

At the *Heart* of Wellness **With McCall & Help**

Message from Maria



Maria Coutant Skinner, LCSW, CEO

Dear friends,

The now familiar realities of workforce shortages, supply chain issues and limited hours of operation are all part of our day to day. The challenges are real, and they are significant, and every one of us has felt the impact on some level. The stories and images of bone-weary healthcare workers are gut wrenching. The folks who are caring for the sick, the dying and the vulnerable deserve our utmost

The Truth About Fentanyl

We are deeply saddened by the loss of the student who overdosed at The Sport and Medical Sciences Academy in Hartford. Our hearts break for the family, students, staff, and entire community as we understand the far-reaching effects of a life lost too soon.

Sadly, fentanyl continues to devastate communities. Based on data from the Center for Disease Control and Prevention, [Families Against Fentanyl](#) recently announced that fentanyl overdoses have killed more people aged 18-45 since 2020 than COVID, car accidents, and suicides. In 2020 and 2021, a staggering 78,795 people between the ages of 18 and 45 died of a fentanyl overdose.

It is a powerful, fatal drug even in small doses. However, it is important to note that one cannot overdose by touching powdered fentanyl. It must be introduced into the bloodstream or mucus membranes to feel it's effects.

Add Narcan to Your First Aid Kit

The loss of the Hartford teen is tragic, and the numbers are distressing, which compels us now to do more. Hartford and New Britain school districts have committed to obtaining Naloxone (Narcan), a life-saving medication that reverses the effects of an overdose and saves lives.

In fact, we urge everyone – schools, businesses, and individuals - to have naloxone (Narcan) as a staple in their first

admiration and appreciation. In the mental health and addiction sphere, we are seeing the fallout of two years of this stress and pain on our communities, even as we experience it alongside you. I'd like to dedicate this month's column to appreciating the American worker with a special and heartfelt THANK YOU to the staff of McCall and Help.

[The American Mural Project](#) (AMP), housed in Winsted, CT, is a tribute to the American worker. "AMP seeks to inspire, to invite collaboration, and to reveal to people of all ages the many contributions they can make to American culture. A celebration of American ingenuity, productivity, and commitment to work, the project is intended as a tribute and a challenge. Artist Ellen Griesedieck first conceived of the mural in 1999, when she felt inspired by the scale of Boeing's 747 fabrication plant, which she had visited in preparation for her latest in a series of commissioned paintings of working Americans." If you

aid kits. We offer Narcan at our organization or call [The Litchfield County Opiate Task Force Addiction Resource hotline](#) (860-256-8111) to obtain a FREE Narcan kit, training, and other harm reduction resources.

Signs of an Opioid Overdose

Be aware of the signs of an opioid overdose and what to do if someone needs help. [The Connecticut Department of Public Health](#) lists the following on their website:

- Face is extremely pale and/or clammy to the touch.
- Body is limp.
- Fingernails or lips have a blue or purple cast.
- Vomiting or making gurgling noises.
- Cannot be awakened from sleep or is unable to speak.
- Breathing is very slow or stopped.
- Heartbeat is very slow or stopped.

What should I do if I see an overdose?

- Call 911 immediately!
- Support the person's breathing.
- Administer Naloxone (Narcan) if you have it – watch this [video](#) to learn more.
- Lay the person on their side once they have resumed breathing.
- Stay with the overdosed person until the ambulance arrives.

We are no strangers to tragedy in this state and we need to come together once again to normalize the conversation about substance use. Speaking with our children early and often will help prevent future tragedies. Make sure to lead with facts, not fear, and risk factors such as trauma and mental health should be considered.

If you would like more support in the conversation, give us a call, McCall (860)496-2100 and Help (203)756-8984.

haven't yet visited this magnificent, one-of-a-kind piece, please do!

All work, done well, is noble. The brilliant artists at AMP remind us of this. It contributes to the ecosystem that is our society and is further evidence of the delicate interconnectedness we experience as a people. Never have we been more keenly aware and appreciative of every aspect of our workforce than now when it is so very strained. While the upheaval in how we define what we expect from employees, supervisors and companies is getting sorted, we can certainly understand that underappreciating any sector has serious consequences to us all.

The staff of McCall and Help have been very hard hit in this latest round of COVID cases. Many staff and clients are or have been sickened and every program has been strained. Despite these monumental challenges, the staff have been extraordinary - folks from every department stepping in to be sure that

Did you miss our WZBG Interview?

Click on this [link](#) to hear this month's interview on WZBG 97.3 with Dale Jones and Sean Morits, Mobile Employment Specialist. They addressed the tragic teen overdose in Hartford, the dangerous misconceptions about fentanyl, and what more we can do to help combat the opioid epidemic. Tune in on the 3rd Wednesday of every month at 8:20 to hear us in real-time.



Free At-Home COVID Tests Now Available

You can now order four free at-home tests from USPS.com. [Click here to order yours today!](#)

every person is cared for,
and no disruption of services
has taken place. We have
people coming in on their
days off, doing double or
triple duty and going far
above and beyond to ensure
that their teammates know
they're supported, and their
clients know they're
safe. The sense of
community is amazing and
deeply, truly appreciated.

Gratefully,
Maria

Our Contact Information

McCall Center for Behavioral Health
58 High Street
Torrington, CT 06790
860-496-2100

<https://mccallcenterct.org/>