



National Minority Mental Health Month July 2023



Dear friends:

This month's message is a story wrapped in a little love note to McCall and my hometown.

In a recent conversation with our incredible Torrington High School interns, the topic of everyone's favorite pizza spot came up. Okay, I brought it up – I love pizza – specifically Torrington pizza! A comment was made by one intern that the best pizza must be in Litchfield, because that's where the wealthy people live, ergo, better quality everything, including pizza.

It got me thinking about how we assess for quality. "You get what you pay for" may apply when purchasing a desk or a jacket, but does the adage work when we think about other things, like, therapy? When we make decisions about where we get care for our mental health, countless metrics come into play. We consider insurance, mode of access, expertise in the area we are hoping to address and providers who can understand and relate to the specific challenges in our lives. As we focus on minority mental health awareness this month, we see the swaths of our communities who are underserved - and the devastating effects- as a result of limited representation in the healthcare workforce. Further, there is a bifurcation of the 'haves' and the 'have nots' when it comes to perception of who accesses care at a community mental health program as compared to the for profit centers.

Our culture ties a great deal of value to price - we (often subconsciously) equate it with quality and can readily dismiss the nonprofit providers as 'less than' our more expensive counterparts.

I shared with our young charges that McCall provides best in class care, and that is an objective endorsement. We measure outcomes in every program and are constantly seeking to better our care. We intentionally hire a workforce that is representative of the diverse population we serve. We consistently rank among the very highest in CT for client satisfaction, successful completion of care, improved

functioning and meaningful connections to social supports. Our clients share that they feel seen, cared for and genuinely valued. They share that they feel safe and that they are in a place where they can do the critical work of healing. Our programs are delivered by highly trained professionals utilizing research based interventions and holistic strategies that facilitate optimal results- every single day. It's extraordinary and it's happening in their hometown and in Waterbury, Danbury, Winsted and North Canaan. I said we even skillfully and happily help folks from Litchfield!

The real truth is that success and value can't be measured by price. And healing is priceless...as is the spark of singular divinity in all who do the reciprocal work of healing and being healed.

I suggested that they explore the world, stay intellectually curious, beautifully compassionate and committed to service – and to remember that Torrington is home to so many exceptional things - including the world's best pizza!

All my best to you always,

Maria Coutant Skinner, LCSW
President & CEO



An advocate for social change.

Throughout her life, Bebe Moore Campbell was an agent of change. The trailblazing author devoted herself to tackling racism and erasing the stigma surrounding mental health issues in diverse communities.

As the National Alliance on Mental Illness (NAMI) website puts it, “Campbell fearlessly challenged the status quo, shedding light on the unique struggles by people of color and advocating for their voices to be heard.”

Ms. Campbell passed away in 2006 after battling brain cancer. Less than two years later, in 2008, the US House of Representatives declared July as Bebe Moore Campbell Minority Mental Health Awareness Month.

Awareness is only the start.

Part of Bebe Moore Campbell's mission was to improve access to proper care for people from communities of color. In many ways, it's taken over two decades for health equity to truly enter the national conversation.

The following statistics show that disparities still exist for Black, Indigenous, and people of color (BIPOC) when it comes to mental health care:

- **In the US, 39.4% of Black people and 36.1% of Hispanic or Latino people receive annual treatment for any mental illness, compared to 52.4% of white people.**
- **43% of Black people try to deal with mental health challenges on their own rather than seeing a therapist.**
- **86% of psychologists are white, while less than 2% are Black.**

Continuing to make strides.

According to the Connecticut Department of Public Health, "The lifelong effects of race, racism, social class, poverty, stress, environmental influences, health policy, and other social determinants of health are reflected in the elevated rates of adverse outcomes and persistent disparities."

The McCall Behavioral Health Network is keenly aware of the disparities that impact the communities we serve. We are also cognizant of the shame and stigma that exist in BIPOC communities when it comes to substance use and mental health disorders.

Assuring better outcomes for communities of color is one of our top priorities. Recently as a result of heightened awareness, one of our staff members recognized that a client was facing inequities in maternal care. We were able to advocate on behalf of the client to help her receive equitable care and are continuing to support her and her family.

