

August 2026



HEALTHY CONNECTIONS

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www.ccthd.org

Welcome to the Central Connecticut Health District's Healthy Connections newsletter, aimed at helping you make healthy lifestyle choices and providing the latest community health information.

Campus to Community: Health Trivia Night

Tuesday August 11th

Calling all upcoming college students! Join us for a fun event of trivia, prizes, and real-world health tips to support you in starting the year strong. Whether you're living on campus, off campus, or commuting.

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Highlights:

- play college health jeopardy and win PRIZES
- learn the signs and symptoms of an opioid overdose, how to administer naloxone, and receive a free naloxone kit
- free first aid kit
- free pizza
- free condoms and STI/STD information

Registration required:
ccthd.org/chs
or scan the QR code below:



Together We Make A Difference

Is someone you love or care about living with substance use disorder (SUD)? Then so are you.

The Central Connecticut Health District (CCHD) is strengthening its recovery coach model by adding a Certified Community Health Worker (CCHW) to the team.

Our CCHW focuses on the loved one's well-being. Their work is gentle, practical, and centered on easing the stress that often surrounds SUD. Whether it is identifying practical resources or connecting to support groups, our CCHW can assist you.

Ways our CCHW has supported a loved one:

- Secured school-required vaccinations for children when a parent is in treatment
- Providing sensory-support tools to a child after a parent's overdose
- Connecting loved ones to support groups, and counseling options
- Supplied a family member with community resources as requested

Our goal is simple: to support loved ones, whether a family member, partner, or close friend, as the person they care about works toward recovery.

Even small, meaningful steps can make a big difference, helping loved ones regain stability, confidence, and a sense of connection during a challenging time.

To learn more about ways CCHD may be able to support, contact Betty Murphy, Health Educator, CCHW
860-785-8380 ext. 216

Your Next Wellness Adventure Is Around the Corner: Vaccine Opportunities!

This fall, COVID-19 and influenza vaccines (including high-dose) will continue to be offered at both our larger community clinics and our smaller clinical office clinics.

We're also excited to keep our partnership with Beacon Prescriptions going, with a few updates. Beacon will continue providing pneumococcal (PCV), shingles, RSV, flu, and COVID-19 vaccines for homebound residents, making sure folks who can't travel still get the protection they need.

In addition, Beacon will be available at our clinical office clinics to offer pneumococcal (PCV), shingles, and RSV vaccines, giving access to these additional vaccines in a smaller, personalized setting.

You'll have several opportunities to get vaccinated beginning in September (homebound only) and continuing through December.

Scheduling starts on September 1st, and we will share all the details in our next newsletter.

Questions? Contact: Betty Murphy, Health Educator, CCHW Phone: 860-785-8380 ext. 216

