

Glossary of Helpful Terms for Increasing Public Awareness and Decreasing Stigma Presentation

AU: www.mindlink.org: Advocacy, Unlimited, Inc. is a nonprofit operated and controlled by persons in recovery from mental health or co-occurring disorders, whose mission is to improve the quality of life for persons with or in recovery from mental health or co-occurring disorders. AU provides comprehensive education in recovery and advocacy skills for persons in recovery, and helps them find employment, reintegrate into the community, and get their lives back.

Recovery University: is a 60-hour advanced training and certification program funded in part by DMHAS for persons in recovery from mental health or co-occurring disorders. It is the only state authorized program to certify individuals as meeting the requirements of Certification for Recovery Support Specialist. Upon successful completion of the course and the certification exam, graduates will be state certified as Recovery Support Specialists, Peer Delivered Services.

NEW –Natural Everyday Wellness - is series of peer-run classes for people in recovery which operates from a perspective of wellness instead of illness. It includes the following courses: yoga, meditation, and nutrition; changing habits; owning recovery with self-responsibility and self-discipline; celebrating uniqueness; and moving beyond trauma.

CABLE: <http://www.cableweb.org/> : The Connecticut Alliance to Benefit Law Enforcement, Inc. brings community and law enforcement resources together to address common issues related to mental health. CABLE is a grassroots, non-profit research and training collaborative whose mission is to serve as an interdisciplinary resource and catalyst for law enforcement and community collaboration, support and education. This unique organization is composed of a cross-section of stakeholders: municipal and state law enforcement personnel, mental health professionals, families and persons with mental illness, and educational institutions.

CIT – Crisis Intervention Team Training: is a best-practice model per the Police Executive Research Forum. The goal is safety: for the community, the law enforcement officer and the person in crisis. Not only does the program promote safety for all involved, it also links the person in crisis to services in the community whenever possible.

One forty hour week of training covers: mental illness and substance abuse, the mental health system, safe de-escalation techniques, suicide by cop, suicide assessment and prevention, children’s mental health and trauma, mental health and the law, excited delirium, real life family and consumer perspectives on living with mental illness. After the basic one week training, officers are designated to handle all calls involving persons in psychiatric crisis, and officers receive periodic updates and annual advanced training.

Crisis Intervention Team – Youth (CIT-Y) is a new training curriculum developed by police officers for police officers to address youth-specific issues.

Responding to Children of Arrested Caregivers Together (REACT) is an evidence-informed model promoting collaboration between families, law enforcement, EMPS mobile crisis clinicians, and child welfare to support children during and following the arrest of a caregiver.

NAMI (National Alliance of Mental Illness): www.nami.org, www.namict.org: NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need. NAMI-CT is the state's affiliate.

Parents & Teachers as Allies: This two-hour in-service program helps school professionals identify the early warning signs of early-onset mental illnesses in children and adolescents in schools. It focuses on the specific, age-related symptoms of mental illnesses in youth, how best to intervene, and shares the lived experiences of consumers and families.

NAMI Basics is a free, six-week, peer-directed education program developed specifically for parents and other family caregivers of children and adolescents who have either been diagnosed with a serious mental illness/serious emotional disturbance or who are experiencing symptoms but have not yet been diagnosed.

NAMI –CAN support group (Child & Adolescent Network) is a free peer support groups for parents of children and adolescents led by trained parent facilitators.