At McCall, we are committed to removing barriers to care for everyone who lives in the communities we serve. We will continue to find ways to ensure our services meet the needs of BIPOC individuals and their families.

To learn more about McCall programs [click here](#) or call our main office at **860.496.2100**.

For more resources visit our website's "[External Resources](#)" page.

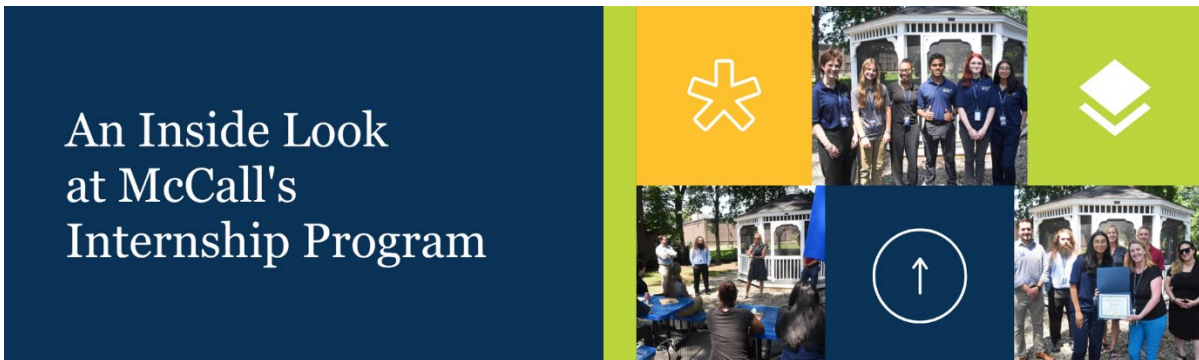


We're looking for an HR Director to join our team.

Tell your friends about a wonderful opportunity for an experienced Human Resources professional to join McCall's leadership team.

Reporting directly to the CEO, the Director of Human Resources will have the unique opportunity of making an immediate and lasting impact on a work culture that's highly supportive and satisfied. In fact, we've been named a Top Workplace in Connecticut for the past five years.

To view more information about the position and apply, [click here](#).



On Friday, July 28, 2023, eight high school students from Torrington graduated from a Healthcare Internship/Shadowing Program at McCall, an initiative of the Northwest Healthcare Regional Sector Partnership. Six of the eight graduates were able to attend Friday's ceremony. During the week, they shadowed McCall's behavioral health professionals through aspects of their work, gaining insight into possible careers in the field. The program was funded by the Northwest Regional Workforce Investment Board (NRWIB). Photographs by Jay Dunn for the NRWIB.



Inspiring the next generation.

By: Conrad & Caroline Sienkiewicz

They say the fruit doesn't fall far from the tree, and sometimes they are right. Recently, McCall hosted eight high school students who participated in a week-long paid internship. One of those students was Caroline Sienkiewicz.

Caroline's father, Conrad, is a case manager at Hotchkiss House. Caroline is an incoming senior at Torrington High School, where they offered an internship at either McCall or Charlotte Hungerford Hospital.

"I know that I want to go into the healthcare field, pursuing anthropology or social work," she said, "and I chose McCall because I felt it would be more personal than a hospital setting."

"During the week at McCall, I encountered the reality of what people experience - both the clients and the counselors - real language and real people, not fake smiles and euphemisms. I really respected and admired that."

Jamie Calvano, LADC, ADS, Director of Training and Compliance, explained, "Interns spent a half day at four different programs - Special Services, Prevention, Carnes Weeks Center, and Wynnewood - learning about the clients we provide services to at each location, and identifying the uniqueness of the work each department does. We provided the interns with some hands-on exposure to working with clients in the community, in a group setting, and what a day in residential treatment looks like."

According to Caroline, that's exactly what was delivered. Though she did not spend any time at Hotchkiss House, she and her dad had numerous conversations about his work there, and the challenges and rewards of his job.

Asked to share a significant take-away from the week, Caroline replied, "I was impressed at how much each person who works at McCall has a connection - whether it's an interest or a lived experience. Employees are so connected with their program." She was also impressed with the McCall swag, which included a polo shirt and a tote bag that was attractive, durable, and functional.

