

March 2025 Newsletter



Dear Partners and Awardees,

As we head into the renewal of life with spring, let us celebrate all that has been accomplished during this time of change.

In early January, CT SLRP's private awardee portal, MyPortal, went live! Currently, 82% of CT SLRP awardees have signed up to access the portal, and we recently sent a new invitation to those who have not yet created an account.

Utilizing MyPortal, we offer programs that are only open to CT SLRP awardees, such as the Financial Wellness Coaching and Lunch & Learn info sessions. To access information about these sessions, please visit MyPortal at ctslrp.org or email your questions to ctslrp@uchc.edu.

Our partner organizations are working with us to develop new CME/CE opportunities for you. A variety of topics and offerings can be found on MyPortal. Each awardee is required to complete four CME/CE programs **offered by CT SLRP**. Two programs must be completed by September 30, 2025.

If you did not attend the CT SLRP orientation in person in October, you will soon receive an email that includes a video of the orientation and a survey. To fulfill the orientation requirement, please complete the survey after you view the video.

Please read on to learn about the programs happening near you!

Sincerely,
The Entire CT SLRP Team



Changes in Financial Aid

Loan repayment options are constantly changing on the national level. Colleagues from RISLA and CHESLA presented some of these updates and changes in our first Lunch & Learn held on February 24. They also provided some financial wellness tips. Slides from the first session can be found on MyPortal.



Lunch & Learn Series

Our first Lunch & Learn was held on February 24. **Our next Lunch & Learn will be on Monday, March 24, 2025 at 12:15 p.m. and will again be hosted by CHESLA/RISLA.** A Zoom link is now listed on the private portal.



One-on-One Financial Coaching Sessions

As a benefit to CT SLRP awardees, we invite you to schedule one-on-one coaching sessions with our personal and financial wellness teams.

Reach out to ctslrp@uchc.edu for scheduling information.

CME/CE Training Sessions



CT SLRP has free CME/CE courses listed on the private portal (MyPortal). New programs are added as they become available, and there are many topics from which to choose. To receive credit, you may have to complete an evaluation after you finish the course. Please email ctslrp@uchc.edu if you are not currently a portal member or if you have questions.



SITE VISITS

We are excited to announce that organization site visits have begun!

We are working to help connect you and your patients to what's happening in the community and to determine how CT SLRP can be utilized as a resource. As part of that mission, CT SLRP staff have started the process of scheduling organization site visits to develop better relationships with our collaborating partners and awardees. In addition, these visits give us an opportunity to learn about the programs and community services performed by collaborating organizations.



L>R Jennifer Gambacorta, CT DMHAS; Karen Pasquale, CT SLRP; Sarah Gadsby, RVS
First site visit on March 4 at CT DMHAS RVS.

On March 4, Karen Pasquale, CT SLRP Administrative Officer, completed a site visit with River Valley Services (RVS), a state-operated mental health authority that provides community-based mental health services to adults with serious psychiatric disabilities or the co-occurring disorders of psychiatric illness and substance abuse. During this visit, Karen toured the facilities and learned about programs with which RVS is involved.

The Chief Executive Officer of RVS, Sarah Gadsby, who also serves in The Rotary Club of Middletown as a leader in the mental health community, shared an upcoming free event to spread awareness and provide information on mental health. Middletown's First Mental Health Fair For Adults and Children will be held on Saturday, May 3, 2025, from 10 a.m. to 2 p.m. at Harbor Park, 80 Harbor Drive, Middletown, CT. The event is just one example of how committed DMHAS employees are to the mission of addressing mental health challenges and concerns even outside of the workplace.

Comments from Karen...

This site visit was an opportunity to learn so many new things, and I love learning new things! The most inspiring thing for me was when I learned about social workers who are teamed with local police officers in Middletown for crises prevention. So, of course I did more research. If you would like to learn more about the Social Work & Law Enforcement (SWLE) Project in Connecticut, read <https://swleproject.com/>. If you are involved with this type of work, please tell us your story!



Connecticut Community Programs and Fundraisers

Be on the lookout on the portal and in our next newsletter for a list of community programs, free clinics, and volunteer opportunities. A plethora of events take place throughout the year and we are working on compiling a list to help the CT SLRP community connect to information and opportunities available in Connecticut. The map below shows the location of CT SLRP awardees. Let us know if we can help spread awareness about an event near you.

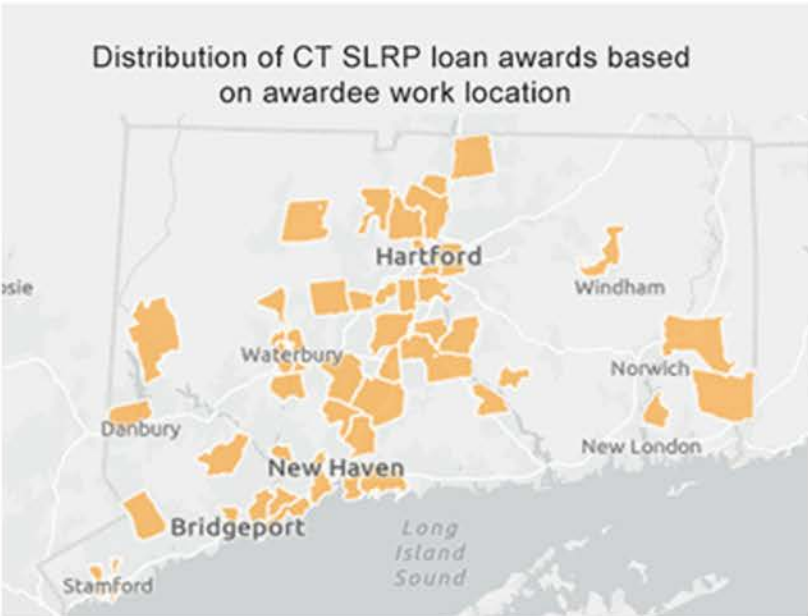
In addition to the free mental health event on May 3, 2025 that we previously cited, here are a few examples of upcoming events...

Miles for Migraines

April 27, 2025, 9:30 a.m., Bushnell Park, Hartford, CT

Miles for Migraine is an annual 2-mile Walk / 5K Run / Relax raising funds for migraine and headache awareness, treatment and research.

A national conference on police social work will be held at Southern CT State University, May 27-29, 2025, in association with the Social Work & Law Enforcement Project.



CT Mission of Mercy (CTMOM) is a free dental clinic event happening at New Britain High School, June 20-21, 2025. Volunteer registration opened March 1.