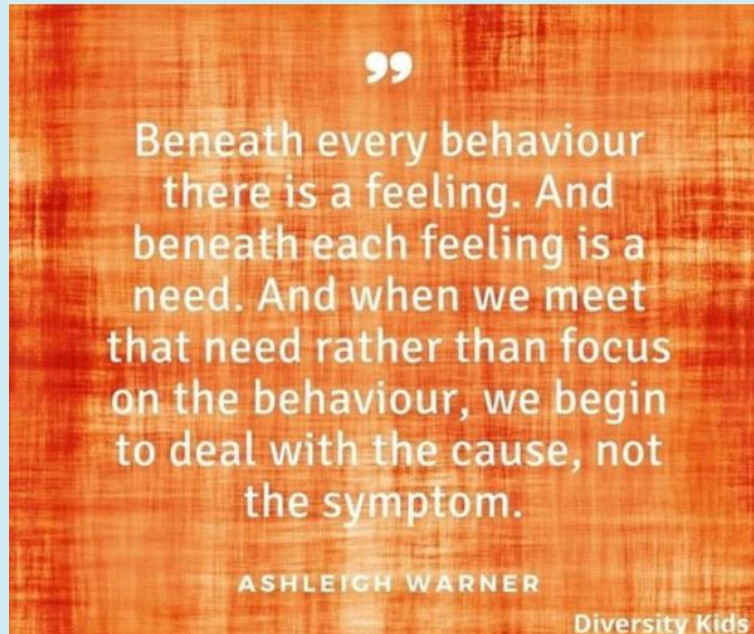


## May is Mental Health Awareness Month!



### 31 Days of Wellness

Check out our 31 Days of Wellness calendar and start exploring what mental health means to you and how small actions can make a difference for yourself and the people around you!

Download the calendar below and get started!

Downloading will also allow you to use the hyperlinks embedded in several of the activities.



### 31 Days of Wellness in honor of Mental Health Awareness Month- May 2023

		Join our Mission for Children's Behavioral Health <a href="https://www.facebook.com/CT.CONNECT.champions/">https://www.facebook.com/CT.CONNECT.champions/</a> <a href="https://www.instagram.com/connectingtocare_ct">@connectingtocare_ct</a>		Use hashtag #31daysofwellness2023 when posting your activities on our Facebook and Instagram pages <a href="https://www.facebook.com/CT.CONNECT.champions/">https://www.facebook.com/CT.CONNECT.champions/</a> <a href="https://www.instagram.com/connectingtocare_ct">@connectingtocare_ct</a>							
5/1	Day 1: Be Creative! Draw, paint or write a poem.	5/2	Day 2: Treat yourself to do something you enjoy.	5/3	Day 3: Share the Health! Do a healthy activity or exercise with a friend.	5/4	Day 4: Try a new hobby!	5/5	Day 5: Cinco De Mayo! Learn something new and interesting about Mexican culture.	5/6	Day 6: Create an uplifting music play list.
5/7	Day 7: Discover an interesting <a href="#">TED Talk</a> video.	5/8	Day 8: Learn how to talk about <a href="#">mental health</a> .	5/9	Day 9: Choose a motivational/inspirational quote and post it.	5/10	Day 10: Do 5 minutes of Yoga or Stretching.	5/11	Day 11: De-Clutter and reorganize a space to start your day fresh!	5/12	Day 12: Check out <a href="#">Healthy Lives CT</a> .
5/14	Day 14: Do a good deed or volunteer.	5/15	Day 15: Do some breathing exercises and meditate.	5/16	Day 16: Enjoy watching the sunset at the end of the day.	5/17	Day 17: Check out <a href="#">Connecting to Care CT Covid Care Videos</a> .	5/18	Day 18: Plant a flower or vegetable outside.	5/19	Day 19: Call someone you love and tell them why.
5/21	Day 21: Learn to bake or cook a new recipe.	5/22	Day 22: Read or listen to a new podcast.	5/23	Day 23: Walk for 30 minutes.	5/24	Day 24: Self Care is the best care. Do something that makes you happy.	5/25	Day 25: Talk to yourself like you would to someone you love.	5/26	Day 26: Enjoy the outdoors and get some fresh air!
5/28	Day 28: Write appreciation notes to yourself and others.	5/29	Day 29: Remember and honor someone who served our country.	5/30	Day 30: Hydrate! Drink 8 cups of water a day.	5/31	Day 31: Create a vision board or cut out words that motivate you from a magazine.	<i>"Think Positively, Breathe Deeply, Live Simply, Hug Tightly, Give Generously, Laugh Loudly, Smile Brightly, Love Unconditionally, Speak Kindly, Love Endlessly"</i>			

Check out these websites and resources



Follow us on Facebook <https://www.facebook.com/CT.CONNECT.champions/> and Instagram [@connectingtocare\\_ct](https://www.instagram.com/connectingtocare_ct)

Download the 31 Days of Wellness calendar!



## Covid Care - Taking care of your mental health during & after Covid

Since the COVID-19 pandemic began, there has been a dramatic increase in the number of children facing mental health challenges.

