

TORRINGTON AREA HEALTH DISTRICT

350 Main Street, Suite A Torrington, CT 06790
Phone (860) 489-0436 Fax (860) 496-8243

Providing local public health services for the Borough of Bantam, Bethlehem, Canaan, Cornwall, Goshen, Harwinton, Kent, Borough of Litchfield, Litchfield, Middlebury, Morris, Norfolk, North Canaan, Plymouth, Salisbury, Thomaston, Torrington, Warren, Watertown & Winsted.

November 2024 Newsletter National Diabetes Month

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 38 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

But there's also good news: Taking charge of your health may help you prevent diabetes health problems.



Hours
Monday, Tuesday, Thursday: 8:00am to 4:00pm.
Wednesday: 8:00am to 6:00pm, Friday: 8:00am to 1:00pm.
Follow us on social media and www.tahd.org



KNOW YOUR RISK FOR DEVELOPING DIABETES.

You are [more likely to develop type 2 diabetes](#) if you have overweight or obesity; are age 35 or older; have a family history of diabetes; are African American, American Indian, Asian American, Hispanic or Latino, or Pacific Islander; are not physically active; or have prediabetes.

MANAGE YOUR BLOOD GLUCOSE, BLOOD PRESSURE, AND CHOLESTEROL LEVELS.

Preventing diabetes or [managing diabetes](#) as soon as possible after diagnosis may help [prevent diabetes health problems](#). You can start by managing your diabetes ABCs.

A is for the [A1C test](#) that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use [devices to track their blood glucose](#) throughout the day and night.

- B is for blood pressure.
- C is for cholesterol.

Ask your health care team what your ABCs goals should be.

TAKE SMALL STEPS TOWARD HEALTHY HABITS.

[Lifestyle habits](#) such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you prevent diabetes or manage your diabetes ABCs. You don't have to do it all at once. Start slow and build healthier habits from there.

TAKE YOUR MEDICINES ON TIME.

Remember to take your [medicines](#) even if you feel healthy. Talk with your doctor or pharmacist if you have trouble taking your medicines on time or at the correct dose.

REACH OR MAINTAIN A HEALTHY WEIGHT.

If you have overweight or obesity, ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you [manage your weight](#).

You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight. Use the [Diabetes Risk Management Calculator](#) to determine how much weight you can lose to help reduce your risk of developing type 2 diabetes.

TAKE CARE OF YOUR MENTAL HEALTH.

Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about [healthy ways to cope with stress](#). Consider talking to a mental health counselor or joining a support group.

WORK WITH YOUR HEALTH CARE TEAM.

Managing diabetes takes a team. Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about preventing or managing diabetes.

Diabetes medicines, devices, and office visits can be expensive. A social worker or a member of your health care team may be able to help you find community resources or [financial help for diabetes care](#).

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>

Take Charge of Tomorrow

NIH National Institute of Diabetes and Digestive and Kidney Diseases

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you manage your diabetes to stay healthy longer.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



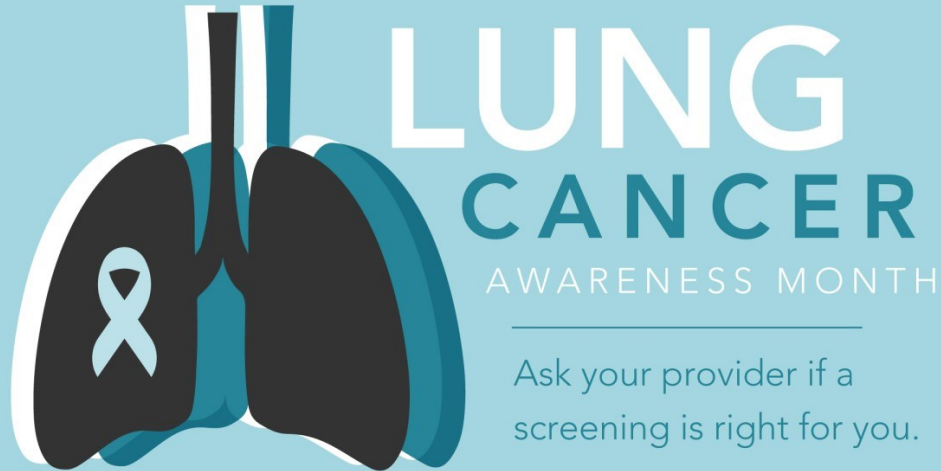
Work closely with your primary care provider.