Jamie noted that this was the first year McCall was invited to participate, and she hopes it can be repeated next year. And where does Caroline see herself next year? "I hope to start college somewhere in New England, and continue to meet and work with new people."

Conrad plans to be at Hotchkiss House, another year closer to retirement...

To learn more about our program or to apply, watch the videos below and [click here](#).



Checking in with Outpatient Services.

Breaking down Language barriers.

Some good news to report: We are now offering **Spanish-speaking services at our Renato location in Waterbury**. This will extend to outpatient treatment, intensive outpatient care, and individual therapy. More good news: We're breaking down language barriers even further by providing services in **Spanish and Portuguese at our Travisano location in Danbury**. Contact our main office at 860.496.2100 to learn about specific resources that are now bilingual.

Expanding care for co-occurring disorders.

In our ongoing commitment to meet the needs of every potential client who walks through our doors, **we now offer intensive outpatient programs for co-occurring disorders**. New enhancements will address the relationship between substance use and mental health. They'll also promote health and wellness through holistic practices and trauma-informed treatments. Our efforts will focus on supporting individuals and their families. Contact our main office for more information: 860.496.2100.

Supported Employment Services.

Call's Supported Employment Services break down barriers to employment for clients with diagnosed mental health disorders. Our staff helps clients by identifying career opportunities and connecting potential candidates with local employers. For more information, call 860.496.2100 or [click here](#) to learn more.

TOPIC:
SUPPORTED
EMPLOYEMENT
SERVICES

WEDNESDAY
JUNE 19
8:20 AM

NEW INTERVIEW



ROBIN SULLIVAN
SUPPORTED EMPLOYEMENT SPECIALIST

TUNE IN FOR A CONVERSATION ON HELPING INDIVIDUALS
LIVING WITH A MENTAL HEALTH DISORDER, PAST OR PRESENT,
TO OBTAIN AND MAINTAIN EMPLOYMENT.



WZBG Interview with Robin Sullivan.

Did you miss the interview? Don't worry, we've got you covered. Head over to our pressroom to listen to Robin Sullivan, Employment Specialist, supports people with mental health disorders return to the workforce.

Click on the image to listen to the full [FM 97.3 WZBG](#) interview.

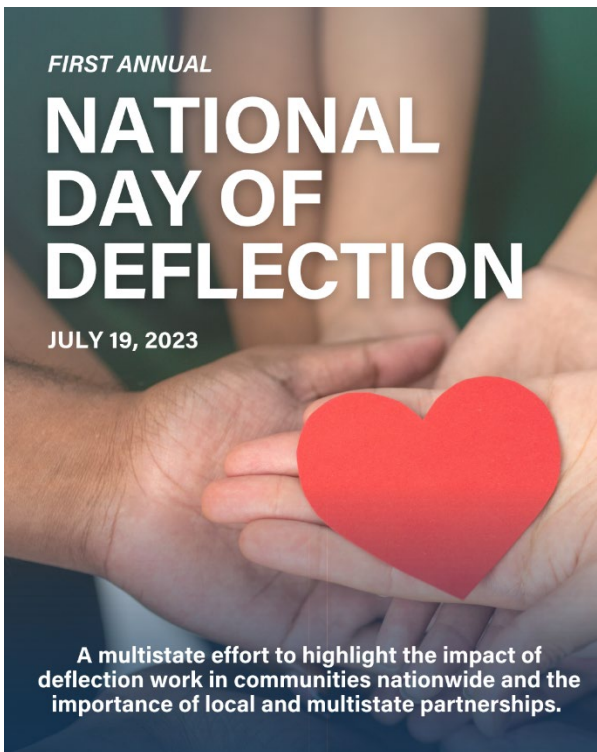


Sober Softball League.

Congratulations to Linsey Trombetta, AS DARC, and members of the Sober Softball League in Middletown, CT for an undefeated season and winning the Championship. Asked for a comment, Linsey replied, "We play against other sponsored teams like Aware and High Watch. It's an awesome community of people in recovery who get together every Sunday to play a sport we love!"



National Day of Deflection.



Thank you to everyone who visited our National Day of Deflection pop-up events on July 19! Connecticut Community and Law Enforcement for Addiction Recovery (CLEAR) participated in the first ever PTACC (Police Treatment and Community Collaborative) National Deflection Week, July 16-23, 2023. Connecticut was one of 11 states that participated.

