



**STATE OF CONNECTICUT**  
**DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES**  
*A Healthcare Service Agency*

NED LAMONT  
GOVERNOR

MIRIAM E. DELPHIN-RITTMON, Ph.D.  
COMMISSIONER

**MEMORANDUM**

**To:** DMHAS Staff  
**From:** Miriam E. Delphin-Rittmon, Ph.D.  
**Date:** June 12, 2020  
**Subject:** DMHAS COVID-19 Staff Update #20

Yesterday, I released the draft planning document that we are using to guide our movement toward resuming in-office functions at the Office of the Commissioner and those OOC staff at Connecticut Valley Hospital. I continue to meet with Commissioners of other health-related agencies to discuss and learn from their approaches to resuming face to face services. I have formed an internal DMHAS committee that is working on our agency re-opening plan. The committee includes executive team members, the CEOs of each facility and senior managers representing specialty services across our system. Facilities have initiated similar work groups that include managers as well as union members. While no definite date has been established for the resumption of office-based services, we continue to make progress in our planning. We will provide regular updates as our plans become clearer.

As we prepare to move towards resuming certain services during this tumultuous time, I realize staff may feel increased stress or anxiety. If you or a family member are struggling to adjust to the changes of the world around us, please remember that the Employee Assistance Program (EAP) is available and offers a range of benefits and services to help you in your time of need. You can reach out to Solutions EAP by calling 1-800-526-3485. For more information about EAP, please visit the DMHAS EAP webpage at <https://portal.ct.gov/DMHAS/Divisions/Safety-Services/DSS---EAP>.

Additional resources can be found below:

- State of CT Coronavirus Website Mental Health Resources:  
<https://portal.ct.gov/Coronavirus/Pages/Public-Health-Resources/Mental-Health-Resources>
- Speak to a DMHAS chaplain at 860-999-1629 from 9am to 9pm
- DMHAS' COVID-19 web page: <https://portal.ct.gov/DMHAS/Newsorthy/News-Items/DMHAS-Response-to-COVID-19>

I want to thank you for your efforts and support during these difficult times. We have faced a considerable number of challenges and managed them well. I recognize the importance of self-care and I encourage you to take advantage of the resources that have been provided. Thank you again for all you have done for the individuals we serve.

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