They can help you manage your diabetes and refer you to other health care professionals for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov

[in](#) [t](#) [w](#) [f](#) [y](#) [o](#) [i](#) [a](#) [@niddkgov](#)

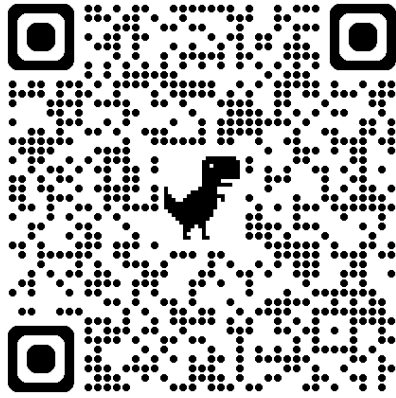


Lung cancer is the most common cause of cancer death in the United States for both men and women. More men die of lung cancer than the next two most deadly types of cancer for men (prostate and colorectal) combined. More women die of lung cancer (an estimated 59,280 deaths in 2024) than breast cancer (an estimated 42,250).

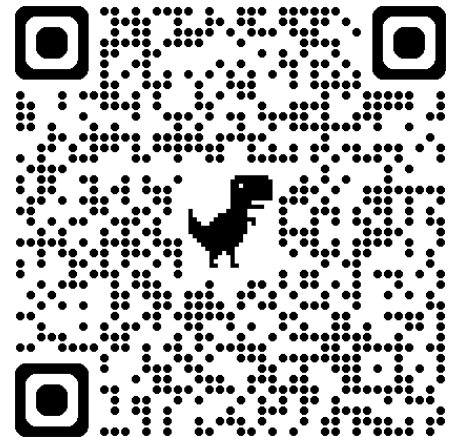
According to estimates by the National Cancer Institute, 234,580 patients will receive a diagnosis of lung or bronchus cancer in the United States in 2024. Some 125,070 patients will die of the disease.

Smoking is the most common cause of lung cancer in the United States. Cigarette smoking causes 80% to 90% of lung cancer deaths, according to experts. Other risk factors for lung cancer include being exposed to secondhand smoke; having a family history of lung cancer; being treated with radiation therapy to the breast or chest; exposure to asbestos, chromium, nickel, arsenic, soot, or tar in the workplace; and exposure to radon. When smoking is combined with other risk factors, the risk of lung cancer increases.

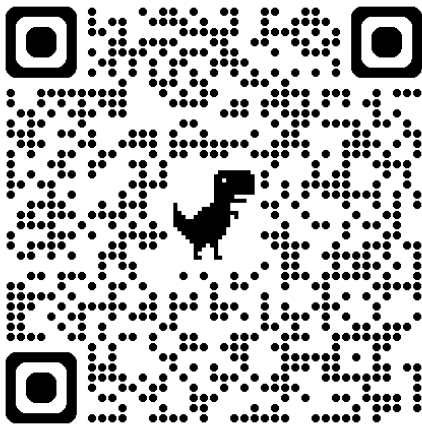




LUNG CANCER PREVENTION

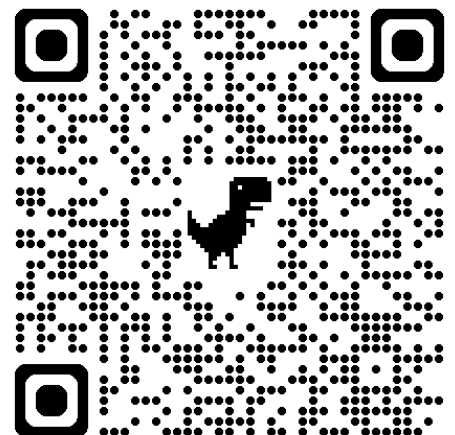


LUNG CANCER SCREENING



NON-SMALL CELL LUNG
CANCER TREATMENT

SMALL CELL LUNG CANCER
TREATMENT





LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:

Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.



