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