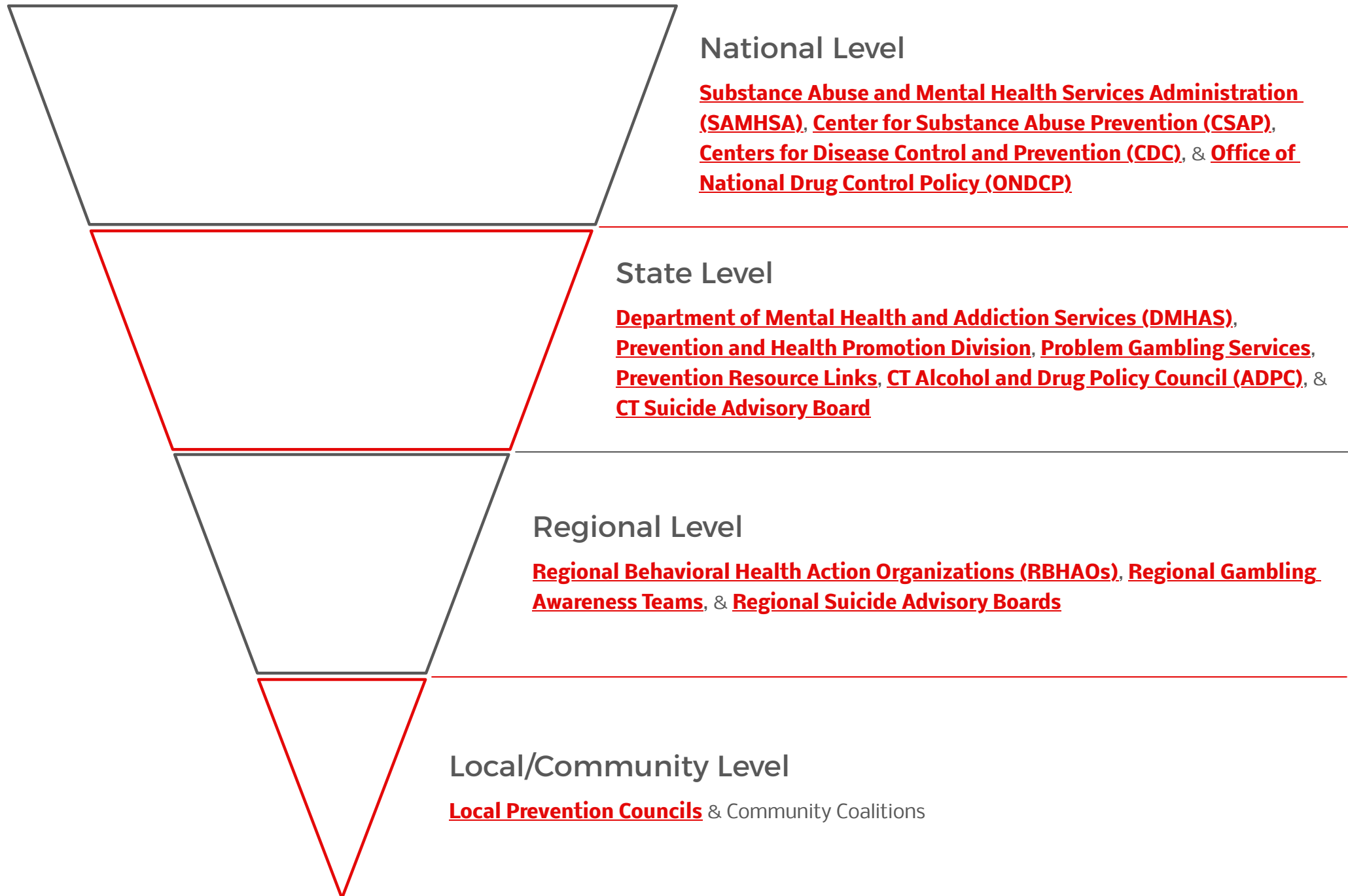
Engaging communities in prevention efforts through coalitions and partnerships.

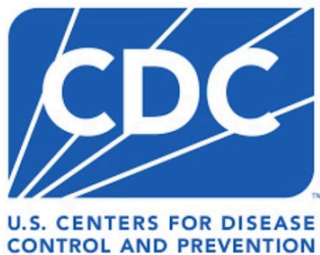


Environmental Approaches

Changing policies and environments to reduce risk factors and promote protective factors (e.g., stricter enforcement of underage drinking laws).

