



# VETERANS SERVICES TO MITIGATE AND PREVENT OPIOID AND OTHER PRESCRIPTION DRUG ABUSE

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## Outreach Plan

### Gilead Community Services

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Middletown, CT 06457

(860) 343-5300



***GILEAD***

COMMUNITY SERVICES, INC



Improving Lives, Building Futures

# Gilead Community Services Outreach Plan

## Executive Summary (Strategic Focus)

Gilead's strategic planning has prioritized enhancing access to mental health and community services within Middlesex County. It is Gilead's vision to develop services that are outward facing and accessible to the community.

## Program Outreach Goals

Psychological and emotional trauma felt in the line of duty can spark and fuel an addiction. The mental health conditions must be treated, not only the resulting addiction. This recognition of a dual diagnosis in our Veterans is the key to a successful program. One specific treatment approach that we have successfully implemented in our community programs is the Integrated Dual Disorder Treatment (IDDT) model. As an evidence-based treatment approach, IDDT promotes an effective platform for improving the quality of life for people who experience co-occurring mental health issues and substance use disorders by integrating substance abuse services and mental health services into one treatment modality. IDDT emphasizes recovery through incremental changes over time through a "stages of change" approach to treatment that matches treatment interventions to readiness based on research-based change theory.

Therefore, our outreach efforts will be focused on veterans with dual diagnosis who can benefit from Gilead's IDDT model of intervention.

# Gilead Community Services Outreach Plan

## Information of Veterans in Connecticut

### INFORMATION ON VETERAN POPULATION

- According to a 2017 report released by the US Department of Veterans Affairs, Connecticut has a veteran population of 184,302.
- Of that population, only 75,096, or 40.7%, have enrolled in the VA Healthcare System<sup>1</sup>.
- Approximate results of Age Distribution: 33% 75 years and over, 29% 65 to 74 years, 13% 55 to 64 years, 18% 35 to 54 years, and 7% 18 to 34 years. Considering age distribution may help with formulating outreach initiatives due to unique programs/organizations veterans at these age groups may be a part of or associated with.

### INFORMATION OF VETERANS SERVICES

- The Department of Veterans Affairs has a Medical Center with Hospital Services offered in West Haven;
- A Medical Center without Hospital Services in Newington;
- Four Vet Centers in Norwich, Orange, Danbury, and Rocky Hill;
- And 6 Community Based Out Patient Clinics in Danbury, New London, Stamford, Waterbury, Willimantic, and Winsted<sup>2</sup>.

### INFORMATION OF VETERANS IN MIDDLESEX COUNTY

- According to a 2017 Survey by the United States Census Bureau, Middlesex County has a veteran population of 10,694<sup>3</sup>, or 5.8% of the total veteran population within the state.
- There are currently zero Department of Veterans Affairs facilities within Middlesex County.
- From the data available, we can assume that the make-up of the age distribution within Middlesex County is similar to that at the state level with a margin of error of +/-2%.

# Gilead Community Services Outreach Plan

## Understanding the Data

### POSSIBLE CHALLENGES

- Outreach of veteran related services tend to be difficult due to privacy laws that prevent the release of contact information for active duty and veterans.
- A reluctance to seek mental health services due to the stigma that receiving psychological help will have a negative effect on employability, as well as being viewed as a sign of weakness.
- The need to be cognizant of the impact combat on mental and physical health, and ensuring that clinicians assigned to this program gain an understanding of combat related illnesses, barriers to receiving mental health care, and additional resources that may be available for veterans in the area.
- Who will be considered eligible for the program/service
  - Will services only be available for those who served and earned an honorable discharge?
  - Will services be available to active duty, national guard, or reserve personnel?
- Women veterans may also be facing issues related to sexual harassment and assault due to an increase in these types of instances compared to previous eras.
- Family members and children of service members / veterans may also need support or services .
- Statistically, veterans are often more attracted to programs and services that provide a veteran-to-veteran assistance.
- Similar programs or services offered in in Connecticut, but outside of Middlesex County.

# Gilead Community Services Outreach Plan

## Understanding the Data

### AREAS IN WHICH GILEAD CAN FILL

- There are currently zero Department of Veterans Affairs facilities within Middlesex County. This vacancy could provide Gilead with an opportunity to provide a program or service to the local veteran community.
- The fairly low percentage (40.7%) of veterans who have registered for VA Healthcare in Connecticut provides Gilead with an opportunity to provide services for veterans who wish to seek medical services outside of the VA.
- The stigma that still exists within the veteran community about seeking mental health services provides Gilead with an opportunity to create and run a mental health campaign that champions seeking help as a strength, as well as being the same as physical injuries.
- Currently those who have earned an Other Than Honorable discharge from the military are not eligible for a majority of veteran related programs and services. Yet, the DoD has recognized that there are a significant percentage that may have happened due to underlining effects of experiencing PTSD, TBI, and/or sexual assault. Working with this unique segment of the veteran community could provide valuable services to those who need it the most.
- Utilize pre-existing organizations and communities to maximize the exposure of this program/service to the various veteran communities within Middlesex County.
- Provide services for family members and dependents of veterans due to the majority of them not being covered by the Department of Veterans Affairs.

