

**State of Connecticut
State Board of Mental Health and Addiction Services
April 20, 2018
Connecticut Valley Hospital**

Present: Rebecca Allen, Connie Anderson, MaryLou Anderson, Peggy Ayer, Sharon Castelli, Sandy Cole, Michele Devine, Marcia Dufore, Kathy Flaherty, Ingrid Gillespie, Jennifer Henry, Irene Herden, Marcea Koffsky, Bob Painter, Brian Reignier, Kevin Sevarino, Janine Sullivan-Wiley, Kate Travis, Deborah Walker, Margaret Watt

Excused: Sam Ball, John Hamilton, Juan Hernandez, Manuel Paris, Ismene Petrakis

DMHAS Staff: Commissioner Delphin-Rittmon, Deputy Commissioner Navarretta, Mary Kate Mason, Diana Lejardi, Marlene Jacques, Carol Meredith, Marilyn Duran

Agenda Item 1: Call to order and introductions

The meeting was called to order at 2:30 PM by Ingrid Gillespie.

Agenda Item 2: Minutes of previous meeting review and action

The minutes from the February 21, 2018 meeting were reviewed and accepted with one minor edit on page 2.

Agenda Item 3: Commissioner's Update

- **Legislative:** Mary Kate Mason provided some information on the sober living homes Bill – HB 5149. Basically, the consensus is that DMHAS was willing to have sober homes that were certified by the National Alliance for Recovery Residences (NARR) to have their bed availability listed on the DMHAS treatment bed website. All a sober home provider would need to do is get a password from the website and enter the information, if they elected to do that.

An amendment on HB 5149 was put forth today that expands what was agreed upon. Mary Kate explained DMHAS's concerns with the amendment. DMHAS does not have the capacity or funding to take on the responsibilities as put in the amendment.

DMHAS also has bills on the oversight of Whiting Forensic Hospital that we are waiting to hear on.

- **Budget:** Commissioner Delphin-Rittmon gave an update on the budget. There is nothing new going on with the budget right now since our last update. There may be another revision on the Governor's budget coming out any day now. The last budget that was voted into law last year will stand, if a budget isn't passed.
- **CVH/WFH:** Commissioner Delphin-Rittmon gave an update on CVH/WFH. May 1st is our go live date for creating the separate Whiting Forensic Hospital (WFH) apart from CVH. A new CEO

was hired for WFH and will report directly to Commissioner Delphin-Rittmon. He comes with great recommendations and experience. The WFH now has 229 employees and its own full leadership team. Over 800 policies and procedures have been rewritten for WFH and CVH.

Agenda Item 4: Regional Behavioral Health Action Organization (RBHAO)

DMHAS Director of Prevention and Health Promotion Carol Meredith provided a summary about the RBHAO. A consolidation of the RMHBs and RACs had to be done and some programs have been separated and others have merged together because of the DMHAS fiscal crisis in the past year. The RBHAOs will continue to perform the statutory functions of the RMHBs and RACs as strategic community partners who will work across the behavioral healthcare continuum. Each of the five RBHAOs will be responsible for a range of planning, education, and advocacy of behavioral health needs and services for children and adults within one of the DMHAS' uniform regions. For more information contact Carol at Carol.Meredith@ct.gov

Agenda Item 5: Update from State Board's Subcommittee on Best Practices

Janine Sullivan-Wiley and Marlene Jacques talked a little about the subcommittee on best practices. The group has been looking and following up on the issues that have been happening at Whiting. A very helpful report from PRCH was reviewed. The subcommittee is making sure not to duplicate other processes that are going on. In May 24th the subcommittee will be attending a Patient Steering Committee meeting at WFH and see how things are starting to feel from the inside. We are trying to empower and respect existing structures, if there is any within CVH and WFH, such as a consumer advisory group. The subcommittee should hear an update from the CVH CFO on the issue of Valley View Café at the next June meeting.

Agenda Item 6: General Updates/Announcements:

- **Advocacy Unlimited** - Jennifer Henry announced the Karuna conference will be held on April 27-28, 2018, you can register at KarunaCT.org
- **CCAR** – Rebecca Allen announced that the ER Recovery Coach Program is continuing to expand. Recovery coaches are now in eight hospitals. Charlotte Hungerford Hospital in Bridgeport and Hartford Hospital have both signed a contract to have recovery coaches in their ER.
- **Chrysalis** – Sharon Castelli announced that they held their 2nd fashion show done by one of their participants who has a very long history of severe mental health issues and that has found his way back by doing a drumming circle and bring people into it. Now he has found his passion in sewing and makes clothing for five people each month that will participate in the fashion show. Chrysalis had about 300 people at the Capital for AIDS Awareness Day. Commissioner Delphin-Rittmon added that she had an opportunity to attend Chrysalis' fashion show and said they did an excellent job.
- **CPN** – Ingrid Gillespie announced CPN is moving forward getting opioid packaged in blister packs.
- **Region 1** - Margaret Watt announced they are hosting an OCD peer support group on the first Thursday of every month. A new mental health awareness calendar for the month of May is out and there are 28 scheduled events planned.
- **Region 3** – Deborah Walker said that ERMHB is working on their dissolution with an attorney firm and the region is still having CAC meetings.
- **Region 4** – The region is finishing up there 2nd in a series of community conversations about

building communities of care in response to people in emotional distress. Suffield and Enfield have asked to have community conversations on mental health. The region had a great legislative breakfast in March and 20 legislators attended.

- **Region 5** – Janine Sullivan-Wiley announced that on the first week of May the region will hold their celebrations of hope -candlelight vigils at town halls for mental health month.

- **Items for future agenda:**
 - State vs. Not for Profit: Role on Supportive Housing Programs
 - Department of Corrections: Mental Health and the Correction System Treatment Program Update
 - Update on Peers in Emergency Rooms
 - Update on NARR certification on Sober Living Homes
 - Hydroponics Gardening Program presentation

Agenda Item 7: Adjournment/next meeting

The meeting was adjourned at 4:30 P.M.

The next meeting will be held on Wednesday, May 16, 2018 beginning at 2:30 PM in room 217 of CVH Page Hall.