

Resources for Families and Students

This resource document is being provided pursuant to Public Act 21-46: An Act Concerning Social Equity and the Health, Safety and Education of Children. This Act requires the Connecticut State Department of Education to develop, and annually update and distribute, a document for use by local and regional boards of education that provides information concerning educational, safety, mental health, and food security resources and programs available for students and their families. The Department will continue to update this document as additional resources are identified.



December 2022

Service	Description	Contact Info
211	<p>2-1-1 is a free, confidential information and referral service that connects people to essential health and human services 24 hours a day, seven days a week online and over the phone.</p> <p>2-1-1 is fully certified in crisis intervention by the American Association of Suicidology and is certified by The Alliance of Information and Referral Systems (AIRS).</p>	2-1-1

Food Security

Service	Description	Contact Info
School Nutrition Programs	The U.S. Department of Agriculture (USDA) school nutrition programs are administered through the Connecticut State Department of Education (CSDE) in collaboration with the USDA Northeast Regional Office (NERO) in Boston. Eligible institutions enter into written agreements with the CSDE to operate local programs that provide for the nutritional needs of those in their care.	See hyperlink
SNAP	Supplemental Nutrition Assistance Program (SNAP) benefits	See hyperlink
Connecticut Foodshare	Connecticut Foodshare is the food bank serving all of Connecticut through a network of more than 700 community-based hunger relief programs, including food pantries, community kitchens, and emergency shelters, while also working on long-term solutions to food insecurity.	See hyperlink

Mental and Behavioral Health

Service	Description	Contact Info
Supports & Services Wrap CT (connectingtocarect.org)	This resource identifies locations within the six regions in Connecticut where various mental and behavioral services can be accessed including: Outpatient Psychiatric Clinics for Children (OPCC), Extended Day Treatment (EDT), Care Coordination (CC), Mobile Crisis, Modular Approach to Therapy for Children (MATCH) and Trauma-focused Cognitive Behavioral Therapy (TF-CBT)	See hyperlink
Community Collaboratives	Community Collaboratives bring providers, community members, caregivers, family members and youth together in their communities to work collaboratively to most effectively utilize resources and ensure services meet the changing social, emotional, and behavioral needs of children, adolescents and their families. The Collaboratives track service/resource gaps and advocate for system level change. Collaborative meetings are open to everyone in the community. Family, caregiver and youth participation are necessary at every level to align with overarching System of Care values and principles.	Supports and services by area

Mental and Behavioral Health, continued

Service	Description	Contact Info
Regional Behavioral Health Action Organizations (RBHAOs)	<p>Each RBHAO will be responsible for a range of planning, education, and advocacy of behavioral health needs and services for children and adults within one of DMHAS' Uniform Regions.</p> <p>Services:</p> <ul style="list-style-type: none"> • Assess the behavioral health needs of children, adolescents and adults across the regions. • Develop Regional Priority Reports to highlight recommendations for prevention, treatment and recovery services (see below for regional reports) • Administer the Local Prevention Council (LPC) grants to municipalities to stimulate the development and implementation of prevention activities. • Build the capacity of local communities to understand and address problem gambling. • Raise awareness and provide advocacy to the general public related to mental health promotion and substance abuse prevention, treatment and recovery. • Leverage funds to support prevention, treatment and recovery activities across each region. • Maintain the statutory requirements for meetings and membership for the organization. • Serve on local, regional and statewide advisory and planning bodies. • Provide naloxone (Narcan) training and kit distribution to communities 	List of Contacts
CT Network of Care	<p>Connecticut's Network of Care for Behavioral Health is committed to promoting access to behavioral health care information for all residents of Connecticut.</p>	See hyperlink
Youth Service Bureaus	<p>YSBs provide a network of resources and opportunities for children, youth, and their families. A wide range of services and programs are offered with the goal of helping youth to develop positively and to function as responsible members of their communities.</p>	List of area YSBs
Extended Day Treatment	<p>EDT is a community-based program that offers a structured, intensive, therapeutic milieu with integrated clinical treatment services. Services are provided year-round during non-school hours for an average period of six months. A team of multi-disciplinary staff including psychiatrists, master's level clinicians, and para-professional direct care staff provide a broad range of treatment services and psycho-social interventions.</p>	See hyperlink
Intensive Home Based Services	<p>Intensive Home-Based Services are clinical services provided in the child's home and community. Services are provided to children and youth who have returned or are returning home from out-of-home care or psychiatric hospitalization and require intensive community based services, or are at imminent risk of placement due to mental health issues, emotional disturbance, or substance abuse.</p>	See hyperlink
Mobile Crisis Intervention Services	<p>EMPS Mobile Crisis Intervention Services for children and adolescents experiencing a behavioral or mental health crisis that is accessed by calling 2-1-1. Funded by the Connecticut Department of Children and Families and in partnership with the United Way of Connecticut and the Child Health and Development Institute (CHDI), the program comprises a team of nearly 150 trained mental health professionals across the state that can respond immediately by phone or face to face within 45 minutes when a child is experiencing an emotional or behavioral crisis.</p>	See hyperlink