The CT Prevention Infrastructure: A Multi-Level System





CT Prevention Infrastructure: National Level



Federal Agencies

The **Substance Abuse and Mental Health Services Administration (SAMHSA)** leads public health efforts to improve behavioral health in the United States. SAMHSA's mission is to promote mental health, prevent substance misuse, provide treatment and support for recovery, and ensure equitable access and better outcomes.

SAMHSA's Center for Substance Abuse Prevention (CSAP) provides leadership and collaborates across sectors to advance prevention across the lifespan.

CSAP aims to:

- prevent initiation of substance use
- prevent progression of substance use
- prevent and reduce harms associated with substance use

Funding Mechanisms:

- Block grants
- Competitive program-specific grants

CT Prevention Infrastructure: **State Level**

CTs Prevention Approach & Investment

- Focuses on prevention before crisis
- Stops problems before they start by preventing exposure, reducing risk factors, and strengthening protective factors.

Connecticut Department of Mental Health and Addiction Services (DMHAS) - Lead Agency

Role: Prevention and treatment of alcohol and substance use

Mission: Promote health and wellness of individuals with behavioral health needs through:

- Holistic and comprehensive services
- Dignity, respect, and self-sufficiency
- An integrated and efficient support network



CONNECTICUT
Mental Health & Addiction Services



CT Prevention Infrastructure: State Level (DMHAS)

DMHAS Prevention and Health Promotion Division

- Oversees a range of programs and initiatives designed to implement statewide prevention strategies.
- Promotes health and wellness by delaying substance use through:
 - Supporting evidence-based programs
 - Building local capacity
 - Coordinating prevention services statewide
- Aligned with the **Strategic Prevention Framework**
- **Statewide Reach**
 - 122 Prevention Coalitions Covering all 169 towns
 - 60 Community-based prevention programs at regional and local levels

Strategic Plan Goals

- Reduce alcohol, tobacco, and other drug use by youth under 21.
- Reduce deaths from opioids among Connecticut residents.
- Enhance the capacity and retention of the behavioral health workforce.
- Improve data-driven planning for behavioral health promotion programs.
- Reduce suicide attempts and deaths by 10% across the lifespan by 2026.

CT Prevention Infrastructure: State Level (DMHAS)

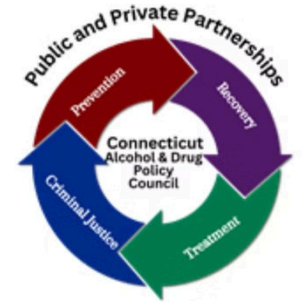
Key Partnerships

Connecticut Alcohol and Drug Policy Council (ADPC)

- Statewide leadership in alcohol tobacco and other drug (ATOD) prevention and response
- Co-chaired by DMHAS and the CT Department of Children and Families
- Focus on policy, equity, evidence-based practices, and more

Connecticut Suicide Advisory Board (CTSAB)

- Single state-level board addressing suicide prevention, intervention, and response
- Co-chaired by DMHAS, DCF, and the Brian Dagle Foundation
- **Mission:** Prevention, health promotion, and instilling hope across the lifespan





CT Prevention Infrastructure: State Level - DMHAS Comprehensive Efforts

Statewide Strategy & Funding

- Uses federal grants (SOR, Substance Use Block Grants) to expand prevention programs
- Multi-layered approach addressing individual and community needs

Tobacco Prevention & Enforcement Initiatives

- Reduce underage tobacco access through compliance checks and education
- Programs include:
 - Free merchant training and public awareness campaigns (What You Do Matters)

Opioid Response Programs

- Combats the opioid crisis with:
 - Naloxone training/distribution
 - *Change the Script* campaign
 - Campus initiatives and school-based education programs



Prevention
Training
Technical
Assistance
Service
Center

CONNECTICUT
Clearinghc
a program of the Connecticut
for Prevention, Wellness and R

Wheeler



THE GOVERNOR'S
Prevention
Partnership

CT Prevention Infrastructure: State Level - DMHAS Empowering Prevention Through Collaboration

