



North Central Regional Mental Health Board, Inc.
367 Russell Road
Newington, CT 06111

SCHEDULE OF CATCHMENT AREA COUNCIL MEETINGS

Meetings are held monthly (excluding July & August)

CAC 15

Meets the 2nd Monday of every month at 3:00 p.m. at the:

Genesis Center
We Can Clubhouse
165 West Middle Turnpike
Manchester, CT 06042
Tel: 860-646-3888

CAC 16

Meets the 1st Thursday of every month at 12:00 pm at the:

Wethersfield Town Hall
Town Manager's Conference
505 Silas Deane Highway
Wethersfield, CT 06109
Tel: 860-721-2801

CAC 17

Meets the 1st Friday of every month at 12:00 p.m. at:

North Central Counseling Services
153 Hazard Avenue
Enfield, CT 06082
Tel: 860-253-5020

CAC 18

Meets the 2nd Wednesday of every month 6:00 p.m. at the:

West Hartford Town Hall
50 South Main Street, Room 312
West Hartford, CT 06107
Tel: 860-236-1229

CAC 19

Meets the 2nd Thursday of every month at 12:00 pm. at the:

New Britain Public Library
Ground Floor Community Room
20 High Street
New Britain, CT 06051
Tel: 860-224-3155

CAC 23

Meets the 2nd Tuesday of every month at 1:00 p.m. at:

Capitol Region Mental Health Center
500 Vine Street, Room 3665
Hartford, CT 06112
Tel: 860-297-0900

TOWNS IN REGION IV

Catchment Area 15:

Andover
Bolton
Ellington
Hebron
Manchester
South Windsor
Tolland
Vernon

Catchment Area 16:

East Hartford
Glastonbury
Marlborough
Newington
Rocky Hill
Wethersfield

Catchment Area 17:

Bloomfield
East Granby
East Windsor
Enfield
Granby
Somers
Stafford
Suffield
Windsor
Windsor Locks

Catchment Area 18:

Avon
Canton
Farmington
Simsbury
West Hartford

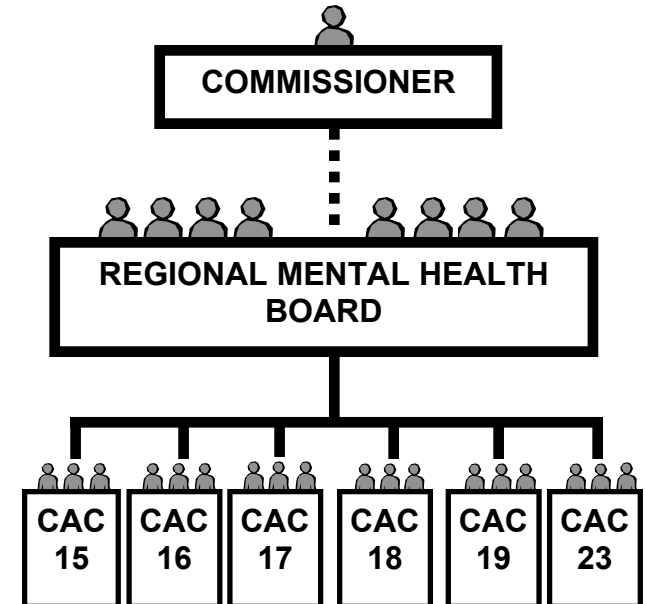
Catchment Area 19:

Berlin
Bristol
Burlington
New Britain
Plainville
Plymouth

Catchment Area 23:

Hartford

Facts about CACs



NORTH CENTRAL
REGIONAL MENTAL HEALTH BOARD, INC.
367 Russell Road • Newington, Connecticut 06111 • (860)
667-6388 • FAX (860) 667-6390 Website: www.NCRMHB.org

**CONNECTICUT'S REGIONAL BOARD
AND
CATCHMENT AREA COUNCIL
SYSTEM**

In 1974, 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.

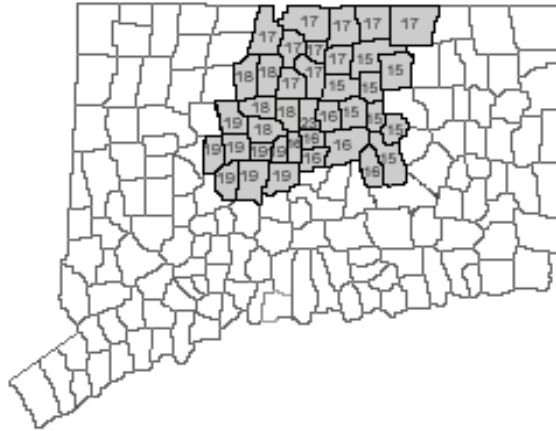
The advisory councils and boards were established to ensure that citizens from every town in Connecticut will be actively involved in determining and monitoring the kind of mental health services that will be provided in each catchment area by the Connecticut Department of Mental Health and Addiction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

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 board and to the Connecticut Department of Mental Health and Addiction Services. The regional board makes recommendations on a regular basis.

NORTH CENTRAL REGION IV



There are 37 towns in Region IV served by the North Central Regional Mental Health Board. Each town is represented by a Catchment Area Council (CAC). By statute, all town representatives are consumers (not employed as mental health professionals or by agencies offering health professionals or by agencies offering mental health services). The town representatives are appointed by the first selectman, mayor, or governing official of the town. The town representatives in each CAC select other consumers as well as providers (people employed to provide mental health services) to serve on the CAC's.

The CAC's and Boards seek members who have the experience to carry out the responsibilities and activities outlined. The CAC's value consumer members who are or have been clients themselves, family members of clients, and concerned citizens.

**ACTIVITIES OF REGIONAL BOARD
AND
CATCHMENT AREA COUNCIL MEMBERS**

CAC and Board members:

- Attend regular meetings held monthly
- Serve on panels evaluating state 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
- Serve on special committees
- Contact towns about Regional Board and CAC issues
- Advise the Connecticut Department of Mental Health and Addiction Services about their findings.

**RESPONSIBILITIES OF THE
REGIONAL BOARD
AND
CATCHMENT AREA COUNCILS**

The responsibilities of the Regional Board and CACs were established by Connecticut Legislative Statutes (P.A. 75-563) in 1974 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 funds to the Connecticut Department of Mental Health and Addiction Services.

**HOW TO BECOME A REGIONAL
BOARD MEMBER**

North Central Regional Mental Health Board encourages consumers, family members, providers and concerned citizens to apply for Catchment Area Council membership. Please indicate below if you would like information about membership.

Yes, I would like to make a difference .
Please call me at _____

Please mail information to:

Name _____
Street _____
City, State, Zip _____
Tel: _____
Email: _____

Or call the Regional Board at 860-667-6388 for more information.

**HOW TO BECOME A REGIONAL
CONSUMER ADVISORY COUNCIL**

The Regional Consumer Advisory Council is a consumer council that is led and driven by consumers. Keep informed by attending meetings or receiving RCAC meeting minutes. We plan conferences, educational workshops and grant projects. Contact Phoebe Hamilton at (860) 667-6388.

Please call me at _____

Please mail me more information on the RCAC to:

Name _____
Street _____
City, State, Zip _____
Tel: _____
Email: _____