Microwave:

Cook immediately after thawing.



How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!



Clean



Wash your hands for 20 seconds with soap and warm water.



Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED



Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE



Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.



Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.



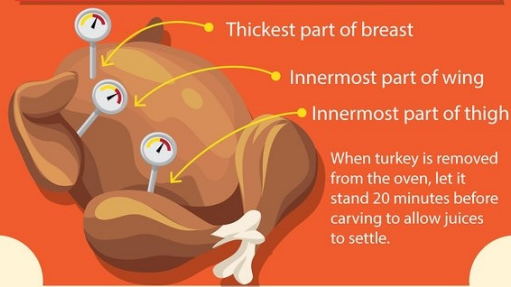
COOK



Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.



Thickest part of breast

Innermost part of wing

Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!



Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.



Last day Thanksgiving leftovers are safe from the fridge.



Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.



Be sure to pack leftovers in a cooler if traveling.



Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit Pregunteleakaren.gov for questions in Spanish.



Slow-Cooker Minestrone Soup Recipe

Assemble this hearty slow cooker soup in minutes, and enjoy a homemade meal after a long day. Bursting with vegetables, beans and whole-grain pasta, this is a MyPlate-inspired vegetarian meal the whole family will enjoy.

Ingredients

6 cups vegetable broth
28-ounce can diced tomatoes
15-ounce can cannellini beans, drained and rinsed
15-ounce can kidney beans, drained and rinsed
2 cups frozen green beans
4 medium carrots, chopped
1 medium zucchini, chopped
1 stalk celery, chopped
1 medium onion, chopped
2 tablespoons dried Italian seasoning
1 bay leaf
4 garlic cloves, minced
1 teaspoon salt
 $\frac{3}{4}$ teaspoon pepper
1 cup cooked (or 2 ounces of dry) whole-grain elbow pasta
2 cups fresh baby spinach
Garnish: $1\frac{1}{4}$ cups freshly grated Parmesan cheese (optional)



Directions

Before you begin: Wash your hands.

1. Combine ingredients, except pasta and baby spinach, in a 6- or 7-quart slow cooker. Cover and cook on low for 7 to 8 hours.
2. Increase heat to high. Stir in pasta and spinach. Cover and cook 15 minutes or until pasta is done.

Remove bay leaf before serving. Sprinkle each serving with 2 tablespoons grated Parmesan cheese, if desired.

Nutrition Information

Serving size: 1 $\frac{1}{2}$ cups

Serves 10

Calories: 134; Total Fat: 0.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 860mg; Total Carbohydrate: 26g; Dietary Fiber: 7g; Protein: 6g.

<https://www.eatright.org/recipes/soups-and-stews/slow-cooker-minestrone-soup-recipe>

INTERESTING FACTS ABOUT NUTRITION



monkeybusinessimages/iStock/Thinkstock

Eating the same way in your 40s as you did in your 20s? Ignoring your nutritional needs at 60? Not you! Build and maintain your healthiest body by adjusting your eating habits to address the specific needs of each decade.

TEENS TO 20S: BONE BUILDING

In your 20s, you're still building up bone density, so this is the decade to continue to help your bones grow strong and healthy. The more you start off with, the better, as your bones will lose density over the years.