Mental and Behavioral Health, continued

Service	Description	Contact Info
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)	TF-CBT is a clinic-based, short-term treatment (16 to 20 sessions) for children, ages 4 to 18 who have significant behavioral and emotional problems that are related to traumatic life events, even if they do not meet full diagnostic criteria for post traumatic stress disorder (PTSD). TF-CBT is an evidence-based model of psychotherapy that combines trauma-sensitive interventions with cognitive behavioral therapy. Individual sessions with the child and parent as well as joint parent-child sessions are provided.	See hyperlink
Beacon Health Options: Voluntary Care Management Program	The Voluntary Care Management program serves families and youth with serious emotional challenges, mental illnesses and/or substance use disorders.	877-381-4193 See hyperlink
State Education Resource Center	Universal Opioid and Other Substance Misuse Prevention Planning in Schools – Guidance Document, Self-Assessment, Training and Technical Assistance	See hyperlink
Governor's Prevention Partnership	The Governor's Prevention Partnership equips, empowers, and connects organizations, communities, and families to prevent substance abuse, underage drinking, and violence among youth and promotes positive outcomes for all young people in Connecticut. Services include training and mentoring supports.	See hyperlink
Connecticut Clearinghouse	Connecticut Clearinghouse is a statewide library and resource center for information on substance use and mental health disorders, prevention and health promotion, treatment and recovery, wellness and other related topics. Materials from our specialized library and resource center are available to Connecticut families, teachers, students, professionals, communities and children	See hyperlink
School Based Health Centers	SBHCs are comprehensive primary care facilities located in or on the grounds of schools. They are licensed by DPH as outpatient or hospital satellite clinics. SBHCs assure that students, particularly those that are uninsured and under insured, have access to comprehensive health and preventative services needed to be healthy, in school, and ready to learn. SBHCs help schools do their job of educating by improving the health and well-being of students and addressing the health issues that interfere with learning.	See hyperlink
Department of Children and Families	Reporting Child Abuse and Neglect The Office of Community Relations serves clients, foster and adoptive parents, providers and citizens to respond to inquiries and resolve issues concerning DCF in the best interests of children. Please call 866-637-4737.	If you suspect a child is being abused or neglected, please contact the DCF Careline at 800-842-2288
Division of Emergency Management and Homeland Security	The resources and information on this page have been compiled to assist community leaders, emergency management directors, educational professionals and emergency responders in developing and growing comprehensive and collaborative school security programs within their local communities.	See hyperlink

Mental and Behavioral Health, continued

Service	Description	Contact Info
988 – The Suicide and Crisis Lifeline in the United States	<p>The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) is a network of more than 200 state and local call centers funded by the U.S. Department of Health and Human Services (HHS) through Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by Vibrant Emotional Health. In Connecticut, the Department of Mental Health and Addiction Services and Department of Children and Families fund the Connecticut 988 Contact Center operated by the United Way of Connecticut/211. 988 Contact Center services include rapid 24/7 access to trained crisis contact center staff who can help people experiencing suicidal, substance use and other mental health crises, provide referrals to resources, and perform warm transfers to mobile crisis services or emergency services as needed/desired.</p>	<p>See hyperlink</p> <p>To reach the 988 Suicide and Crisis Lifeline, people can call or text 988 or chat at www.988lifeline.org.</p>

Technology (devices, virtual learning, internet access)

Service	Description	Contact Info
Digital Learning Resources	<p>CSDE procured two digital resources to support learning acceleration at no cost to districts. Apex Learning for grades 6-12 can be used to access digital curricula for credit accumulation, recovery, enrichment, and personal learning. Defined Learning provides online curricula for project and career-based learning with digital portfolios for grades K-12.</p>	<p>Apex Learning</p> <p>Defined Learning</p>
Home Connectivity	<p>A number of federal and state programs exist to help students and families connect to the Internet for remote and blended learning. The Affordable Connectivity Program (ACP) is a U.S. government program run by the Federal Communications Commission (FCC) program to help low-income households pay for internet service and connected devices like a laptop or tablet. You are likely eligible if your household's income is below 200% of the Federal Poverty Line, or if you or someone you live with currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price Lunch.</p>	<p>See hyperlink</p>