

**Meeting Minutes**  
**Alcohol and Drug Policy Council: Recovery and Health Management Sub-Committee**  
**July 8, 2021 (by tele-conference)**

**In attendance:** Jennifer Chadukiewicz, Shayn Ember, Ana Gopoian, Justin Mehl, Zachary Green, Jody Davis, Anne Trimachi, Wendy Cooper, Cheri Bragg, TJ Aitken, Kris Robles, Lyne Stokes, Lisa Gray

<b>Agenda Item</b>	<b>Discussion</b>	<b>Action Taken</b>
Check in & Introductions	Members checked in. Guests: Lisa Gray	N/A
Review of minutes from previous meeting	Jennifer asked to remove Debra Truax <dtrue1023@gmail.com>	Minutes to be reviewed for approval due to edits.
Update on DMHAS Leadership	Justin Mehl- Update on Leadership- Nancy Navaretta has been named the new acting commissioner for DMHAS SOTA (State Opioid Treatment Authority )role – going to someone, this has not been identified yet. SOR ( State Opioid Response grant)- Luiza will be manding the administrative aspects of this. Justin the staffer for Recover ADPC Ana Gopoian asked the question on who the people would be to collect the data and involved in the working meeting?  DCF – no changes in leadership.	
Update on meeting space (resuming in person meetings)	Discussion on whether the meeting would go back to Hybrid. Jennifer spoke about her understanding being a state committee that we were needing to go back to hybrid meeting. Jennifer mentioned recommending having a	N/A

	<p>target for our September meeting being hybrid and that being the standard going forward.</p> <p>Jody Davis provided feedback that she is fine either way. She did state that it is easier to join on teams but is available to join in person.</p> <p>Anna T commented in chat that “ditto” commented she can be available either way.</p> <p>Jennifer suggested in person meeting twice a year and having a hybrid option. Depending on where the meeting is.</p> <p>Jody also suggested doing teams a set number a year and then doing in person a set number a year.</p> <p>Shayn spoke about mostly having a virtual option, and a in person option.</p> <p>TJ spoke and stated that it is easier for him to participate virtual as this is easier to maintain attendance for other meetings as well, so he does not have to drive an hour both ways.</p> <p>Group agreed for the next meeting to remain virtual, and we will continue to determine moving forward.</p>	
<p>Youth Recovery Initiative</p>	<p><b>Recovery Friendly Campus Update- Zach Green-</b> They are still in the same place as last month due to summer slowing things down. They will continue to expand on efforts in the fall. Continue online format in the fall with the option of in person. Shorten version of recovery allied training for the RA’s. Possibly by next 2 meetings having a more concrete update. On the agenda to present to the larger ADPC soon.</p> <p>Jody Davis asked where are we with around Ken House. Zach will reach out to Ken asap to provide a further update.</p> <p>Justin added that in terms of the presentation it would benefit including other schools and other campus to</p>	

show a more statewide initiative. Giving more time for the fall to see if we can get more momentum from other campuses.

Zach stated that him and Sandy's discussion around involving other campus has not been consistent but looking to increase this moving forward.

TJ offered to contact Eastern and help with this work as well. Shayn talked about Southern campus and that campus having a recovery friendly campus but naming it something different.

CROSS initiative- Switching name to **Youth Recovery CT**  
Started with 5 meetings and 7 new ones this year  
Focusing moving back to in person groups.

Looking at Statewide youth recovery connections again.  
**YOUTH RECOVERY CT .ORG new website.** This will be the place to find all the meetings.

Jennifer asked about past opportunity of a statewide event for youth and whether this is something that can still be considered. Question on how to move this thought along.

Jennifer talked about the special population and youth being a part of that.

Ana thought this is a great idea to bring this back and to continue to focus on the under 18. She talked about how there is a trauma component that needs to be considered. "Hope and support and family" to have a healthy system to discuss this is import. To having a recovery friendly workplace would also be a good idea.

Also having a recovery friendly community platform.  
Spread the seed for Children was brought about from Region 3 and Bags of hope was also involved. This was a toy drive that was created the ask was this was going to

be readdressed. **Ana asked if DCF can look at this initiative to see about revitalizing this.**

**CCAR Young Adult Programs updates-** TJ Aitken- Online young people's meeting has been.

All recovery meeting to MYI on Thursday. Working out logistic one meeting in person and one meeting online. Wednesday at 5 pm in person.

Thinking about doing a focus group to better meet the needs of that community. Other 2 in person meeting 29 last night 36 weeks before and Willimantic 12 members. He is bringing in person family friends and allied to New Haven. Changed the language to young people in recovery and service manager from young adults in recovery service manager. He mentioned that he feels it is an all-inclusive title.