Enter [calcium](#), which not only builds strong bones but also is important for healthy muscles, nerves and heart. Both men and women need 1,000 milligrams per day from the age of 19 until 50, so enjoy low-fat or fat-free dairy products, opt for calcium-fortified foods and beverages, such as soy milk, 100% fruit juices and cereals, and include other calcium sources like beans, leafy greens, almonds and canned salmon with soft bones.

20S TO 30S: BABY ON BOARD

These days, women are having babies well into their 30s, which makes folate or folic acid an important nutrient throughout these two decades. This [B-vitamin](#) helps prevent neural tube birth defects such as spina bifida. Unfortunately, many women don't get enough.

For women who plan on becoming pregnant, the 2020-2025 *Dietary Guidelines for Americans* recommend consuming 400 to 800 micrograms per day of folic acid from fortified foods and/or supplements, in addition to foods that provide folate in its naturally occurring form. Many breads, cereals and grain products are fortified with folic acid; numerous fruits and vegetables also are good sources of folate. If you're trying to get pregnant, your doctor may recommend a folic acid supplement.

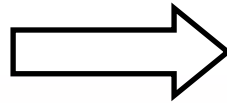
This also is a good time for men and women to start thinking about how to prevent chronic diseases that become more prevalent as we age. A well-planned eating pattern based mostly on whole-plant foods including whole grains, legumes, fruits, vegetables, nuts and seeds can help reduce the risk of [chronic diseases](#) such as Type 2 diabetes, coronary heart disease and certain types of cancer.

Avoid dieting, which can lead to weight cycling. A history of dieting and weight cycling (when your weight goes up and down repeatedly) has been linked with increased risk of cardiovascular issues and osteoporosis.

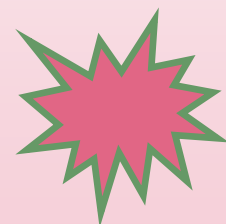
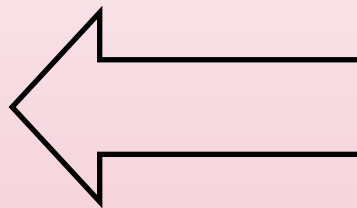
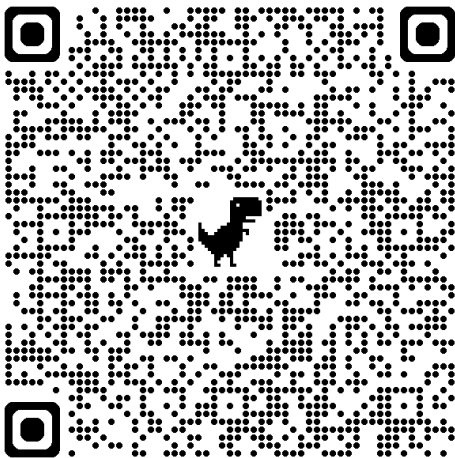
<https://www.eatright.org/health/wellness/healthful-habits/eat-right-for-life>



The CT WiZ Public Portal allows individuals who were vaccinated in Connecticut to access their own immunization records, while parents and guardians can also access their child's records. You have the option of getting a PDF copy of your full immunization record, or your COVID-19 vaccine record that contains your SMART Health card, which is a digital copy of your COVID-19 vaccine record that can be stored on your phone as a QR code. (Note: CT DPH does not issue replacement 'CDC COVID-19 Vaccination Cards' to the public.)



Keeping CT Kids Healthy - CVP Update



TAHD HALLOWEEN FUN



Happy Halloween from Torrington Area Health District!

Our team got into the Halloween spirit with some costumes this year! While we enjoyed the fun of dressing up, we want to remind everyone to keep safety in mind this Halloween.

Whether you're out trick-or-treating or hosting a spooky celebration, here are a few quick tips to keep everyone safe:

- **Stay Visible:** Add reflective tape to costumes or carry a flashlight to help drivers see you.
- **Travel in Groups:** Stick together, especially for young children. It's best to have an adult accompany trick-or-treaters.
- **Check Treats:** Always inspect candy before enjoying it. Avoid anything that's not securely wrapped.
- **Watch for Traffic:** Stay on sidewalks when possible, and cross streets at designated crosswalks.

