

State of Connecticut
State Board of Mental Health and Addiction Services
May 20, 2015
Connecticut Valley Hospital

Present: Chairman John Hamilton, Peggy Ayer, Sam Ball, Kristy Barber, Sharon Castelli, Deb Dettor, Marcia DuFore, Jennifer Gross, Kathy Flaherty, Ingrid Gillespie, Irene Herden, Juan Hernandez, Bob Painter, Brian Reigner, Judith Shaw, Jim Smith, Janine Sullivan-Wiley, Margaret Watt

Excused: Pat Mosimann, Manuel Paris, Craig Allen, Ismene Petrakis, Tom Steen

DMHAS Staff: Commissioner Delphin-Rittmon, Paul DiLeo, Kate McNulty, Michael Michaud, Ronna Keil, Barbara Bugella, Marilyn Duran, Tom Gugliotti

Agenda Item 1: Call to order and introductions

The meeting was called to order at 2:45 PM by John Hamilton

Agenda Item 2: Agenda review, Minutes of previous meetings review and action

The minutes from the April 15, 2015 meeting were reviewed and accepted.

Agenda Item 3:

1. ***IRCC – “Men’s Trauma Video”:*** The video was shown to everyone and is on the DMHAS homepage under “What’s New!” if anyone wants to view it. Suggestions to allow time for debriefing after showing the video.
2. ***Welcome Dr. Samuel Ball:*** Dr. Ball is a psychologist that has been working for the last 25 years at Yale’s Dept. of Psychiatry in the division of substance abuse.
3. ***Budget:*** Paul Di Leo reported that negotiations have begun between the leadership of the Appropriations Committee and OPM. The Commissioner Delphin-Rittmon and Paul testified before the Appropriations Sub-Committee. They provided information about the RACs and RMHBs, and also articulated concerns around the grants.
4. ***Smoking Cessation:*** Ingrid Gillespie talked about the damage e-cigarettes cause because the fact that it also contains nicotine. Janine Sullivan-Wiley stated that E-cigs are now prohibited in certain areas just like regular cigarettes.

Agenda Item 4: General Updates

Region 1: Margaret Watt gave an update that since May is the month for mental health awareness all the RMHBs and RACs are busily organizing events all month long and Region 1 has more than 60 events scheduled in 31 days. The region is also working on spirituality initiatives. The region is also sponsoring this month a mental health first aid training, specifically for the faith-based community. The RMHBs in collaboration with DMHAS-Older Adult Behavioral Health Working Group have been facilitating a community forum in each region for people to come and talk about older adult behavioral health concerns.

Region 2: Kristie Barber announced the RMHBs held a successful legislative breakfast in Hartford. A lot of key legislators attended. The region is holding community conversations with great success.

Region 3: Jennifer Gross announced that Region 3 hired a summer intern to work on the Norwich State Hospital Oral History Project as well as to strengthen ties with colleges in the region regarding suicide prevention. The legislative breakfast held in April was a success with 10 legislators attending. The region is

having their 40th Anniversary Celebration on June 24th. The region has also been able to get 37 libraries in the region to display good information.

Region 4: Marcia DuFore announced the region had around 130 people attend the Balancing Mind, Body and Soul Wellness Symposium at CCSU. In June the region will hold a community conversation to talk about crisis response and how it can be improved. It will be held in a south end neighborhood of Hartford and Bob Painter will be the moderator. The region has a SAMHSA grant to look at health equity and health literacy in a particular region of an African American community in New Britain. The annual dinner for the region will be held on June 30th.

Region 5: Janine Sullivan-Wiley said the region is holding their Older Adult Behavioral Health Forum tonight in Waterbury. The region is also holding 2 classes on mental health first aid training this month. The community education project will be held in 41 out of 43 towns in the region this year. This year is the 20th year that the region has held candle-light vigils; which started as recognizing those still in the hospital and over time have evolved to celebrations of hope and recovery. The region would like to recognize Brian Reigner for starting and being part of this event.

Agenda Item 5: Other Business, Items for future agenda and Announcements

- **CCAR:** Deb Dettor announced that CCAR is putting together the Multiple Pathways of Recovery Conference to be held October 19-21, 2015 at the Mystic Marriott Hotel in Groton. For more information go to www.ccar.us
- **CLRP:** Jan Van Tassel will be retiring from CLRP and a celebration for her will be held on June 17th from 11:30 to 2 PM at the CVH Solarium.
- **CPN:** Ingrid Gillespie announced that the bill banning powdered alcohol has passed and is now waiting for the Governor to sign. CPN will send a friendly thank you letter to the Governor. In terms of behavioral addictions CPN now has 5 regional gambling awareness teams up running and growing.
- A suggestion was made to add medical marijuana as a future agenda item.
- The commissioner gave an update on the Equity and Justice in Recovery Conference and said there was a great turnout and really good discussions. There was useful and valuable recommendations made from the breakout sessions.
- Margaret Watt shared a link called www.mantherapy.org is designed to help men deal with issues like depression, anxiety, anger and suicidal thoughts. But it also can be a valuable resource for their friends or loved ones.
- Dr. Ball announced that on October 4, 2015 a transformative event will take place in Washington, DC that will ignite and build a movement to address one of the most pressing health issues of our time. The time has come to UNITE To Face Addiction and stand up for recovery. For more information the organization has launched a website www.facingaddiction.org and also just hired some field organizations. The person for CT is Mario Diurno who can be reached at mdiurno@facingaddiction.org

Agenda Item 6: Adjournment

The meeting was adjourned at 4:41 PM. The next meeting will be held on Wednesday, June 17, 2015 beginning at 2:30 PM in room 217 of Page Hall.