



The Department of Mental Health and Addiction Services- Supporting Women in a Post- COVID landscape

Presented by:

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DMHAS Mission

Targeted population: Adults (over 18 years of age) with psychiatric or substance use disorders, or both, who lack the financial means to obtain such services on their own

The Connecticut Department of Mental Health and Addiction Services (DMHAS) is a health care agency whose mission is to promote the overall health and wellness of persons with behavioral health needs through an integrated network of holistic, comprehensive, effective, and efficient services and supports that foster dignity, respect, and self-sufficiency in those we serve.

DMHAS promotes and administers comprehensive, recovery-oriented services in the areas of mental health treatment and substance use prevention and treatment throughout Connecticut.



Evolution of Services



- ▶ DMHAS Women's Services has grown over the past 5 years to enhance the resources available to better reflect needs of women in CT
- ▶ Ongoing collaboration to determine gaps in the system and develop resources to mitigate barriers and challenges
- ▶ Working in partnership both within the DMHAS system and with other state agencies
- ▶ “No wrong door” to access services
 - ▶ REACH Navigators can help act as a resource to support individuals in learning about available services and connect to what is most appropriate for each individual

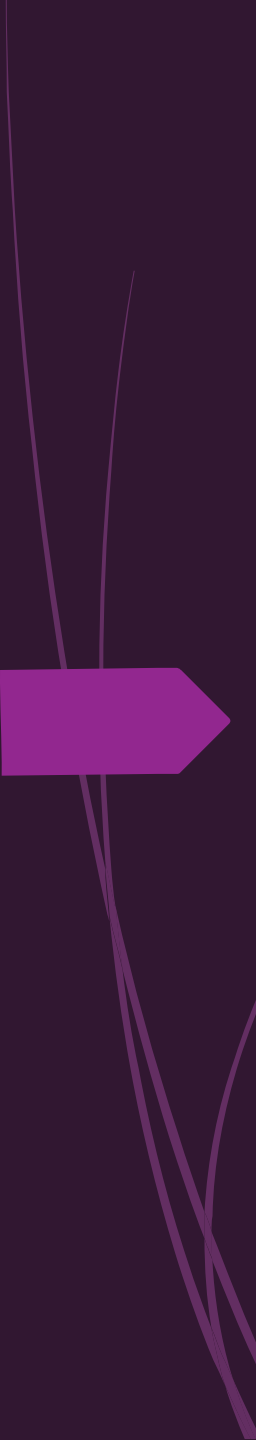


Collaborations

- ▶ Framework rooted in working in partnership with other state agencies, treatment providers and community organizations
- ▶ Key Partnerships
 - ▶ Persons in Recovery
 - ▶ Department of Children & Families
 - ▶ Department of Public Health
 - ▶ Department of Social Services
 - ▶ Office of Early Childhood
 - ▶ Office of Child Advocate
 - ▶ University of Connecticut
 - ▶ CT Hospital Association
 - ▶ CT Council Against Domestic Violence (CCADV)
 - ▶ Planned Parenthood
 - ▶ CT Women's Consortium



Resources Available to Support Treatment and Recovery



Pregnant and Parenting (3.5) LOC- Substance Use Treatment

- ▶ Specialized LOC with the purpose of providing support to women during pregnancy, while parenting and/or during the reunification process
 - ▶ Reunification must be the established goal at time of admission
- ▶ 20 hours of treatment services per week – includes relapse prevention, parenting skills, co-occurring, trauma, anger management, reproductive health education & doula consultation
- ▶ Individualized length of stay based on treatment plan
- ▶ Children can reside with mom in the program
- ▶ Services provided at:
 - ▶ Liberation Programs- Families In Recovery Program (Norwalk)
 - ▶ CHR- New Life (Putnam)
 - ▶ APT- Amethyst House (New Haven)
 - ▶ InterCommunity - Coventry House (Hartford)
 - ▶ Wellmore- Women & Children's Program (Waterbury)
- ▶ For information on bed availability and how to make a referral visit:
[Connecticut Addiction Services \(ctaddictionservices.com\)](http://ctaddictionservices.com)