# Gilead Community Services Outreach Plan

## Potential Program Partners

- Wesleyan Student Veterans Organization
  - 45 Wyllys Avenue, Middletown, CT 06459
  - WesleyanSVO@gmail.com
- VFW (Veterans of Foreign Wars)
  - Connecticut Chapter Contact List
    - <http://www.vfwct.org/di/vfw/v2/default.asp?pid=16331>
- American Legion
  - Connecticut Chapter Contact List
    - <http://www.ctlegion.org/post-locator.html>
- AMVETS
  - Connecticut Chapter Contact List
    - <http://amvetsct.org>
- DAV (Disabled American Veterans) Connecticut
  - Connecticut Chapter Contact List
    - [https://www.davmembers.org/Membership/Wayspring/ExternalHelpFrame.aspx?/membership/\(qw4uz245zjowf5n3q14vmbeo\)/maintainmember/external/chapterproximitymapexternal.aspx](https://www.davmembers.org/Membership/Wayspring/ExternalHelpFrame.aspx?/membership/(qw4uz245zjowf5n3q14vmbeo)/maintainmember/external/chapterproximitymapexternal.aspx)
- Veterans Stand Down Connecticut
  - <https://portal.ct.gov/DVA/Pages/Veterans-Stand-Down>
- Department of Veterans Affairs
  - Connecticut Location Contact List
    - <https://www.va.gov/directory/guide/state.asp?STATE=CT&dnum=ALL>
- Middlesex Community College
  - Veterans Services
    - <https://mxcc.edu/veterans/#club>
  - Student Veterans Club
    - Outreach Coordinator
      - (860) 343-5797
      - [pgalgano@mxcc.edu](mailto:pgalgano@mxcc.edu)
- Shepard Home
  - 32 person supportive housing with preference for veterans experiencing homelessness.
  - <https://www.columbushouse.org/programs/housing-services/>

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## Potential Additional Funding

- Infinite Hero Foundation Grant Program
  - Grant Amount: \$25,000 - \$100,000
  - Deadlines
    - Letter of Inquiry: July 1, 2019
    - Full Proposal: August 15, 2019
  - Focus: “Nonprofit entities pushing the envelope on developing effective treatments for heroes’ service related mental and physical injuries.”
  - For more information: <https://www.infinitehero.org/grants/>
- ALKERMES Inspiration Grants
  - Anticipated Deadline: Oct 2, 2019
  - Grant Amount: Up to \$100,000
  - Funding Uses: Education/Outreach, Applied Project/Program
  - Focus: The development or expansion of innovative programs to support the mental health and addiction communities in two key areas:
    - Improving or enhancing systems of care
      - Early intervention, stigma reduction, psychosocial support, programs that link community services, relapse prevention and recovery, etc.
    - Integrating the perspective of people affected by mental illness or addiction into drug development or care delivery
  - For more information: <http://www.alkermes.com/responsibility/inspiration-grants>
- CSX Charitable Investments
  - Deadline: Rolling
  - Focus: Pride in Service Grants for organizations that honor and support veterans, active duty military, first responders or their families
  - For more information: <https://www.csx.com/index.cfm/community-investment/charitable-investments/>
- Hanley Family Foundation Grant
  - Deadlines: Two cycles
    - September 30
    - March 31
    - An online letter of inquiry must be submitted first
  - Focus: Supporting organizations whose primary focus is to help individuals to recover from, or avoid, substance use disorder.
  - Eligibility: A 501(c)(3) that has a project or program that, if funded, would further their stated mission.
  - For more information: <http://www.hanleyfamilyfoundation.org/grantmaking-procedures/>

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## Potential Additional Funding

- Bob Woodruff Foundation
  - Deadline: June 11 and/or December 21 (Pre-Proposal)
  - Median Grant Amount: \$90,000
  - Focus: Investing in programs that support post 9/11 impacted veterans, service members, their families, and caregivers.
  - Where Gilead Fits: Program meets core area of providing rehabilitation and recovery services.
  - For more information: <https://bobwoodrufffoundation.org/grants/>
- Swindells Charitable Foundation Grant
  - Deadline: August 1, 2019
  - Grant Amount: \$3,000-6,000
  - Focus: Support and promote quality health and human services programming for underserved children and adults.
    - Grants have traditionally been awarded within Connecticut only.
    - Special consideration is given to organizations for the “basic human needs” of individuals.
  - For more information: <https://www.bankofamerica.com/philanthropic/foundation.go?fnId=73>
- George A. & Grace L. Long Foundation
  - Deadline: April 1, 2020
  - Grant Amount: \$2,000-12,000
  - Focus: Support and promote quality educational, cultural, human services, and health care programming for underserved populations in Connecticut.
  - For more information: <https://www.bankofamerica.com/philanthropic/foundation.go?fnId=93>
- Swett Family Foundation
  - Deadlines: July 1, January 12, and April 12
  - Focus: Finding new ways to truly make a difference in the lives of people in need.
  - For more information: <http://www.swettfoundation.org/home>



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## Endnotes

<sup>1</sup> US Department of Veterans Affairs, State Summary,  
[https://www.va.gov/vetdata/docs/SpecialReports/State\\_Summaries\\_Connecticut.pdf](https://www.va.gov/vetdata/docs/SpecialReports/State_Summaries_Connecticut.pdf)

<sup>2</sup> US Department of Veterans Affairs, Connecticut Locations,  
<https://www.va.gov/directory/guide/state.asp?STATE=CT&dnum=ALL>

<sup>3</sup> United States Census Bureau, Selected Social Characteristics, Middlesex County,  
[http://factfinder.census.gov/bkmk/table/1.0/en/ACS/17\\_5YR/DP02/0500000US09007](http://factfinder.census.gov/bkmk/table/1.0/en/ACS/17_5YR/DP02/0500000US09007)