

**State of Connecticut
State Board of Mental Health and Addiction Services
November 28, 2018
Connecticut Valley Hospital**

Present: Chairman John Hamilton, J. Craig Allen, Michael Askew, Suzi Craig, Marcia DuFore, Robert Francis, Allison Fulton, Pam Mautte, Bob Painter, Ismene Petrakis, Larry Pittinger, Kevin Sevarino, Janine Sullivan-Wiley

Excused: Sharon Castelli, Marcus McKinney, Brian Reignier, Kate Travis

DMHAS Staff: Paul DiLeo, Mary Kate Mason, Alice Minervino, Marlene Jacques, Karen Kangas, Marilyn Duran

Agenda Item 1: Call to order and introductions

The meeting was called to order at approximately 2:30 PM by Chairman John Hamilton.

Agenda Item 2: Minutes of previous meeting review and action

The minutes from the October 17, 2018 meeting were reviewed and accepted.

Agenda Item 3: Commissioner's Update

- **Budget:** Paul DiLeo talked about the budget process when there is a new change in administration. All agencies this year are asked to provide budget reduction options, which are due in October and then get sent to OPM to put together a draft budget, which gets shared with the new Governor elect and the transition team in January. The new budget will come out in February. The Governor's proposed budget has to go through the session and usually comes out different at the end of session.
- **Legislative Update:** Mary Kate Mason stated Luis Perez is a strong advocate and is a chairperson on the committee overseeing human services. The department is preparing transition documents for the new Governor elect Lamont's team related to DMHAS and the work that we do. We do not know yet what DMHAS proposals are moving forward from OPM. It's not too late, if anyone has a burning proposal they would like to submit to Mary Kate Mason.

Regarding PA 17-147 and the \$20K that need to be allocated, not many suggestions were made. There is still time if anyone has suggestions on where we can allocate funds. Please send your suggestions for community-based mental health support and services to Mary Kate Mason or Marlene Jacques.

- **Other:** A suggestion was made for the use of the \$20K to be used for scholarships for peer support recovery coaches, with the emphasis on peer driven services to some of our DMHAS providers, like Advocacy Unlimited and CCAR. Another suggestion was to have scholarships for mental health first aid trainers.

Agenda Item 4: Presentation

- **Short video on Opioids done by a joint venture between Danbury Local Prevention Council, HVCASA, and the Opioid workgroup (Allison Fulton, HVCASA).**
Allison talked about the making of this video and the board viewed the video. This video can be viewed on <https://www.facebook.com/DanburyPolice/videos/2513399075377004/> or the City of Danbury Website under "Resources", Recovery Friendly Community, below: <https://www.danbury-ct.gov/recovery/>
- **Long-Term Supportive Housing and Other Types of Housing (Alice Minervino, DMHAS)**
Alice spoke about the housing services DMHAS provides. DMHAS oversees permanent supportive housing programs and homeless outreach programs. Supervised and supported apartments are not under DMHAS auspice but supported housing for homeless people with a disabling condition is. DMHAS receives over fifty grants from the federal department of Housing and Urban Development, specifically for individuals

and families experiencing homelessness. Through these grants we provide housing for around 1,750 individuals or families annually. DMHAS also works in collaboration with the CT Department of Housing to provide services with their rental assistance program, which houses about 1,800 individuals/families annually. DMHAS also gets funding from SAMHSA for street outreach to folks experiencing homelessness. The number to call if anyone is experiencing homelessness is 211.

Agenda Item 5: Information related to Governor Elect Ned Lamont (John Hamilton)

John informed the Board that the executive committee made a unanimous support endorsement to support the continuation of the leadership of the present commissioner of DMHAS and to send that message as accord to Governor Elect Ned Lamont. John Stated: “We want the support of the entire voting Board before doing this and welcome any information or stories you may have.” The CT Methadone Directors Association is endorsing writing a letter of support on behalf of Commissioner Delphin-Rittmon. John Hamilton, on behalf of Liberations, will write a letter of support as well.

Agenda Item 6: Subcommittee on Best Practices (Janine Sullivan-Wiley)

Janine informed the Board that the committee has submitted 2 draft proposals to Commissioner Delphin-Rittmon for opening up Valley View Café. The first step is to try and bring in food trucks to CVH to provide food and social opportunities as well as improve the morale of patients and staff, visiting family members, friends, local organizations and people from Middletown. Some of the goals the committee has are to provide work opportunities; supported employment to patients with an opportunity to link them with a job upon discharge; to promote a sense of community; to develop collaboration with local community and other organizations. The model the committee is using is essentially using zero state funds. We are relying on partnerships between private non-profits and local community foundations as well as Wesleyan University. If anyone has any more ideas please share them with the committee.

Agenda Item 7:

General Updates/Announcements

- **Region 1:** Bob Francis announced that the region has a unique model merging three organizations and everyone has signed the memorandum of agreement. The region got a grant from the commission on national and community services to bring 30 Americorp members to do opioid education and Narcan training. A legislative forum will be done on 12/9/18 at Housatonic Community College.
- **Region 2:** Pam Mautte announced that things are going well with the region’s restructuring of Alliance for Prevention and Wellness and the region is continuing to build their advisory structures. The region’s gambling meeting is looking at online gambling and gaming with currency. Secondly, as part of Connecticut Prevention Network, the region is doing prescription drug safety within the schools and with 15 different sites within the community to implement an online-based educational session. The region recently kicked-off incorporating suicide prevention with Narcan and it has been received very well in the community.
- **Region 4:** Marcia Dufore announced that the region is in the process of completing their merger and the new name is Amplified. The goal for this is 2/1/19. A storytelling for advocacy workshop is coming up. Lastly, Suffield got a new grant from SAMHSA for \$1.6 million dollars to intervene for people who are in crisis.
- **Region 5:** Allison Fulton announced a lot of trainings are happening in the region and within the hospitals and EMTs in regards to their interaction with opioids. Education, outreach and training forums are also being done in the region
- Susan Craig, from Mental Health Connecticut (MHC), made an announcement that could be interesting for the Café at CVH. MHC is working with a non-profit called Healing Meals on a food is medicine pilot

project, which is basically studying the effect of food on your mental health. Healing Meals provides delicious organic food to people in a health crisis such as cancer. The goal of the project is to create an evidence-based best practice.

Items for future agenda:

- *Focus on new provider innovations sharing (Standing agenda item through Board consensus)*
- *Bring Healing Meals to do a presentation on nutrition and mental health*
- *Bring someone from Worcester Recovery Center and Hospital to do a presentation on the criteria as well as the pros and cons of bed availability*

Agenda Item 6: Adjournment/next meeting

The meeting was adjourned at 4:30 P.M. The next meeting will be held on Wednesday, January 16, 2019 beginning at 2:30 PM in room 217 of CVH Page Hall.