

Connecticut's Regional Mental Health Boards
And
Catchment Area Councils

In 1975, Connecticut decentralized its delivery of mental health services. There are five mental health regions in Connecticut. Each Region is made up of catchment areas. Each catchment area has a citizen advisory council, and each region has a citizen advisory board.

The advisory councils and boards were established to ensure that citizens from every town in Connecticut will be actively involved in determining and monitoring the kind of mental health services that will be provided or contracted in each catchment area through the Connecticut Department of Mental Health and Addiction Services.

Catchment Area Councils
Or
CACS

A catchment area is a defined geographic area, based on population that receives mental health services as a unit. The Catchment Area Council (CAC) is a citizen body and is the grassroots level of citizen involvement in planning for needed services. Some members of the CAC are lay citizens, called consumers, while others are mental health professionals, called providers. Some may be persons in recovery or family members.

The role of the CAC is to study and evaluate existing mental health services in the catchment area and to make recommendations about the types of services that are needed. All findings and conclusions are reported to the Regional Mental Health Board and to the Connecticut Department of Mental Health and Addiction Services.

There are 36 towns in the South Central Region served by the Region II Regional Mental Health Board. Each town is represented on a Catchment Area Council (CAC). By statute, all town representatives are consumers (not employed as mental health professionals or by agencies offering mental health services). The town representatives in each CAC select other consumers, as well as providers (people employed to provide mental health services to serve on the CACs). The majority must be non-providers.

The CACs and Boards seek members who have the experience to carry out the responsibilities and activities outlined. The CACs value consumer members who are or have been clients themselves, family members of clients, concerned citizens and providers. CAC meetings are a place to share local input from everyone, consumers, family members, advocates and providers.

Activities of Regional Mental Health Boards
And
Catchment Area Councils

CAC and Board Members:

- Attend regular meetings held monthly.
- Serve on teams evaluating state funded and state operated services.
- Gather information from clients, family members, and towns about local needs and effectiveness of services.
- Disseminate information to towns, media, and legislators about mental health issues.
- Advise the Connecticut Department of Mental Health and Addiction Services about their findings.

Responsibilities of the
Regional Mental Health Board and Catchment Area Councils

The responsibilities of the Regional Mental Health Boards and CACs were established by Connecticut Legislative Statutes (P.A. 75-563) in 1975 and include:

- Assessment of mental health needs.
- Review of proposed mental health services
- Evaluation of existing mental health services.
- Establishment of regional service priorities
- Recommendations for the distribution of state and federal funds to the communities to the Connecticut Department of Mental Health and Addiction Services.

Other important aspects of Board activities include public education, advocacy, monitoring budget decisions, planning, leadership training and fostering recovery.

HOW TO BECOME A MEMBER:

To ask about membership, please call the Region II Regional Mental Health Board at 860-262-5027, write to the Region II Regional Mental Health Board, P.O. Box 351, Middletown, CT 06457 or email us at southcentral@rmhb2.org



Regional Board and CAC members are volunteers. The Region II Regional Mental Health Board has a small paid staff. Funding is provided by DMHAS funds, per capita town donations, private donations and other sources.

Facts About CACs and Regional Mental Health Boards

Towns in Region II

Catchment Area #5:

Ansonia*
Derby*
Seymour*
Shelton*

Catchment Area #6:

Milford*
Orange*
West Haven*

Catchment Area #7

Bethany*
Hamden
New Haven*
Woodbridge*

Catchment Area #8

Branford*
East Haven*
Guilford*
Madison*
North Branford*
North Haven*

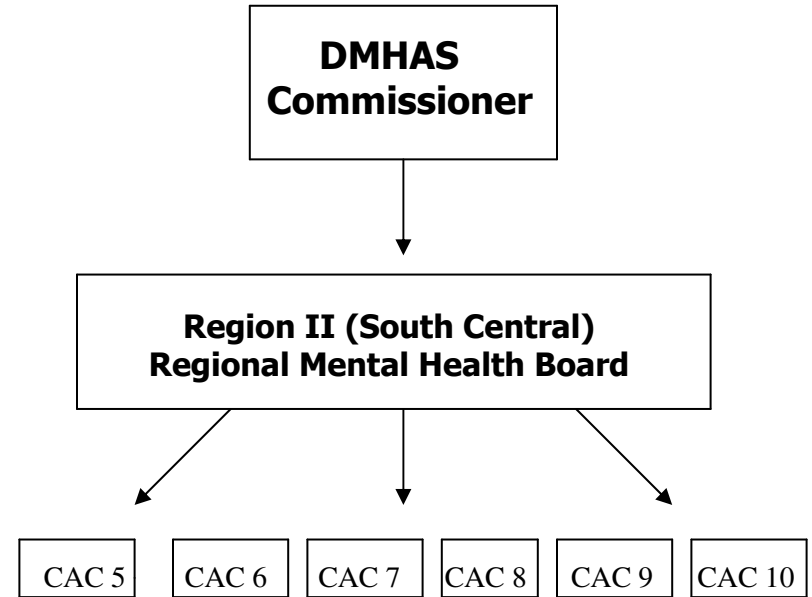
Catchment Area #9

Meriden*
Wallingford*

Catchment Area #10

Chester*	Killingworth*
Clinton*	Lyme*
Cromwell*	Middlefield*
Deep River*	Middletown
Durham*	Old Lyme*
East Haddam*	Old Saybrook
East Hampton	Portland*
Essex*	Westbrook*
Haddam	

***Towns providing per capita funding donations in 2008**



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