



A CLOSER LOOK

NEIGHBORS HELPING NEIGHBORS

The Director's Desk

The most recent newsletters focused on our direct service work – community outreach, especially as it relates to addiction services, and therapy. This edition discusses some of the services Greenwoods provides that fall outside direct service but are instrumental in raising public awareness and spreading the mission of providing high-quality mental health services beyond our walls to help the greatest possible number of people.

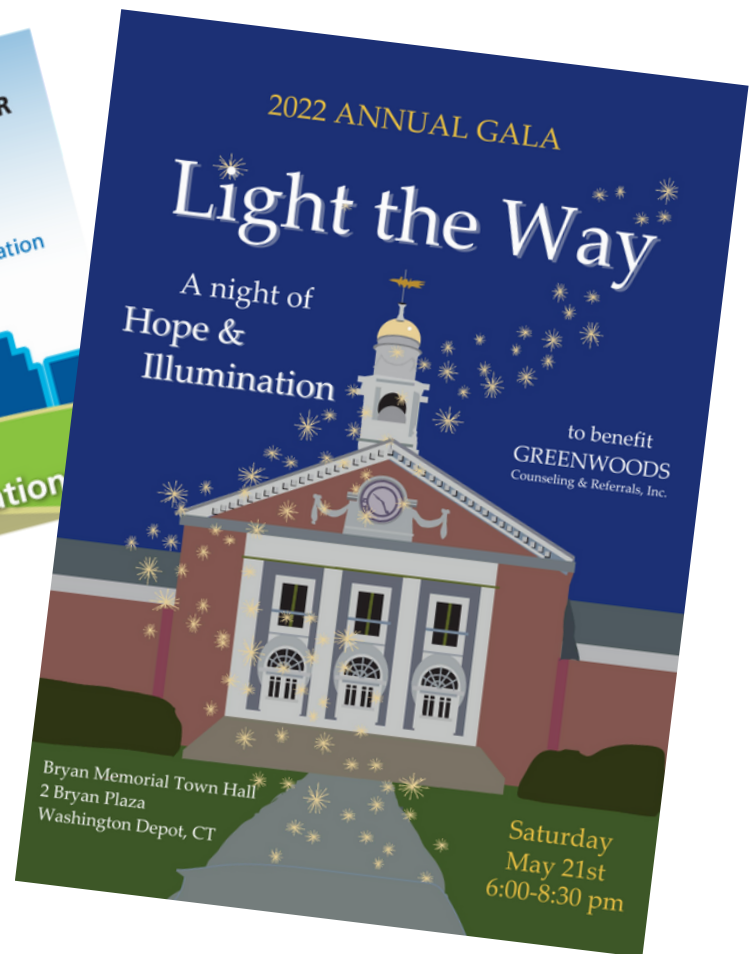


Spring is a good time for raising awareness of the Greenwoods' mission as May is Mental Health Awareness Month. You will read this quarter about Greenwoods' efforts to educate the public on the importance of mental health care and to hone the skills of mental health professionals in the area.

Spring is also a busy time for fundraising; Give Local and the Light the Way Gala are coming in April and May. Donors often want to know (and rightly so!) how their donations are used from fundraising efforts like these. The work highlighted here is supported by donor dollars, as is Greenwoods' policy of turning no one away, regardless of ability to pay.

One final note. We are reimagining the events page of our website and we encourage you to use it to keep current on our community education and outreach efforts, as well as fundraising initiatives. These activities are dependent on one another; your support of our fundraising events ensures the fulfillment of our mission of treatment, education, and outreach for all.

Thank you for taking part in spreading quality mental health care throughout our region.



See all newsletters and stories at
www.greenwoodsreferrals.org

The mission of Greenwood's Counseling & Referrals, Inc. is to provide access to high-quality and affordable mental healthcare and related social services for individuals and families living or working in Litchfield County.



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Out and About



Community Outreach stars Sarah and Julia met guests in the lobby and handed out 38 Narcan kits with instructions on proper use.

You cannot do this work effectively in a vacuum. Being in the community is critical to improving access to care, but that is not always covered by a formal funding source. Much of Greenwood's work in the community is dependent on donor dollars.