15 beds statewide

- 2 programs run by the Connection Inc. - Coley House located in Bridgeport & Hallie House located in Middletown

Designed for pregnant/parenting women and children who may reside in the program with their moms

Coordination with community treatment and recovery supports

Daily on-site groups focused on supporting recovery

24/7 staffing



Women's
Recovery
Support
Programs

DMHAS was awarded a 3-year SAMHSA Grant (\$2.7 Million total)

Furthers CT's work on the existing 5-year strategic plan to address infants born substance exposed

Targets a geographic area in central CT where data reveals disproportionate racial, social and economic disparities compared to other areas of CT

160 pregnant and postpartum individuals with SUD/ODU, and their family members have been served in the first 2 years of the program



PROUD
Overview

PROUD initiatives

Wheeler Clinic (Greater New Britain area) and Intercommunity Inc. (Greater Hartford area) are the two PROUD site team contractors.

Teams are comprised of a multidisciplinary team; staff with expertise in clinical, case management and peer recovery strategies and services

Team members are knowledgeable of area resources

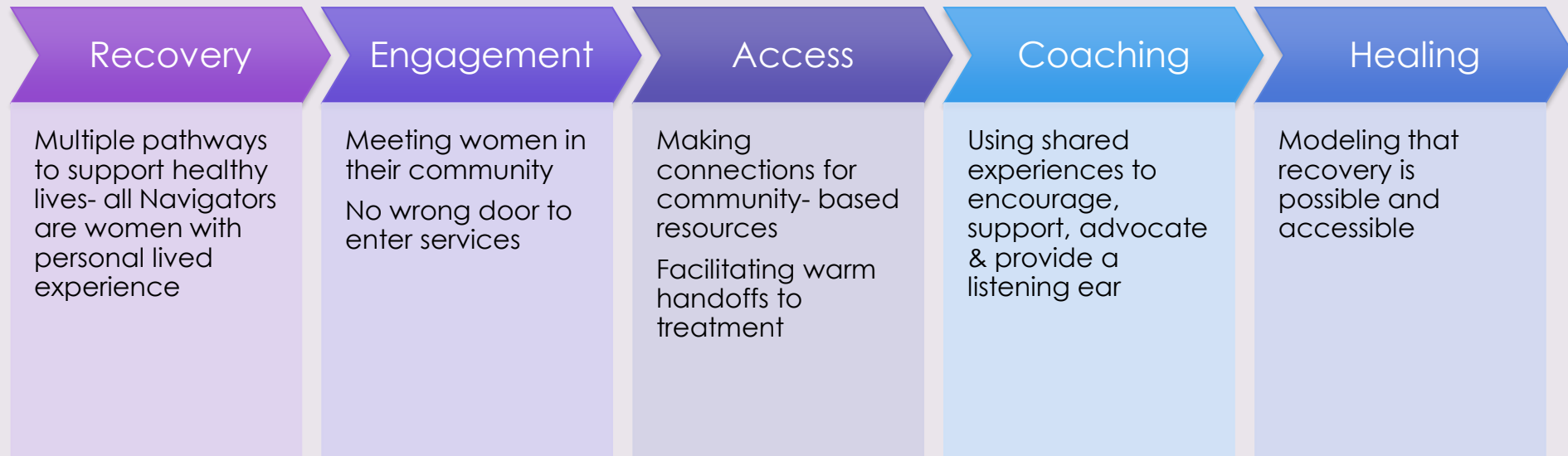
CT Hospital Association

Diverse trainings with a core focus on integration with the medical providers and mitigating healthcare inequities, stigma and racial disparities

One Key Question

Comprehensive reproductive health education model delivered in partnership with March of Dimes & Planned Parenthood