The CLEAR team held three events throughout the day in Torrington, Watertown, and Winchester. They met with community members, shared a sweet treat, and handed out harm reduction kits.

Learn more about the week and deflection work in our [communities here](#).



Prevention on the move.



Our Prevention experts braved the heat in Dallas, Texas for CADCA's 22nd Annual Mid-year Training Institute! The week was filled with trainings on expanding coalition capacity and maintaining safe, healthy, and drug-free communities.

Pictured Left to Right:

- Joshua Licursi, MPH, Coalition Coordinator for the Torrington Awareness & Prevention Partnership
- Darian Graells, BA, Tobacco Treatment Specialist, Coalition Coordinator for the Region 10 Coalition
- Chelsea Kapitancek, BA, Coalition Coordinator for the Northwest Corner Prevention Network

New Family Wellness Center announced at June 29 press conference.

We were thrilled to be joined by Lieutenant Governor Susan Bysiewicz and State Representatives Michelle Cook and Maria Horn during the June 29th press conference announcing McCall's future Family Wellness Center. We thank them for their ongoing dedication to this project and for recognizing the impact that the Center will have on the health and wellness of families in our region!



McCall's Maria Coutant Skinner, LCSW, President and CEO, and Andrew Lyon, MPH, CPS, Director of Prevention Services shared their gratitude for the support behind this much-needed community resource to a room full of excited McCall staff members, including some that provide the services that will be housed in the new Center.

The CIF-funded Family Wellness Center will be located at 263 Migeon Avenue. It will serve as a hub for comprehensive behavioral health services for young people and adults by bringing together McCall's Prevention, Family, and Adolescent treatment programs under one roof. [Click here](#) to learn more.

Chalk walk in Danbury.

Sharon Eisenberger, BS, RSS, Family REACH Navigator, and Amy Grinnell, Women's REACH Navigator, attended the Chalk Walk in Danbury to raise awareness for Foster Care. Check out some photos from the day!



August 31, 2023

OVERDOSE AWARENESS DAY

Resource Fair and Vigil

Coe Memorial Park, Torrington

5:30 - 8:00 PM

Join us as we come together to commemorate the lives of loved ones lost to overdose. The event will offer local resources and support, followed by speakers and a candlelight vigil to share messages of remembrance, healing, and hope.



For more information please visit
<https://www.lcotf.org/overdose-awareness-day/>



FREE ADMISSION

Litchfield County Opiate Task Force presents Trails to Wellness

TUESDAY, SEPTEMBER 26, 2023

5:00PM-8:00PM
COE PARK MEMORIAL PARK
TORRINGTON, CT 06790

CELEBRATING THE MANY PATHWAYS TO
RECOVERY AND WELLNESS

PLEASE CONTACT ALICIA PETERSON FOR FURTHER INFORMATION
(959)229-4001
ALICIA.PETERSON@MCCALLBHN.ORG



T A F A

Come join us for a great cause and a great time! Help us raise awareness for children, adults and families living with Autism.

On course prizes including a chance to win a car!

WIN A TRIP

Live Another Florida

TORRINGTON AREA FAMILIES FOR AUTISM PRESENTS THE SEVENTH ANNUAL

TEE IT UP 4 AUTISM CHARITY GOLF TOURNAMENT

Saturday, August 12, 2023
FAIRVIEW FARM COUNTRY CLUB
300 HILL ROAD HARWINTON, CT

\$75 For Dinner Only
\$175 Per Player

Includes 18 holes of Golf, Cart, Brunch and Dinner

Schedule of Events:
11:00 Registration
Brunch Buffet
12:00 Shotgun Start
5:30 Dinner and Raffle

Interested in Becoming a Sponsor?

- Exclusive Presenting Sponsor: \$2,500
- Exclusive Marketing Sponsor: \$2,000
- Platinum Sponsor: \$1,750
- Gold Sponsor: \$1,000
- Silver Sponsor: \$500
- Closest To The Pin / Longest Drive: \$250
- Tee Sign: \$150

Scan the QR to register and/or donate visit TAFaInc.org






Our Contact Information

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<http://www.mccallbhn.org/>

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