Have a safe and spook-tacular Halloween from all of us at Torrington Area

TAHD IN ACTION

The drug overdose epidemic in the United States is a clear and present threat to public health, safety, and national security. On Saturday, October 26, 2024, TAHD, along with our partner agencies, participated in the DEA's National Prescription Drug Take Back Day, collecting 78.8 lbs. of unused and unwanted medications. The DEA is committed to promoting Americans' safety and health by encouraging the public to remove unneeded medications from their homes, helping to prevent medication misuse and opioid addiction before it starts.



TAHD IN ACTION

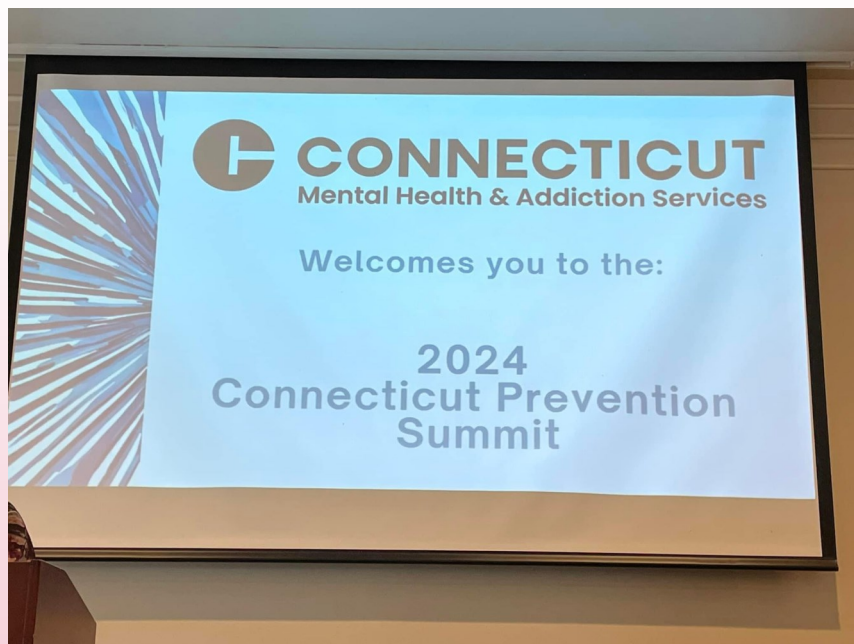


On October 5th, TAHD staff attended the Greater Bristol Community Health Fair at Rockwell Park in Bristol. TAHD provided information about our organization, including details on community health programs (such as immunizations, opioid awareness, suicide prevention, LiveWell, Prevent T2, emergency preparedness, available classes, and much more. It was a great opportunity to collaborate with surrounding health districts.

On Wednesday, October 9th, Torrington Area Health District's Brien Laforge assisted with the Hospital Emergency Response Team (HERT) course at Charlotte Hungerford Hospital. Brien, a certified HERT instructor, taught alongside lead instructor Paul Rabeuf. The HERT course covers how to manage chemical, biological, radiological, nuclear, and explosive events from a hospital perspective. Topics include not only identifying these events but also implementing proper decontamination strategies for affected patients before they are admitted into the hospital system.



TAHD IN ACTION



TAHD IN ACTION



During the week of October 20th through the 26th, Torrington Area Health District's Brien Laforge attended the Center for Domestic Preparedness (CDP) in Anniston, Alabama, where he studied Healthcare Leadership (HCL) for large-scale emergencies. The HCL class at the CDP takes a multidisciplinary approach to managing large-scale events such as severe weather emergencies, terrorist attacks, cyber-attacks, and chemical, biological, radiological, nuclear, and explosive events.

