

## LFCRAC Committees and Collaborative Initiatives

### 1. Behavioral Health Committee

**Focus:** Identify needs and provide regional supports for Behavioral Health Service Providers.

### 2. Prevention Committee

**Focus:** Supporting Local Prevention Councils and other local substance abuse prevention initiatives through development of resources, trainings and other regional collaboratives.

### 3. SBIRT Committee

SBIRT is acronym for Screening Brief Intervention and Referral to Treatment.

**Focus:** a) Organizing presentations and providing simple screening tools and referral information for physicians and clinicians. b) Advocating for resources to support substance abuse/misuse screening.

### 4. Regional Youth Network Committee

**Focus:** Developing networking and collaboration opportunities for youth groups working on substance abuse prevention.

### Other LFCRAC Initiatives:

- \* Providing TIPS training for alcohol servers and retailers.
- \* Developing culturally competent prevention efforts in the Hispanic community on HIV/AIDS and substance abuse prevention.
- \* Training and evaluation of "Taking Charge: A Path to Healthy Choices" curriculum targeted for vulnerable middle and high school youth.
- \* Smoking Cessation Supports Initiative.  
**Target Audience:** Adults living with Mental Illness and those in recovery.

### Substance Abuse & Mental Health Resources

- LFCRAC: [www.lfcrac.org](http://www.lfcrac.org)
- CT Prevention Network  
[www.ctprevention.org](http://www.ctprevention.org)
- Treatment Center Locator Hotline:  
1-800-662-4357 Toll Free. Open 24 hrs.
- Connecticut Community for Addiction Recovery (CCAR): [www.ccar.us](http://www.ccar.us)
- Family Guide Website:  
[www.family.samhsa.gov](http://www.family.samhsa.gov)
- South West Regional Mental Health Board:[www.swrmhb.org](http://www.swrmhb.org)
- Connecticut Department of Mental Health and Addiction Services (DMHAS):  
[www.ct.gov/DMHAS/](http://www.ct.gov/DMHAS/)
- Connecticut Clearing House:  
[www.ctclearinghouse.org](http://www.ctclearinghouse.org)
- Substance Abuse and Mental Health Service Administration (SAMHSA)  
[www.samhsa.gov](http://www.samhsa.gov)
- National Institute on Drug Abuse (NIDA):  
[www.nida.nih.gov](http://www.nida.nih.gov)



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*Collaborating to  
Support Healthy  
Communities*

## Lower Fairfield County Regional Action Council



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## Who We Are...

Lower Fairfield County Regional Action Council (LFCRAC) is a collaborative of dedicated representatives from a variety of sectors in lower Fairfield County.

Members include :

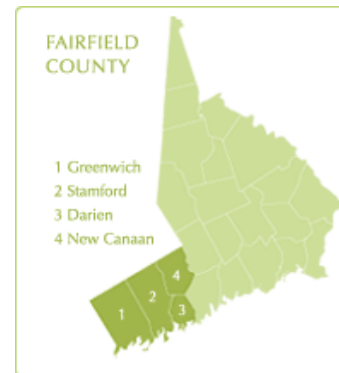
- Elected Officials
- Parents
- Youth
- Law Enforcement
- Treatment Service Providers
- Persons In Recovery Advocates
- Multicultural Communities
- Local Community Coalitions
- Social Service Providers
- Behavioral Health Providers and Advocates
- Prevention Specialists
- Faith-Based Organizations
- Public Health & Health Providers
- Schools
- Businesses
- Media



## Our Mission...

Our mission is to serve our communities by being a catalyst for regional collaborations in order to strengthen local efforts to reduce substance misuse from *youth through older adults* and including persons living with mental illness in:

- Greenwich.
- Stamford.
- Darien.
- New Canaan.



## What We Do...

1. Collect and review data to determine extent of substance in the region.
2. Identify gaps along the substance abuse continuum from prevention, intervention, treatment and after-care.
3. Develop regional and support local collaborations to address the gaps.
4. Coordinate advocacy efforts to impact change
5. Provide literature, educational materials, speakers, trainings and/or other resources related to substance abuse trends and risk factors across the lifespan, positive youth development and other related topics of interest.

