



Newtown Center
for Support and Wellness



Defining a Healthy Community from a Behavioral Health Lens

MARCH 27, 2018

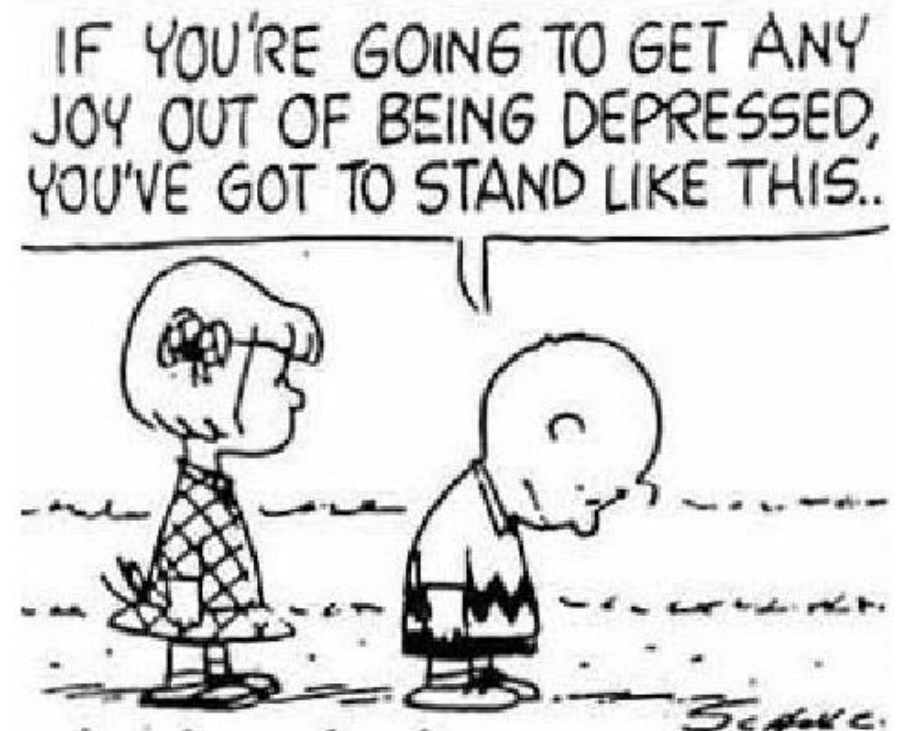
WELCOME & INTRODUCTIONS

- Welcome “What are we are all doing here”
 - Creating common definition of healthy community
 - Behavioral health vs. Mental Health



WELCOME & INTRODUCTIONS

- Behavioral Health: is a blanket term that includes mental health.
- Behavioral health looks at how behaviors impact someone's health- physical and mental.
- Mental health is included in behavioral health.
- People who have mental health issues can benefit from behavioral health principles.



WELCOME & INTRODUCTIONS

- How did this group get in the same room?
- Introductions



HISTORY OF HOW WE GOT HERE



- CSW creation “Finding and Filling gaps”
- Collaboration with community organizations
 - Outreach visits
 - Community organizations & Town Departments



HISTORY OF HOW WE GOT HERE

- CSW creation “Finding and Filling gaps”
- Collaboration with community organizations
 - Outreach visits
 - Community organizations & Town Departments
 - Capturing the broader Newtown community
- CSW strategic plan



HISTORY OF HOW WE GOT HERE

- CSW strategic plan
 - *Lead the town in the collaborative development and implementation of a long term plan for a healthy community.*
 - *Identify gaps in service and advocate for solutions which incorporate existing community resources and organizations*
 - *Act as a point of entry for community members seeking assistance for behavioral health and wellness resources.*



GUIDELINES FOR MEETINGS

- We will keep to the time frame allotted
- We will be respectful in the meeting
- We will be ambassadors of the material
- We will stay on task
- We will not include material that is bias towards any one organization
- Other?



SCHEDULE & COMMUNITY FORUMS

- March 27, 2018 9:30am First work group meeting
- April 3, 2018 9:30am Work group meeting
- April 10, 2018 8:00pm Community Forum
- April 11, 2018 8:00am Community Forum
- April 11, 2018 9:30am Work group meeting
- April 17, 2018 9:30am Work group meeting

*High School focus group is pending



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SCHEDULE & COMMUNITY FORUMS

- Meeting agendas and minutes will be posted on newtowncsw.org under “building a healthy community”



OPEN DISCUSSION

- “What are your respective areas perceptions of behavioral health in Newtown?”





Interactive warning

CATEGORIES OF BEHAVIORAL HEALTH

Brainstorm categories of behavioral health

Remember: Behavioral health looks at how behaviors impact someone's health — physical and mental.





Interactive warning

CATEGORIES OF BEHAVIORAL HEALTH

Brainstorm

“How will we know we are living/working in a behaviorally healthy community?”

STEPS FOR NEXT MEETING

- Steps for next meeting
 - Review what we have on paper
 - Break it down to 3-4 categories
- Closing
 - Overall thoughts
 - Call or email me