Participants from across the country represented various disciplines, including hospital staff, law enforcement, emergency medical services, and public health. While training at the CDP, Brien served as the incident commander for public health, leading a team of other public health professionals. In this role, he collaborated with his team to make decisions and procure resources for a simulated community built into the training. The simulation included setting up shelters, activating the Medical Reserve Corps to staff them, and establishing vaccine clinics and Point of Dispensing (POD) sites.





The picture shows a test pit, a traditional method we use when assessing sites for septic installation. Test pits help us examine the different soil layers to determine if the soil is suitable for septic systems. Based on the findings and additional field tests, we can assess how deep a system can be installed.



On October 29-30, staff attended a two-day soils training at Session Woods in Burlington. Pictured is Tom Stansfield, Deputy Director of Health at the Torrington Area Health District, giving a presentation on identifying soils based on color, texture, and other characteristics—essential skills in designing a septic system.



RETIREMENTS



TAHD is both saddened and excited to announce the retirement of Leslie Polito and Robert Smith. After many years of dedicated service, Leslie and Bob have been invaluable members of our team. Their passion, expertise, and commitment have inspired us all, and their presence will be greatly missed. Please join us in celebrating their remarkable careers and wishing them all the best as they begin this new chapter of life, filled with relaxation and adventure.

COMMUNITY UPDATES

Assisted Living

Information Session & Open House



**FIRST THURSDAY
OF EACH MONTH**

1:30 pm – 3:00 pm

Refreshments will be served

BE PROACTIVE NOT REACTIVE!

Understanding the facts about senior care options and assisted living will help you and your family determine the right fit. Our Information Sessions are a quick way to learn all about assisted living at **Keystone Place**.

Join us for a tour, meet our staff, talk with our residents, and ask the questions that are important to you.



**Keystone Place
at Newbury Brook**

A Life Fulfilling Retirement Community

JOIN US & LEARN:

- Insider tips to help you choose the best retirement community.
- Myths about Assisted Living busted.
- How to determine if it's the right time.
- The financials that go into Senior Living and how it can even save you money!
- Little-known ways to afford Assisted Living, including veterans benefits and selling a Life Insurance policy.

DATE & TIME

1st Thursday of each month

1:30 p.m. – 3:00 p.m.

Refreshments will be served.

LOCATION

Keystone Place at Newbury Brook

1058 Litchfield Street
Torrington, CT 06790

Seating is limited

**RSVP FOR YOURSELF AND A
GUEST TODAY!**



RSVP by phone: **(860) 404-6254**
or online:

Info.KeystoneSenior.com/NB-Info23



**Keystone Place
at Newbury Brook**

A Life Fulfilling Retirement Community

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE



COMMUNITY UPDATES



START HERE

for community health



Our CareVan Clinics Offer the Following Services:

Address Various Urgent Needs (not limited to):

- Common cold/flu
- Stomach aches
- Ear aches/infections and foreign body removal
- Abscess incision and drainage
- Minor burns, lacerations, sprains and small fractures
- Rashes and insect bites
- Corneal abrasions
- Family planning

Medical Screenings:

- Blood pressure, blood sugar, urinalysis

Lab Tests:

- A1C, Cholesterol, Hepatitis C, Hemoglobin, HIV, Flu, RSV, Symptomatic COVID-19, Chemistry Panel (Liver and Kidney function)

Referrals and Follow-up Care:

- Social Services, Behavioral Health, Primary Care and Specialists

Immunizations:

- Tetanus (Tdap), Pneumonia, Shingles, Hepatitis B, Meningitis, Gardasil (HPV), Polio, MMR (Measles, Mumps, and Rubella), Flu (*Seasonal*)
- COVID-19 Pfizer Vaccine (Ages 12+)

WALK-INS WELCOME

-Open to all ages. Insurance accepted but not required.

