About “How Can We Help?”

The “How Can We Help?” project was developed by the CT Department of Mental Health and Addiction Services (DMHAS) in response to the opioid epidemic. The focus is to help individuals who have overdosed on heroin or other opioids find recovery, and help their families and loved ones find peace of mind. The project is centered on outreach and connection to individuals who are on or beyond the fringe of receiving treatment services in traditional settings. This extended arm of support, designed to embrace people exactly where they are, requires a pragmatic grass roots approach that is both person-centered and community based.

“How Can We Help?” has been established in seven communities around Connecticut that have been hit especially hard by the opioid crisis. Every arm of this project is as unique as the community it supports, tailoring its approach accordingly. Each community collaborates with a diverse array of partners who work hand in hand with an interfusion of first responders, health departments, health care organizations, emergency departments, faith-based support, recovery coaches, community-based organizations and municipalities.

Connecticut Resources
Opioid Use Disorder

CT Access Line: 860-563-4086
CT MAT Resources Locator Map: ctbhp.com
www.liveloud.org
www.drugfreect.org
www.ct.gov/dmhas
www.ctclearinghouse.org

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Bristol:
The City of Bristol and Wheeler Clinic have joined together to bring hope to their community through their development of a recovery coach who will be connecting with individuals and their families affected by the opioid epidemic at the local emergency department and shelters.
Contacts: Marco Palmeri—860-584-7682
Cortney Pope—860-793-3721
Theresa Rozyn—860-324-6105

New London:
Ledge Light Health District and Alliance for Living have partnered with local firefighters in the community of New London. Firefighters have undergone training to administer naloxone post opioid overdose, and to broaden their understanding of substance use disorder. Following an overdose, informational contact cards are handed out to individuals and concerned families, and then a follow-up visit occurs involving a firefighter and navigator to offer further support as well as treatment and recovery options.
Contact: Jen Muggeo—860-448-4882/Navigator Line—860-333-3494

New Britain:
Coram Deo is engaging with local emergency departments and law enforcement to connect individuals who have recently overdosed to a recovery coach and other important services. Families and loved ones connected to this program will have an opportunity to participate in an education and support group hosted at Wellspring Church in Kensington.
Contacts: Jody Davis—860-479-2187
Alicia Franzese—860-479-1336

Norwich:
Norwich Human Services and Reliance Health have developed the Norwich Recovery Coach Program. Through this program, first responders on the scene of an overdose within the City of Norwich, leave behind literature on this valuable resource. Residents at the address receive an in-person contact to offer further assistance and services. There is also a monthly support group available for loved ones of individuals struggling with opioid addiction among a variety of programs that work across the continuum of prevention, intervention, treatment & recovery.
Contact: Rayallen Berman—860-823-3782 ext. 3471

Newington/Wethersfield/Berlin/Rocky Hill:
The Central Connecticut Health District’s spirited approach seeks to aid individuals suffering from an opioid use disorder through outreach efforts led directly into the Berlin Turnpike network of hotels that have been linked to high overdose rates, drug use, and sex trafficking. First responders are collaborating with a recovery coach to distribute project specific literature and resources to people and loved ones found in the community post overdose with supportive linkage to available services. CCHD is also partnering with Coram Deo to offer family and loved ones education and support through the family support groups hosted at Wellspring Church in Kensington.
Contacts: Charles Brown—860-785-8380
Luis Pantoja—860-249-6340

Middletown:
Cross Street AME Zion Church has paired with Middlesex Health to deploy Recovery Coach-led ground level support for church and community members afflicted by the opioid epidemic. A faith based family group is also offered on a weekly basis for project related loved ones to attend that is both educational and supportive.
Contact: Reverend Robyn Anderson—860-817-3330

Columbus House is extending support to the homeless through its provision of recovery coaching at local homeless and warming shelters, soup kitchens, and motels. Columbus House is additionally collaborating with 211 as a linkage for project related referrals for individual and family support.
Contact: Caroline Perez—860-938-4020

Torrington:
The Center for Human Development (CHD) is advancing a recovery coach led outreach into a large network of local systems including but not limited to hospitals, health centers, probation, and crisis programs.
Contacts: Belinda Arce-Lopez—203-707-0036
Donald Wright—860-921-3670