

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
- CT Prevention Network
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
- Family Guide Website:
www.family.samhsa.gov
- South West Regional Mental Health Board:www.swrmhb.org
- Connecticut Department of Mental Health and Addiction Services (DMHAS):
www.ct.gov/DMHAS/
- Connecticut Clearing House:
www.ctclearinghouse.org
- Substance Abuse and Mental Health Service Administration (SAMHSA)
www.samhsa.gov
- National Institute on Drug Abuse (NIDA):
www.nida.nih.gov



For more information please contact :

Ingrid Gillespie

Director

(203) 356-1908 Ext 7914

Email: rac@liberationprograms.org

Joyce Sixsmith

Prevention Partnership Facilitator

(917)678-0543

joyce.sixsmith@gmail.com

Amy Badini

Regional Youth Liaison

(203)253-2160

abadini@optonline.net

*Collaborating to
Support Healthy
Communities*

Lower Fairfield County Regional Action Council



115-125 Main St
Stamford, CT 06901
Ph: 356-1980ext7914
www.lfcrac.org

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 :

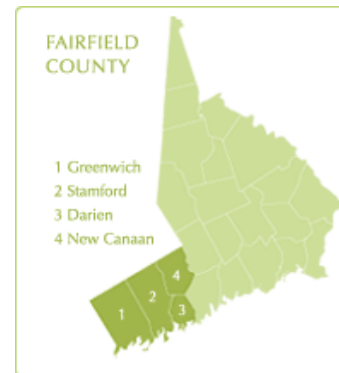
- Elected Officials
- Parents
- Youth
- Law Enforcement
- Treatment Service Providers
- Persons In Recovery Advocates
- Multicultural Communities
- Local Community Coalitions
- Social Service Providers
- Behavioral Health Providers and Advocates
- Prevention Specialists
- Faith-Based Organizations
-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