For more information visit

www.hartfordhealthcare.org/health-wellness/neighborhood-health



Hartford
HealthCare
Neighborhood Health

COMMUNITY UPDATES



START HERE

for community health



November CareVan Locations

November 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Family Wellness Center 590 Park St, Hartford 9a - 2p <hr/> Winsted Salvation Army 716 Main St, Winsted 10a - 2p
4 Adult Education 85 Edwards St, Hartford 9a - 3p <hr/> Torrington New Opportunities 62 Commercial Blvd, Torrington 10a - 2p	5 House of Bread 27 Chestnut St, Hartford 9a - 1p	6 Family Wellness Center 590 Park St, Hartford 9a - 4p <hr/> Hands on Hartford 55 Bartholomew Ave, Hartford 9a - 3p	7 Eastern CT Veteran Center 47 Crescent St, Willimantic 10a-3p <hr/> Winsted Senior Center 80 Holabird Ave, Winsted 11a - 3p	8 Family Wellness Center 590 Park St, Hartford 9a - 2p
11 St. Vincent DePaul 120 Cliff St, Norwich 10a - 3p <hr/> Rushford 883 Paddock Ave, Meriden 9a - 1:30p	12 South Church 277 Main St, Hartford 9a - 3p <hr/> Meriden New Opportunities 11 Church St, Meriden 10a - 3p	13 Family Wellness Center 590 Park St, Hartford 9a - 4p <hr/> Bridgeport Tabernacle 717 Clinton Ave, Bridgeport 10a - 2p	14 Covenant Soup Kitchen 220 Valley St, Willimantic 10a - 3p <hr/> Spanish Community of Wallingford 284 Washington St, Wallingford 10a - 3p	15 Family Wellness Center 590 Park St, Hartford 9a - 2p
18 Pawcatuck Neighborhood Center 27 Chase St, Pawcatuck 10a - 2p <hr/> Torrington Soup Kitchen 220 Prospect St, Torrington 9a - 1p	19 Refuge Temple Church of God 3050 Main St, Bridgeport 10a - 2p	20 Family Wellness Center 590 Park St, Hartford 9a - 4p <hr/> Hands on Hartford 55 Bartholomew Ave, Hartford 9a - 3p	21 Shiloh Baptist Church 350 Albany Ave, Hartford 10a - 2p <hr/> Torrington Towers 52 Summer St, Torrington 9a - 2p	22 Family Wellness Center 590 Park St, Hartford 9a - 2p
25	26 Mercy Housing 221 Main St, Hartford 9a - 3p <hr/> Bread for Life 31 Vermont Ave, Southington 10a-2p	27 Family Wellness Center 590 Park St, Hartford 9a - 4p <hr/> Harborview Towers 376 E Washington Ave, Bridgeport 10a - 2p	28	29

COMMUNITY UPDATES



Take a day to **take care of your health**

**Hartford HealthCare invites
you to a day of care at no cost**

**Saturday, November 4, 2023
9 a.m. to 2 p.m.**

**Coe Memorial Park Civic Center
101 Litchfield St, Torrington**

*Free services for children and adults.
No insurance needed.*

*Need transportation on the day of Medical Mission?
Call 860.496.6725 to arrange for pick up.*

Health screenings • Behavioral health services
Lab tests • Vaccines • Prescriptions • Glasses
Haircuts • Warm winter clothing • Meal

Hartford HealthCare 
Charlotte Hungerford Hospital

Medical Mission

Tómate un día para **cuidar tu salud**

**Hartford HealthCare te invita
a un día de atención gratuita**

**Sábado 4 de noviembre de 2023
9 a.m. a 2 p.m.**

**Coe Memorial Park Civic Center
101 Litchfield St, Torrington**

*Servicios gratuitos para niños y adultos.
No se necesita seguro médico.*

*¿Necesitas transporte el día del evento Medical
Mission? Llame al 860.496.6725 para organizar
el traslado.*

Chequeos médicos • Servicios de salud conductual
Análisis de laboratorio • Vacunas
Recetas • Anteojos • Cortes de cabello
Ropa de abrigo para el invierno • Comida

COMMUNITY UPDATES



Susan B. Anthony Project
SAFETY • HEALING • GROWTH



To help make the holiday season special for one of our families, please sign-up to “adopt” a family **by Friday, Nov. 8th.**



*Scan here
to sign up!*



All unwrapped donations must be received **NO LATER than Friday, Dec. 13th.** This will ensure ample time to sort and deliver gifts several days in advance of the holidays!