### What Is a Mental Health Plan?

Also called a coping plan, action plan, or emotional readiness kit, mental health plans are something you create, with a go-to list of what makes you feel better. Everyone's plan is unique.

Check out our Covid Care webpage, including videos!

## What does Wraparound Care Coordination look like in real life?

This is the story of a family and youth who used Care Coordination, and the positive long-term outcomes they experienced.



### Building Relationships during a Time of Isolation

Do you have a village? Who are your supporters? These are typical questions we ask as Care Coordinators when first starting the Wraparound process with a family. As a Care Coordinator, we want families to build relationships with themselves and others in order to build a village that will provide support. However, what do we do when families are lost? When parents cannot connect with anyone around them as they are having a hard time understanding what is going on internally and externally, especially during a worldwide lockdown such as it was during the pandemic? [...]

Read the full Story!

Find your local Care Coordination Agency, to make a referral

## Data Stories

Connecting to Care Data Stories are short, easy-to-read reports that tell a story about information collected during the Connecting to Care initiative. They are designed to share data with interested community members, families, youth and professionals to help facilitate a collective understanding of aspects of the network of care. Data Stories are created by The Consultation Center at Yale, our evaluation team for the Connecting to Care grant.

Data Story Highlight: **Trauma-Informed School Mental Health**



## CONNECTing with Data: Trauma - Informed

Did you know?  
Trauma-informed school mental health looks at childhood trauma and the impact on a child's education and the strategies for responding to children who have experienced trauma or have behavioral health issues.

CONNECTINGTOCARE.ORG  
PLAN4CHILDREN.ORG

Check out the full Trauma-  
Informed School MH Data  
Story - English

Check out the full Trauma-  
Informed School MH Data  
Story - Spanish

## CLAS-sy News



### Mental Health Awareness Month through the Lens of Minority and Underrepresented Groups

Mental Health conditions do not discriminate; but minority and underrepresented groups often experience challenges accessing quality mental health care. The Agency for Healthcare Research and Quality (AHRQ) reports that racial and ethnic minority groups in the U.S. are less likely to have access to mental health services, less likely to use community mental health services, more likely to use emergency departments, and more likely to receive lower quality care. Limited mental health care access and quality of care contribute to poor mental health outcomes, including suicide, among racial and ethnic minority populations.

#### Did you know that...?

- According to the Trevor Project, 45% of LGBTQ youth seriously considered attempting suicide in the past year.
- Black and African American people living below the poverty line are [twice as likely to report serious psychological distress](#) than those living two times above the poverty level.
- Adult Blacks and African Americans are [more likely to have feelings of sadness, hopelessness, and worthlessness](#) than adult whites.

The statewide Connecting to Care initiative understands that in order to move towards achieving racial justice across child- and family-serving systems,

those services must be racially just and culturally and linguistically appropriate. As a part of this effort, the Statewide Culturally and Linguistically Appropriate Services (CLAS) Advisory Council has dedicated significant time and effort to disseminating strategies to help child-serving organizations increase their organizational capacity to work effectively with the communities they serve. That means implementing effective, culturally responsive, linguistically appropriate, and racially just services for populations facing health disparities. For more information about how **Connecting to Care** helps support organizations by providing free consultation and training, click on this link [Culturally and Linguistically Appropriate Services - Plan 4 Children](#) or contact Lisa Palazzo at [Lisa.Palazzo@carelon.com](mailto:Lisa.Palazzo@carelon.com)

The U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) provides an excellent FREE training *Improving Cultural Competency for Behavioral Health Professionals*. The goal of this e-learning program is to help behavioral health professionals increase their cultural and linguistic competency.

Check out the Office of Minority Health (OMH)!

**Feeling stressed, anxious, alone?  
Let's take care of ourselves and each other!**

Watch 30 sec Video: Be the One - Teens (English)

Watch 30 sec Video: Be the One - Teens (Spanish)

## Upcoming Meeting Dates:

**The Children's Behavioral Health Advisory Committee (CBHAC) meets on the first Friday of the month, from 10am-12pm. The next meeting is May 5th, 2023.**

CBHAC's mission is to promote and enhance the provision of behavioral health services for all children in Connecticut. Appointed members and community guests attend monthly meetings to address these needs across the state. This committee must submit an annual report that provides recommendations concerning behavioral health service delivery.

**CBHAC is open to the public. If you are interested in attending or receiving email communications from CBHAC, please [Join Our Mission](#).**

**If you would like to receive this newsletter directly to your email, you can easily sign up by clicking on the [Join our Mission](#) below.**

Join Our  
Mission

## Your Ideas!

If you have an idea or suggestion for other topics to include in our newsletters, don't hesitate to contact Daniela Giordano at [daniela.giordano@carelon.com](mailto:daniela.giordano@carelon.com)



Thank you!



Watch the video to learn more about Connecting to Care.

Watch Now

To contact us, please email [ctnetworkofcaremanagers@carelon.com](mailto:ctnetworkofcaremanagers@carelon.com)



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