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Board Chair

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Mental Health Connecticut (MHC) helps thousands of individuals put hope into action. We believe long-term wellness and recovery is achievable for everyone. We help individuals obtain a safe home, activate whole health living, find fulfillment and purpose, and become an active member of the community.

Home	Health	Purpose	Community
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MHC envisions a future where all individuals are treated fairly and can access the support they need to sustain long-term health and wellness. MHC’s advocacy efforts during each legislative session are both protective and proactive. To protect individuals, we combat legislation that could lead to discrimination or deny access to care. Proactively, we introduce or support legislation that increases access to care, challenges stigma, encourages preventative care, and elevates mental wellness to the same level of priority as physical wellness.

MHC’s 2019 Legislative Priorities

Insurance Parity

As the facilitator for the CT Parity Coalition (www.CTparitycoalition.org), MHC’s top priority for 2019 is to ensure residents achieve equity through health insurance coverage. The “parity bill” will reinforce CT’s current parity laws, ensuring that our state is in compliance with regulations set forth in the federal Mental Health Parity and Addiction Equity Act (MHPAEA).

Peer Support Services

(and the expansion of other evidence-based programs and services that promote recovery)

Evidence-based programs, such as peer supports, supported employment and supported education, are instrumental in helping individuals achieve long-term wellness. Peer support continues to be highly effective in intervention and diversion initiatives in our state and across the country. MHC is working with several other non-profits and advocates to elevate the work of peers in recovery and wellness.

Social and Emotional Support (SEL) in Schools

Other states are passing legislation that requires schools to incorporate different SEL processes and curriculums. SEL allows for children to gain the knowledge, skills, attitudes, and behaviors that they’ll need to make successful choices. MHC believes an investment in SEL is an investment in prevention initiatives that will lead to improved health outcomes.