

**State of Connecticut**  
**State Board of Mental Health and Addiction Services**  
**September 21, 2016**  
**Connecticut Valley Hospital**

**Present:** Chairman John Hamilton, Craig Allen, Kristie Barber, Sandy Cole, Marcia Dufore, Kathy Flaherty, Ingrid Gillespie, Jennifer Henry, Irene Herden, Juan Hernandez, Marcea Koffsky, Kati Mapa, Bob Painter, Larry Pittinger, Jim Smith, Tom Steen, Phil Valentine, Margaret Watt, Janine Sullivan-Wiley

**Excused:** Peggy Ayer, Samuel Ball, Sharon Castelli, Pat Mosiman, Ismene Petrakis, Manuel Paris, Kevin Sevarino, Judith Shaw

**DMHAS Staff:** Commissioner Delphin-Rittmon, Deputy Commissioner Nancy Navarretta, Paul DiLeo, Barbara Bugella, Mary Kate Mason, Daryl McGraw, Michael Michaud, Marilyn Duran

**Agenda Item 1: Call to order and introductions**

The meeting was called to order at 2:37 PM by Chairman John Hamilton.

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

The minutes from the June 15, 2016 meeting were reviewed and accepted.

**Agenda Item 3:**

- **DMHAS Budget:** Commissioner Delphin-Rittmon started the discussion on getting recommendations or ideas for cost-savings/reductions that can be implemented on. These discussions are going on statewide with our LMHAs and community providers. Some of the recommendations made were:
  - to provide an update or look at what types of programs do others service providers have;
  - to cut back on residential beds for addiction services and divert some of those dollars into recovery supports;
  - to have a greater collaboration across departments that have prevention units;
  - to have one behavioral health agency;
  - privatization maybe less expensive;
  - to reverse service priorities and ask people as well as providers for input;
  - to have more peer recovery support specialist;
  - to do a survey monkey on the priority of services provided that can be ranked from 1 to 5

Any other ideas or recommendations can be sent to Commissioner Miriam Delphin-Rittmon and cc'd to Michael Michaud.

**Agenda Item 4:**

➤ **General Updates/Announcements:**

- **Region 1:** Margaret Watt gave an update on TurningPointCT.org project and passed around their newest poster. A whole bunch of great stuff is happening so check [www.turningpointct.org](http://www.turningpointct.org) for more information.
- **Region 2:** Kristie Barber announced that one of the regions community conversations trainer held a Keep the Conversation Going on Mental Health and Suicide Awareness in East Lyme and a lot of legislators attended. Keep The Promise got their grant approved for this year.
- **Region 4:** Marcia DuFore stated that during the summer the region trained all seventy resident coordinators at Amherst College on mental health first aid. The region got a grant award for doing the state innovation model for consumer outreach and engagement. The region will be doing statewide

community conversations and listening forums over the course of next year and will also work with DMHAS on a crisis response transformation project.

- **Region 5:** Janine Sullivan-Wiley announced the region is collaborating with Mental Health Connecticut on doing mental health first aid trainings. There are three legislative forums scheduled for next month in each catchment area.
- **CCAR:** Phil Valentine announced that they will hold their annual “Recovery Walks!” on Saturday 9/24 at Bushnell Park in Hartford with Daryl McGraw as the guest speaker.
- **Connecticut Prevention Network (CPN):** Ingrid Gillespie announced that CPN is doing their 2<sup>nd</sup> annual statewide prevention fitness forum on October 19<sup>th</sup> in West Haven. The forum will focus on synthetic drugs.

**Agenda Item 5: Items for future agenda**

- ADPC Update
- Coordinated Access Network (CAN) Update
- Peer-to-Peer Models

**Agenda Item 6: Adjournment**

The meeting was adjourned at 4:27

The next meeting will be held on Wednesday, October 19, 2016 beginning at 2:30 PM in room 217 of CVH Page Hall.