

Committee on Children

What Do We Do Now? A practical approach to getting your child mental health help in CT

AGENDA

Wednesday, October 27, 2021

11:00:00 AM in Room 1D of the LOB

- I. CONVENE MEETING
- II. REMARKS BY THE CHAIRS
- III. Panelists

- 1. Howard Sovronsky, CCMC

- Allison Matthews-Wilson, CCMC

- A. Signs of depression and anxiety in children
 - B. How to know if it's a crisis!
 - C. Going to a pediatrician first
 - D. When to make the trip to the ED
 - E. Step-by-step, what happens when your child is in ED

- 2. Tanya Barrett, United Way

- A. What is Mobile Crisis?
 - B. When and how to use Mobile Crisis
 - C. What to expect when they arrive
 - D. What decisions do they help you make?
 - E. Intro in to Care Coordination

3. Tim Marshall, CT Suicide Advisory Board

- A. Continuation of Care Coordination; Benefits of CC
- B. How to access continuing care -- Emergency Crisis Centers (ECC) in Connecticut

4. Catherine Scheidel, Wellmore

- A. Intro to Wellmore as an ECC
- B. The intake process
- C. Benefits of a one stop shop of the ECC
- D. IOPs and other therapies

5. Dr. Pam Hoffman, child and adolescent psychiatrist, Yale Child Study Center

- A. The medical side -- how hormones and puberty play a part in depression and anxiety
- B. Self-Harm -- what is cutting and why do kids do it?
- C. If your child self harms -- immediate steps to take NOW to make your home safer.
- D. Meds -- why you shouldn't be afraid of them, but understanding their limitations and they're only part of the puzzle

6. Ben Chaback, LCSW Cheshire Public Schools

- A. Should you share your child's diagnosis with the school?
- B. What is a 504 and IEP, and how to request them
- C. What are some accommodations which may fit with a mental health diagnosis
- D. Having a safety plan in school
- E. Other ways school systems may be helpful

7. Ala Ochumare, New Haven Pride Center

- A. How to support your LGBTQ child
- B. Depression and LGBTQ adolescents.
- C. Community resources -- where to go, and why they're important to this subset of children

8. Beacon Health Options

- A. Parenting a child with a mental health condition
- B. Why it's important for parents to take care of themselves, too
- C. Covid and Grief: Grief isn't always what you think, and why our kids are feeling grief over missed opportunities
- D. Remembering that mental illness is a chronic illness: how to prepare emotionally for the long road ahead.

IV. FINAL REMARKS FROM CHAIRS

V. ADJOURNMENT