

# A Resource for You: CHR's Family Liaison



REAL LIFE. REAL HOPE.

**Do you have a loved one struggling with a mental illness and/or a substance use disorder? Do you feel alone and overwhelmed? Are you having trouble accessing resources?**

If so, we are here for you. CHR recently named Kathy Pappas, BA, as its Family Liaison.

**Kathy will:**

- Facilitate CHR's Family Matters Meetings
- Participate in CHR's Consumer and Family Advisory Board
- Provide assistance to families to access resources.
- Offer training and education to CHR staff on the importance of involving family in services.

**The development of the Family Liaison position is made possible by CT-First, a grant to CHR from the US Substance Abuse and Mental Health Services Administration.**



Call Kathy today to  
learn more: 860.989.1460!

