

State of Connecticut
State Board of Mental Health and Addiction Services
October 18, 2017
Connecticut Valley Hospital

Present: Chairman John Hamilton, Paul Acker, Craig Allen, Connie Anderson, Mary Lou Anderson, Peggy Ayer, Sam Ball, Kristie Barber, Sharon Castelli, Yashira Pepin, Marcia Dufore, Kathy Flaherty, Ingrid Gillespie, Jennifer Henry, Irene Herden, Marcea Koffsky, Bob Painter, Larry Pittinger, Brian Reignier, Kevin Sevarino, Janine Sullivan-Wiley, Phil Valentine, Deborah Walker, Margaret Watt

Excused: Sandy Cole, Juan Hernandez, Kate Travis

DMHAS Staff: Commissioner Delphin-Rittmon, Nancy Navarretta, Steve DiPietro, Michael Michaud, Diana Lejardi, Marilyn Duran

Agenda Item 1: Call to order and introductions

The meeting was called to order at 2:40 PM by Chairman John Hamilton.

Agenda Item 2: Minutes of previous meeting review and action

The minutes from the September 20, 2017 meeting were reviewed and accepted.

Agenda Item 3: Commissioner's Update

- **State Board Composition:** A meeting was held earlier in the summer about the composition of the State Board and increasing diversity among members. A recommendation was made to table this effort while waiting for the RFP process for the RMHBs/RACs to be completed. The executive committee will continue to work on this. Please send along any recommendations to Michael Michaud.
- **ADPC:** Deputy Commissioner Navarretta reported on the most recent meeting, 11/17/17.
 - A presentation was done by the CCAR recovery coaches on their work and the many positive ways they are impacting people's lives
 - An update on the Department of Corrections initiatives was given by DOC Medical Director, Kathleen Maurer, MD
 - Subcommittees provided updates
 - Legislative mandates are on target
 - A fact-sheet on what you need to know about prescription opioids was created and posted on the DMHAS website
 - DPH has posted on their website an advanced directive that will let individuals inform their medical and behavioral health providers if they do not want to be prescribed opioids
- **Budget:** DMHAS is still working under the executive order from the governor since August 18th. The Governor did put out a new budget proposal on October 16th. We should know by the end of the day today if there is new budget, which would be voted on next week.
- **Access Health CT:** In Connecticut, if someone has an Affordable Care Act (ACA) plan with a subsidy they will not be impacted negatively by the fact that the Federal cost sharing reduction subsidy is going away. Connecticut had factored this possibility into its planning ahead of time.
- **CVH Whiting Forensic Division (WFD) Update:** The Department's investigation into the abuse is still on-going. There was one additional arrest made. The Department continues to take the steps necessary to protect our patients from such abuse and assure things like this can never happen again. We are also

exploring how to staff forensic peer support specialists within WFD. Larry Pittinger recommended that a subcommittee of the State Board be formed to work on “best practices” related to WFD. Board Chair, John Hamilton, directed that a group on best practices convene prior to the November State Board meeting.

Agenda Item 4: General Updates

- **Advocacy Unlimited:** Community conversations are continuing. An Active Recovery group has been formed and people are invited to join in participating in hiking, kayaking, snowshoeing, etc. On November 17th there will be a hike in Old Lyme.
- **CCAR:** CCAR is working with a subcommittee for the ADPC on what towns can do to answer the question “Is my town recovery friendly?”
- **CPN:** The statewide group is addressing to legislators a hope to mandate blister packaging for opioids. One of the advantage of a blister pack is it will increase the appearance, especially for older adults, and decrease diversion because you can see if pills are missing or not.
- **Region 1:** The region is working on creating a taskforce to work on shortages in the psychiatric workforce. The region is in the middle of their wellness month and has scheduled 25 community-based events where mental health screening will be done for free to the public. There is a new blogger on Turning-Point CT, check it out.
- **Region 2:** At the Keep The Promise (KTP) meeting there was discussion around what are some of the challenges people are seeing out there at an individual level or of the closure of things. Some concerns were about the closing of social clubs and shelters; case-load growth and not getting individual therapy. On November 9th there will be a Youth Housing Summit 2017 listening session for youth to speak up and tell us what’s needed to make sure everyone has a place to live. It will be held at the First Church in downtown Middletown.
- **Region 3:** The catchment area councils handed out over 75 packets to libraries, police stations and fire houses, on resources in the region that included information on how to become a mental health advocate. A plan for an evaluation of the Reliance’s health clinical program will be done in November. Peggy Ayer is receiving the older adult voice award from KTP.
- **Region 4:** The region is working with Central CT health district on prevention initiatives. A series of community conversations around crisis response were done last year in Middletown. On November 16th a new series will start in Hartford.
- **Region 5:** A walk for recovery was done jointly by all the providers and consumers groups in the Torrington area and escorted by the police. The fire department also participated in the walk by handing out water bottles.

Agenda Item 6: Adjournment/Future Topics: Ellen Boynton Multicultural Health Care Equality (November)

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

The next meeting will be held on Wednesday, November 15, 2017 beginning at 2:30 PM in room 217 of CVH Page Hall.