For more information on Adopt a Family, please email Siobhain at sraemer@sbaproject.org or call 860-489-3798.

Thank you for your generosity!

COMMUNITY UPDATES




COVID-19 Testing

Order Your 4 Free At-home COVID-19 Tests

Every U.S. household is eligible to order 4 free at-home tests.

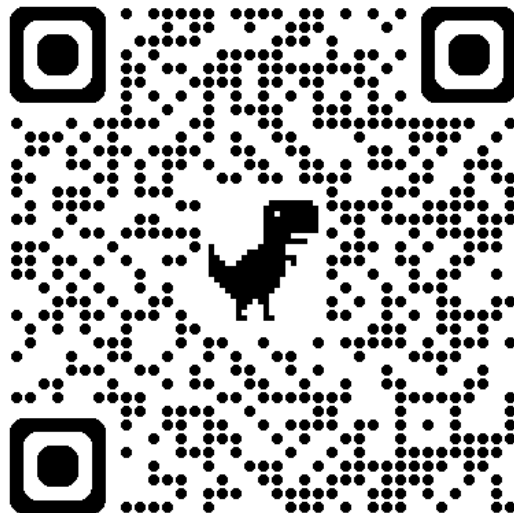
COVID-19 testing can help you know if you have COVID-19 so you can decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading the virus to others.

Your order of COVID tests is completely free – you won't even pay for shipping. Want to know when your tests are coming? Sign up to receive email alerts when you order!

[Order Free At-home Tests](#) 

Need help placing an order for your at-home tests?

Call **1-800-232-0233** (TTY **1-888-720-7489**).





We feel you.

**Urgent Mental Health
Care for Ages 4–18**

NO APPOINTMENT NECESSARY

- **Open 24/7**
- **Crisis Stabilization Support**
- **Mental Health Assessments**
- **Short-Term Medication**
- **Collaborative Safety Planning**
- **Ongoing Support Coordination**

***Safe
alternative to
the Emergency
Room***

Wellmore
Behavioral Health 
Wellness for a lifetime™

CALL OR VISIT NOW

141 East Main St

| Waterbury

| 203-580-4298

COMMUNITY UPDATES



McCall Behavioral
Health
NETWORK

mccallbhn.org

QPR Gatekeeper Training

*Three steps anyone can learn to help prevent suicide:
Question. Persuade. Refer.*

**Thursday, November 14, 2024
6:00 p.m. - 8:00 p.m.**



CCAR
59 Field. St
Torrington, CT 06790

Key Components Covered:

- How to **Q**uestion, **P**ersuade, and **R**efersomeone who may be suicidal.
- How to get help for yourself or learn more about preventing suicide.
- The common causes of suicidal behavior.
- The warning signs of suicide.
- How to get help for someone in crisis.



Questions? Email Donna Bielefield
donna.bielefield@mccallbhn.org

Open to the Public!
Scan here to register.



COMMUNITY UPDATES



Susan B. Anthony Project
SAFETY ▪ HEALING ▪ GROWTH

OUTREACH AND PREVENTION EDUCATION NEWSLETTER!

Recieve monthly updates about
events, training opportunities, and
updates showing our OPE team out
in the community!



SCAN THE QR CODE
TO REGISTER OR VISIT
SBAPROJECT.ORG

COMMUNITY UPDATES

Torrington Area Health District MRC Events

**Heartsaver Training
November 7th at 9am**



**Stop the Bleed Training
November 15th at 10am**



**Narcan Administration
Training
November 22nd at 10am**