Leveraging Statewide Statewide Resource Links

- Unified approach to addressing substance misuse, mental health, and community well-being
- Accessible tools and resources designed to meet the diverse needs of Connecticut's population
- A commitment to fostering informed and resilient communities and workforce

Statewide Resource Links



CT Clearinghouse

Statewide Prevention Library

- Central hub for substance use and mental health information
- Free access to books, curricula, DVDs, and fact sheets.
- Monthly newsletter, educational forums, and community
- Specialized campaigns like "Change the Script" and "Know Ur Vape"

Governor's Prevention Partnership (GPP)

Empowering Youth and Community

- Youth empowerment programs like E3: Engage, Encourage, Empower.
- Family-focused initiatives, including Por Los Niños for Spanish-speaking parents.
- Advocacy for youth through partnerships and legislative engagement.
- Mentor recruitment and training to build supportive networks.

Center for Prevention Evaluation and Statistics (CPES)

Data-Driven Prevention Strategies

- Develops and manages the SEOW Data Portal.
- Supports local evaluators through the Local Evaluator Workgroup.
- Provides training on data use and evaluation planning.
- Disseminates actionable insights for public health improvement.

Statewide Resource Links



Problem Gambling Services (PGS)

Promoting Responsible Choices

- Comprehensive network of gambling recovery services.
- Key prevention messages: Gambling is not risk-free, keep the problem out of gambling, help is available.
- Youth-focused initiatives like the Gambling Awareness Youth Media Project.
- Workforce development opportunities and certifications.
- [Gamblin Awareness CT Website Management](#)

State Education Resource Center (SERC)

Supporting School-Based Prevention

[\(Prevention Specific Website\)](#)

- Centralized hub for grades K-12 substance use prevention.
- Library offering interactive materials and Spanish-language resources.
- Programming and workshops addressing opioid and mental health awareness.
- Prevention Programming in CT Schools Survey for resource alignment.

CT Prevention Training and Technical Assistance Service Center (TTASC)

Building a Skilled Workforce

- Comprehensive training and technical assistance for professionals.
- CPS certification support and online learning modules.
- Tailored coalition-building services and resources.
- Extensive online tools like the Prevention Toolbox and Coalition Onboarding Toolkits.

TTASC Learning Management System Spotlight:

- **Accessible Online Platform:** Access a wide range of training materials course, and resources from anywhere with an internet connection
- **Self-Paced Learning:** Learn at your own pace and convenience, fitting professional development into your busy schedule
- **Diverse Content:** Explore a variety of topics relevant to substance use prevention including evidence-based strategies, data analysis, coalition building, and more.
- **Continuing Education Units (CEUs):** All our courses offer CEUs, helping you maintain your certifications and stay up-to-date in the field.
- **Free Resource Library**

PGS PROBLEM
GAMBLING
SERVICES

Department of Mental Health and Addiction Services

**SERC**
STATE EDUCATION RESOURCE CENTER
EQUITY | EXCELLENCE | EDUCATION



Prevention

Training
Technical
Assistance
Service
Center

**CONNECTICUT
Clearinghouse**

a program of the Connecticut
for Prevention, Wellness and R

Wheeler

CPES

Center for Prevention
Evaluation and Statistics



**THE GOVERNOR'S
Prevention
Partnership**

CT Prevention Infrastructure: Statewide Resources

A Comprehensive Network of Community Support

- **Connecticut Clearinghouse**: Your go-to prevention library.
- **TTASC**: Building a skilled prevention workforce.
- **CPES**: Data-driven strategies for effective prevention.
- **Governor's Prevention Partnership**: Empowering youth and families.
- **Problem Gambling Services**: Promoting informed choices.
- **SERC**: Supporting school-based prevention initiatives.

SAMHSA

Substance Abuse and Mental Health
Services Administration



HRSA

Health Resources & Services Administration



U.S. CENTERS FOR DISEASE
CONTROL AND PREVENTION



CT Prevention Infrastructure: State - Regional - Local

Building Strong Relationships

The Backbone of Prevention

- Collaboration across sectors builds trust and capacity
- Partnerships create pathways to innovative strategies
- Reaching hard-to-engage populations strengthens the infrastructures inclusivity.

