



Community Planning Council

The Community Planning Council was established by Greenwich United Way to encourage the most effective and efficient health and human service delivery system for Greenwich. Comprised of community leaders, nonprofit service professionals, Greenwich United Way board members, and community volunteers, the work of the Planning Council, particularly through its periodic Needs Assessments, has led to the development of some of the Town's most valued programs and institutions.

Help us grow awareness and tell your network about this and other upcoming presentations by sharing on social media #GUW_CommunityPlanningCouncil or visit www.greenwichunitedway.org

Community Planning Council Meeting Thursday 10/31, 8:30am, Mental Health and Substance Abuse

Mental Health and Substance Abuse: Liberation Programs

Maggie Young, Chief Recovery Officer

According to the Greenwich United Way's Needs Assessment, gaps in service and barriers to services for drug abuse and addiction persist in the community. Additionally, service providers consistently reported that the incidence of mental health issues is increasing in Greenwich; mental health issues have increased across all economic situations, in all age groups and especially in conjunction with other medical diagnoses.

Highlights from the Presentation:

The presentation covered topics on substance use and misuse, the impact of drug use as the brain develops, continuum of care, treatment and recovery and mental health.

Maggie Young provided information on Liberation Programs, founded in 1971, is one of Fairfield County's premier behavioral health service providers specializing in treating substance misuse and mental health disorders. They assist people struggling with alcohol, opiates, depressants, and/or stimulants, and provide services for youth, adults, and families via inpatient and outpatient treatment, treatment and resources for adolescents and their families, community efforts focused on education, prevention, and wellness, and permanent supportive housing for families.

She noted what works towards recovery and some include:

- Motivational Interviewing (MI)
- Relapse Prevention
- Cognitive Behavioral Therapy (CBT)
- Family Therapy (Behavioral)
- Community Reinforcement and Family Training (CRAFT)

Liberation Program announced upcoming initiatives and some include:

- New Sober Housing
- Recovery Coach Academy
- Mobile Recovery Bus

An important step forward since the Families in Recovery Program opened in 1994 is the newly minted Pelletier Wellness Center, which will provide an open, welcoming space free of stigma for our recoveries. At capacity, it will allow Liberation to serve 50 percent more recoveries weekly, and will include new services, such as a general practitioner, to make the recovery process simpler, easier, and more accessible to those who need help the most.

Next Community Planning Council Meeting:

Thursday, 11/14, 8:30 am, Greenwich YMCA, Topic: Basic Human Needs