Ana asked whether there was a definition that came out to clarify young people. Ana wanted to know what the qualifying response is. TJ spoke about his target age being 18-25 but also mentioned 16-32. He talked about the importance of being inclusive in our community. He mentioned that it is an all-encompassing.

She asked what happens to the under 16 population where do they go to.

DOC/MYI-Anne Trimachi- Ann likes the idea of young people conference. She does serve a population that is 15 and above They are seeing more opioid use. Also working on getting them Narcan when they get out the door. Providing education on Narcan and pushing to their family and friends. Holding in person groups in September. Question of mixing the 15-17-year-old in the all recovery group.

	<p>Shayn stated that it is interesting on whether a youth can attend a meeting if they are under 18 without the parent. Ann mentioned that they don't typically mix the population</p> <p>Justin asked if Kris could bring into the meeting a presentation on youth recovery services and what those look like and how people access. Anna G- spoke about the facebook page SURGE. She placed link in the chat. Jennifer mentioned remembering DPH having some youth money as well. Justin to touch base with DPH. Inviting the prevention committee to this conversation Anna talked about the prevention money for under 18. She also mentioned her understanding of what prevention looks like and how it is framed.</p> <p>Shayn asked whether to maintain youth focus agenda items and Jennifer feels that September will be a good time for those meetings. Kris Robles and DPH to open meeting with presentation</p>	
<p>Future meeting discussion:</p>	<p>Youth in recovery –</p> <ol style="list-style-type: none"> <li>1. Conference to be held</li> <li>2. Education program for adolescent &amp; children regarding the impact of marijuana (Drug of use is the language to use)</li> <li>3. Vaping</li> </ol>	
<p>Next steps</p>	<ol style="list-style-type: none"> <li>1. Jennifer to invite individuals from Veteran affairs and Department of Aging for the August meeting.</li> </ol>	

	<p>2. Kris Robles and DPH to present for September. Justin to reach out to DPH for this.</p>	
<p>Other Updates</p>	<p>Shayn talked about a factoid game and focusing on marijuana. There are a lot of propaganda that is connected to this and helping kids understand where the messaging is coming from. They spoke about this curriculum and how it was used in Region2. Bringing this into the school is impactful.</p> <p>Cheri Bragg mentioned – in the prevention work that was mentioned whether there is any mention of stress and trauma.</p> <p>Shayn mentioned topics that are covered in addition dispelling the myths.</p> <p>Justin talked about the training of Opioid use as an attachment disorder.</p> <p>TJ – touch about the marijuana culture.</p> <p>Wendy talked about increasing screening for youth.</p> <p>From the CHAT in TEAMS: Zachary Green- Next Right Thing LLC in West Hartford is the practice I do additional work with and are turning their focus to entirely work with adolescents struggling with their cannabis use and related mental/physical health issues, if anyone ever needs to point someone towards some treatment</p> <p>Shayn Ember- A big focus of the prevention curriculum is this - brain development, the earlier you use anything (even drinking beer) strongly predisposes to SUD later in life</p>	

Ana G- Events: July 24th, Fellowship Festival Mason Lodge #20 in Westerly Rhode Island September 10th & 17th, ORN 2Part Training, September 12th, Music Festival,  
Including October 16th, 4th Annual Recovery Fall Festival in Wallingford, July 31st, LIVE Facebook Raffle "Together WE are Stronger in Enfield!" 30 Raffle Prizes.

Cheri Bragg- CT-DMHAS Office of Recovery Community Affairs & Yale-PRCH have two upcoming webinars for their Upward Spiral Peer Support Series: 7/14: Supervision, Co-reflection & Mentoring and 7/28: Latinx Cultural Values & Peer Support. Justin sent flyers to this group w/ registration link or go to Eventbrite or email: [cheri.bragg@ct.gov](mailto:cheri.bragg@ct.gov).

TJ A- CCAR has let go of the Zoom Young Peoples All Recovery meeting Wednesday at 5pm and the Zoom Families, Friends, and Allies Thursdays at 5pm. We now have an in-person Families, Friends, and Allies Wednesdays at 5pm , 198 Wethersfield Ave. also we are bring an All Recovery Meeting to MYI. something is coming soon to New Haven CCAR soon i have a meeting about it on Monday.

Cheri Bragg requested from DCF more information about contracted services that DCF offers (RSS for youth to Access),

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**Next sub-committee meeting:**

**2021 Sub-Committee Meeting dates:**

Thursday, August 12th

Thursday, September 9th

Thursday, October 14th

Thursday, November 11th

Thursday, December 9th