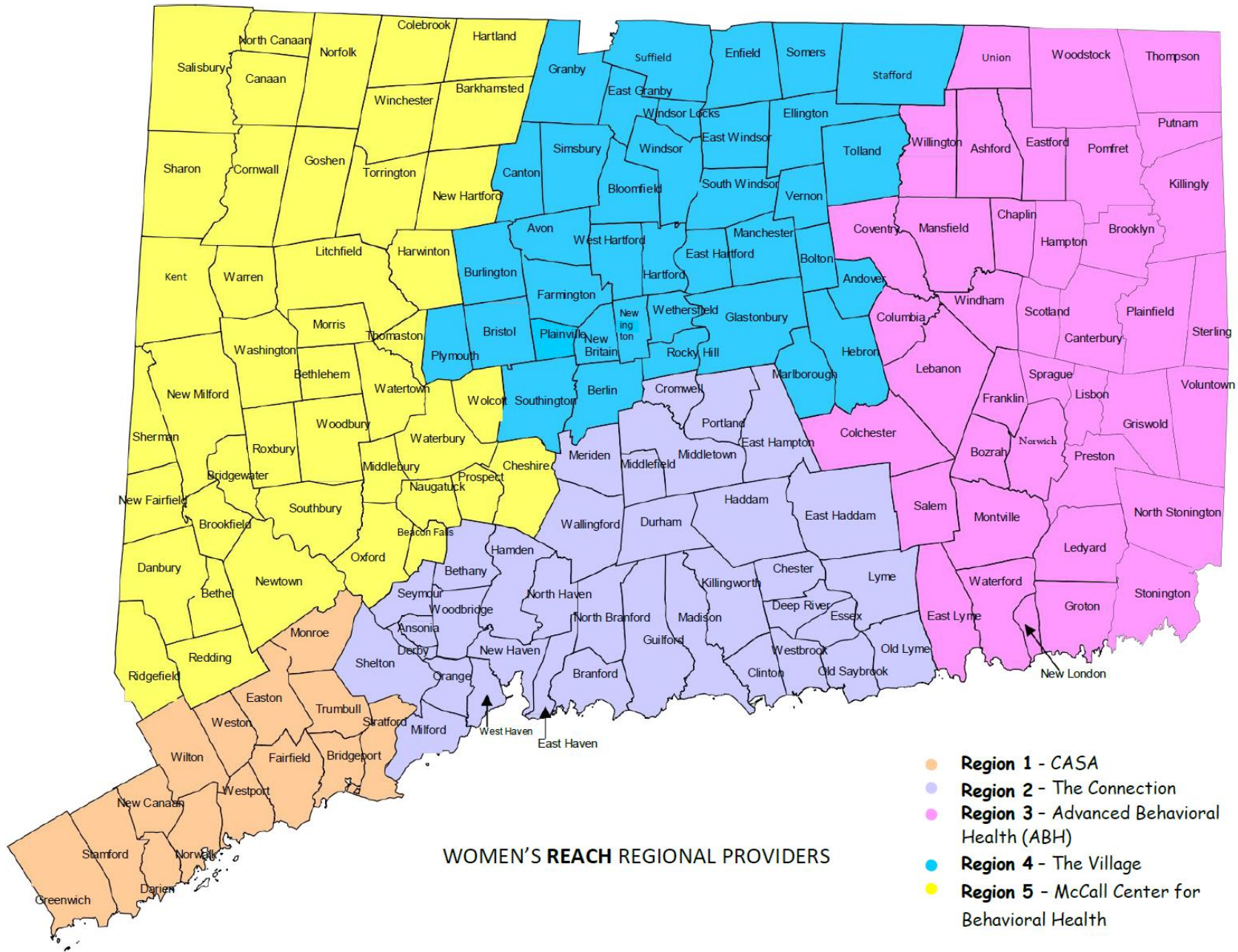
Women's REACH Program





Structure of the REACH Program

- ▶ Program began 2019 and was enhanced in 2021
- ▶ Services delivered by 5 DMHAS contracted agencies. Each program provides the following;
 - ▶ 3 full time Recovery Navigators (all Navigators are women in personal recovery willing to use their story to help support, motivate & inspire others) & 1 Family Recovery Navigator
 - ▶ Community based outreach and engagement to women with priority access to those who are pregnant & parenting
 - ▶ Case Management & Recovery Coaching
 - ▶ Development of Family Care Plans for pregnant women impacted by the Child Abuse Prevention and Treatment Act (CAPTA)
 - ▶ Development of collaborative relationships within their communities with medical and behavioral health providers, hospitals, DCF, police, recovery resources, etc.
 - ▶ Participation in community meetings and taskforces
 - ▶ To access services: [Womens REACH Program \(ct.gov\)](https://www.ct.gov/dmhas/womens-reach-program)



WOMEN'S REACH REGIONAL PROVIDERS

- **Region 1 - CASA**
- **Region 2 - The Connection**
- **Region 3 - Advanced Behavioral Health (ABH)**
- **Region 4 - The Village**
- **Region 5 - McCall Center for Behavioral Health**



Your Link to Psychiatric Consultation, Support and Resources

ACCESS Mental Health for Moms offers psychiatric expertise and consultation to medical providers treating perinatal women presenting with mental health and/or substance use concerns. For obstetric, pediatric and adult primary care, and psychiatric providers treating women up to one-year post delivery.

**Monday through Friday, 9:00 am – 5:00
pm
833-978-MOMS (6667)**

How we help

Psychiatric Consultation: The ACCESS Mental Health for Moms perinatal psychiatrist provides real-time consultation via the telephone. The consultation may involve diagnostic support, guidance in regard to medication treatment (when indicated), psychotherapy and community support needs, treatment planning, and medication concerns regarding preconception, pregnancy and lactation. The perinatal psychiatrist works to assist you in addressing your patient's mental health and/or substance use concerns. We are here as a consultative support only, we will not take on the psychiatric treatment for your patient.

Care Coordination Team: After you speak to our perinatal psychiatrist and you would like us to help your patient connect to services, our care coordination team will work with mom and her family directly.