In early April, the Bantam Cinema & Arts Center held a film screening and panel discussion on the film "Uprooting Addiction," an important film about trauma, addiction and recovery created by local experts and featuring Connecticut residents from various walks of life telling their stories. The theater was so full that

both screening rooms were used! Afterward, Greenwood's Executive Director John Simoncelli joined the film's makers, and the Connecticut residents who shared their true stories in the film to answer questions from the audience. A few audience members shared their own powerful stories. Many had questions about what is being done in the community for young people. Simoncelli was able to share the success of the school-based mental health services offered by Greenwood's counselors in two local schools but voiced frustration that more had not adopted the approach. The outreach team

distributed Narcan, a life-saving nasal spray for those experiencing opioid overdose (see photo).

Currently, Greenwoods and its partners are hosting small workshops for parent networks regarding substance use awareness and overdose prevention. The outreach team has made presentations in all public and some private high schools in our region, working primarily with their staff and faculty members. Additionally, Greenwoods offers training in CPR and Narcan administration to businesses and interested groups.

If you are interested in one of these services or if you can host a film presentation and panel discussion as described above, call our main number at 860-567-4437 and leave your request and contact information.

“Uprooting Addiction” is available for streaming for a limited time through the Department of Mental Health and Addiction services at

<https://portal.ct.gov/DMHAS/Newsworthy/News-Items/Uprooting-Addiction-film---FREE-for-a-limited-time>



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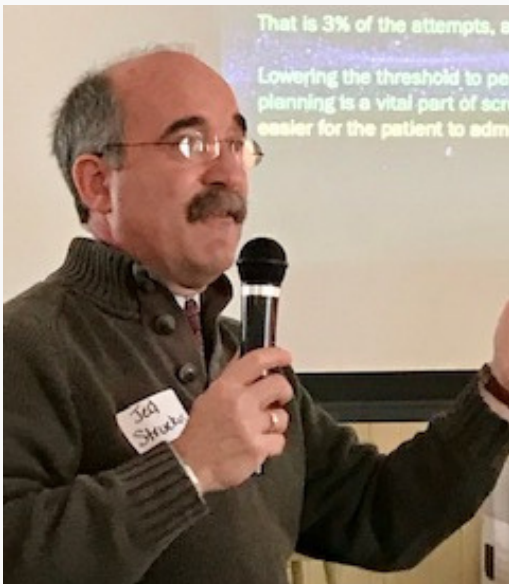


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Being a Resource for Other Professionals

Greenwoods has a network of 135 therapists to which it can refer clients. To keep true to its mission of high-quality services, Greenwoods provides continuing education workshops to our provider network free of charge. Pre-COVID, Greenwoods offered monthly workshops to ensure that all Greenwoods clients and anyone receiving mental health care in the Northwest Corner received consistent, high-quality care. As COVID rates fall and restrictions loosen, Greenwoods intends to return to this schedule of education.



In March, Greenwoods partnered with Newport Healthcare to host a workshop on self-injurious behaviors. Presenter Joseph E. Struckus, Ph.D., a widely recognized clinician in the field and a long-time consultant to Greenwoods for special cases, educated participants on the causes of self-injury, assessment tools, treatment strategies, and protocols for identification and introduction to care. Most importantly, the group was trained to identify behaviors that may lead to suicide.

A study out of Sweden suggests that the prevalence of self-injury among adolescents jumped from an average rate of 17% to 27.6% during 2020-2021. Potentially 1 in 4 adolescents self-injured during Covid.

Joseph Struckus, Ph.D, March Presentation

Workshops like these allow therapists to hone their therapeutic skills, while also receiving continuing education credits to fulfill their licensure requirements. Most workshop participants are members of the Greenwoods provider network, which ensures that our clients are getting the most current, evidence-based care possible. *(Photos are available at [Facebook.com/GreenwoodsCounselingReferrals](https://www.facebook.com/GreenwoodsCounselingReferrals))*

Greenwoods has a growing reputation beyond our own network as a leader in the field. Recently, Connecticut's Alcohol and Drug Policy Council (ADPC) asked Greenwoods to present our model of community outreach at their monthly meeting. The ADPC is charged with developing recommendations to address substance-use related priorities from all State agencies on behalf of Connecticut's citizens -- across the lifespan and from all regions of the state. We hope that other rural areas can learn from the success of the Greenwoods' outreach team. Because no other outreach team works throughout the entire county, Greenwoods carries the burden of filling large gaps in community care in small rural towns.

Greenwoods is an important partner with the Litchfield County and Waterbury Opiate Task Forces, the Northwest Prevention Network, Northwest Cares, and Caring4RCommunity. These partnerships ensure Northwest Corner residents have access to coordinated services.

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