CT Prevention Infrastructure: Local Level

Local Prevention Councils and Community Coalitions

- Community-Level Pillars of Prevention Infrastructure

12 Sector Collaboration: United diverse sectors to address local needs

Equip communities with tools for substance use prevention

Empower local solutions through mini-grants and tailored strategies



CT Prevention Infrastructure: Regional Level

Regional Behavioral Health Action Organizations

- Coordinating the Prevention Infrastructure

Regional hubs for prevention planning and support

Conduct assessments and set regional priorities

Bridge local initiatives with state resources and strategies

Deepening the Conversation: Regional Behavioral Health Action Organizations

A Closer Look at Local Collaboration and Impact



Our Guest Speaker:

Kaitlin Comet, Program Manager - Catalyst CT | The Hub

Focus Areas:

- The role of RBHAOs in prevention infrastructure
- Regional priorities and community needs assessments
- Success stories and lessons learned

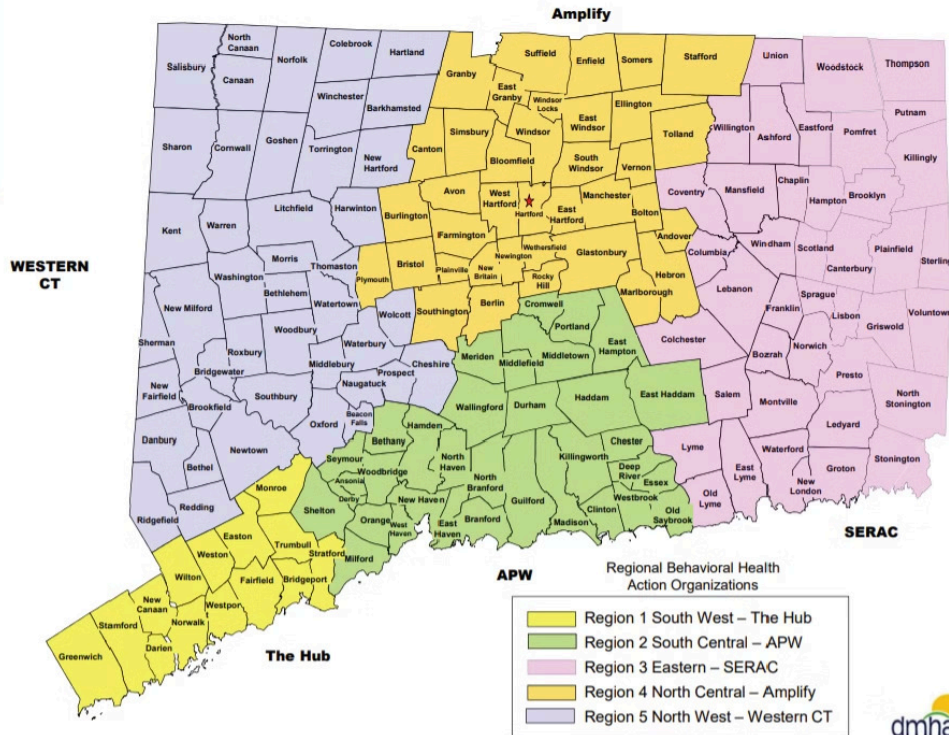
REGIONAL BEHAVIORAL HEALTH ACTION ORGANIZATIONS (RBHAOS)

Kaitlin Comet
Program Manager





ABOUT US



5 Department of Mental Health and Addiction Services (DMHAS) regions

1 Regional Behavioral Health Action Organization (RBHAO) per region

Region 1: Catalyst CT The Hub

Region 2: Alliance for Prevention Wellness - BH Care

Region 3: SERAC

Region 4: Amplify

Region 5: Western CT Coalition



WHAT DO WE DO?



ADMINISTER
LOCAL
PREVENTION
COUNCIL (LPC)
GRANTS



REGIONAL
SUICIDE
ADVISORY
BOARD



REGIONAL
GAMBLING
AWARENESS
TEAM



REGIONAL
NEEDS
ASSESSMENT
PRIORITY
REPORTS



COMMUNITY
EDUCATION,
TRAININGS &
TOT





**Connecticut
Prevention Network**
Local partnerships promoting wellness
by addressing substance abuse statewide.

RBHAOS

AT A GLANCE



The Connecticut Prevention Network is a collection of 5 state-designated Regional Behavioral Health Action Organizations (RBHAOs) serving the 169 towns of Connecticut. Our role is to serve as strategic partners and a resource for our regions, supporting and coordinating initiatives related to **mental health, suicide awareness, problem substance use, and problem gambling**, as well as liaising between the regions and the state.