Language

- Biological or assigned sex does not always tell the complete story or needs of the person
- Woman/Women → Birthing Person/People

Nothing about us without us

- People with lived experience (MH & SUD) and from the LGBTQIA+ community participating across the work

Celebration and promotion of diversity among individuals and family structures across all the work that we deliver (print, digital, etc.)

DMHAS is committed towards providing ongoing support to historically marginalized communities in our state & evaluating practices to maintain high standards of care



Inclusivity and
Representation
in Practice



Commissioner BIO

- ▶ Trained in Clinical Psychology, spent years in the private non-profit sector as a behavioral health direct service provider in NY, MA and CT
- ▶ Licensed Professional Counselor
- ▶ Over time, gained extensive experience in Healthcare Management (program development, strategic planning, leadership, and process improvement) supporting recovery-oriented and integrated healthcare systems
- ▶ In June 2021 appointed Acting Commissioner of DMHAS, followed by confirmation in March 2022, as Commissioner. Previously held roles as Deputy Commissioner (2015-2021) and Director of Behavioral Health Services (2013-2015)
- ▶ Priorities include improving accessibility, integration of mental health, substance use and primary care services, maximizing prevention and early intervention to change the trajectory of wellness, all in trauma informed and culturally informed environments
- ▶ Endorses multiple pathways to recovery informed by persons living with mental health and substance use conditions

A decorative graphic on the left side of the slide. It features a solid purple arrow pointing right at the top. Below it, several thin, curved purple lines of varying shades sweep upwards and to the right, creating a sense of movement and flow.

Commissioner's advice

- ▶ Your journey is an individual one and may not be linear
- ▶ Regardless of where you are in life, you can change course and reroute your path

Points of contact

- ▶ For additional information on DMHAS programs visit:
- ▶ [Women's and Children's Services \(ct.gov\)](https://www.ct.gov/dmhas/women-and-childrens-services)

- ▶ For additional questions:
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- ▶ Nancy.Navarretta@ct.gov