WHAT WE DO

- **We conduct regional needs assessments** — to develop epidemiological profiles and priority recommendations for behavioral health prevention, treatment, and recovery.
- **We support Local Prevention Councils** — in helping our towns prevent problem substance use and promote mental health through technical assistance, coordination, and mini-grants.
- **We promote responsible alcohol use** — by informing communities and raising awareness.
- **We lead and coordinate cannabis prevention** — by establishing a regional infrastructure to prevent underage youth use and promote safe adult use of cannabis.
- **We coordinate prevention of e-cigarette use** — among 12-20 year-olds with educational, environmental, and community-based processes.
- **We convene the Regional Suicide Advisory Boards** — to develop regional strategies and capacity to address suicide from prevention through postvention.
- **We convene the Regional Gambling Awareness Teams** — by providing education and resources regarding problem gambling and gaming.
- **We serve as strategic partners** — by advising and providing resources to community leaders and members and representing our regions on many state level advisory boards.
- **We lead and support advocacy efforts** — by educating elected officials and other leaders.
- **We address the opioid epidemic** — by providing community training in opioid awareness and administering naloxone, as well as conducting awareness campaigns.
- **We help local businesses earn recognition as Recovery Friendly Workplaces (RFWs)** — by seeking out and officially designating organizations that prioritize employees' overall health and well-being by destigmatizing all behavioral health issues and championing recovery.

COLLABORATE WITH US!

- **We promote responsible alcohol use** — by informing communities and raising awareness.
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CELEBRATIONS & CHALLENGES

One year, all RBHAs:
4,357 Naloxone kits
distributed

One year, all RBHAs:
\$864,805 Prevention
dollars given to local
communities

One year, all RBHAs:
11,000 Community
members trained in
behavioral health skills
& education

What's Next?



Region 1-Southern:

Janice Andersen, Director of Operations, Catalyst CT
Giovanna Mozzo, Director
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Website www.catalystct.org/the-hub

Region 2-Southcentral:

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Alliance for Prevention & Wellness (APW) | A Program of BHcare
127 Washington Ave. 3rd Fl. West North Haven, CT 06483
Ph. 203-736-8566
Email pmautte@bhcare.org
Website www.apw-ct.org

Region 3-Eastern:

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Jennifer Buckley, Assistant Director
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228 West Town St. Norwich, CT 06360
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Email mirons@seracct.org; jbuckley@seracct.org
Website www.secracct.org

Region 4-Northcentral:

Allyson Nadeau, Executive Director
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Email anadeau@amplifyct.org
Website www.amplifyct.org

Region 5-Western:

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Western CT Coalition
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Email afulton@WCTCoalition.org
Website www.WCTCoalition.org



CT Prevention Infrastructure: A Sustainable Future for Prevention

Building a Stronger, Healthier Connecticut Together

1 Comprehensive Strategy

Prevention programs are built on education, community engagement, and public awareness.

2 Collaborative Infrastructure

Prevention Resource Links unify efforts across education, technical assistance, and professional development.

3 Commitment to Innovation

Data-driven strategies ensure adaptability for future challenges.

Next Steps in Prevention

1

Explore Resources

Visit the websites of key organizations discussed today to access valuable prevention tools.

2

Local Engagement

Connect with your local LPC or coalition to get involved in community-level prevention efforts.

3

Professional Development

Explore training opportunities through prevention resource links to enhance your prevention skills and knowledge.

4

Spread the Word

Share information about Connecticut's prevention infrastructure with others in your community.

Empowering Connecticut's Prevention Future

As we conclude this training, remember that each of us plays a crucial role in Connecticut's substance abuse prevention efforts. By leveraging the resources, partnerships, and strategies we've explored today, we can work together to create healthier, more resilient communities across our state.

Your commitment to prevention makes a difference. Whether you're a professional in the field, a community volunteer, or an engaged citizen, your efforts contribute to the wellbeing of Connecticut's residents. Let's continue to collaborate, innovate, and advocate for effective prevention strategies that will shape a brighter future for all.

Thank you for your work in prevention!