



**STATE OF CONNECTICUT
CONNECTICUT VALLEY HOSPITAL
ADVISORY COUNCIL**



MEETING MINUTES

In Person meeting: Connecticut Valley Hospital (CVH) Page Hall Boardroom
March 8, 2024

Present Council Members:

Harry Burr, Community Member, Lived Experienced, Middletown; Rick Bush, CVH Chief Operating Officer; Erik Costa, Chief of Police, City of Middletown, ; Kevin Elak, Director of Health, City of Middletown Health Department; Lakisha Hyatt, CVH Chief Executive Officer; Chris Iovene, Detective Police (alt), City of Middletown; Lawrence McHugh, Chairperson; Nancy Navarretta, Commissioner; Philip Pessina, Community Member; Dr. Edwin Renaud, General Psychiatry Division Director, CVH

Absent/Excused Council Members:

Sarah Gadsby, Chief Executive Officer, River Valley Services Arafah Mehadin; Bauer David; Davis Richard; DeMarco Stacy; Florshein Ben; Iovene Chris; Magnano Emilio; Semper Dan; Pemberton Latoya

Call to Order: Mr. McHugh called the meeting to order at 8:03am.

Review of Minutes: December 1, 2023, meeting minutes approved.

Topic	Discussion	Responsible Person
<i>Chairperson McHugh</i> <i>DMHAS Commissioners Update</i>	Requested for table to introduce themselves, to new member on Board. <u>Office of the DMHAS Commission Updates</u> - DPH received \$500,000 to distribute to their Syringe Services Program. DPH is trying to get two vans up and running to provide Opioid Treatment programming (OTP). DMHAS uses data from Yale to show where there are gaps in transportation service at the state border. - Connecticut has close to 40 methadone clinics plus an additional 10 that are considered OTP in the detox or withdrawal management facility, these clinics offer Methadone detox or introduction to methadone, so clients are able to use these clinics and find a provider. - The Commissioner has had some community conversations about seniors and older adults around Mind Map 2.0, a campaign that focuses on first episodes. The earlier we can intervene with individual and families and get them connected to services if they think they're experiencing signs of psychosis, the outcomes will be better. This program started at Yale, and now we have a referral specialist in each region. They are psychologists and master therapists who know signs, symptoms, and resources and can work with those families. - The governor's budget was released in February, and For the most part it's steady state. DMHAS was recommended by the governor for good work coming out to support the people in housing.	Ms. Nancy Navarretta, Commissioner
<i>Chief Executive Officer Update</i>	<u>Connecticut Valley Hospital Updates</u> - There are a lot of accomplishments that are occurring at CVH. Our campus has had a decrease of close to 90% in restraint and seclusion. In previous years, that decrease has been under the supervision of Dr. Ed Renaud in General Psychiatry thanks to his leadership and collaborative effort. He has implemented strategies that place our restraint and seclusion reduction initiative under the Director of Advocacy, placing advocacy at the authority to move processes along, which has led to a tremendous gain. - There is almost an 80% decrease in Abuse, Neglect, and Exploitation (AN&E) allegations. We have seen close to an 80% decrease in allegations under the leadership chaired by our Chief Quality Officer, Justin Sleeper. - Recently, presented at the International Women's Forum around self-care and caring for your mind, body, and spirit. There is continued collaboration with the Rotary Club and the Middletown Chamber of Commerce. - Dr. Conrad will discuss how connecting and collaborating with stakeholders for our members is how services are delivered.	Ms. Hyatt, Chief Executive Officer/CVH

	• Part of the recovery system of care is to make support available and accessible to the entire hospital. We are able to apply this to all the individuals who have chosen to utilize it. A large role of the hospital is to provide hope. • Some of these services provided, help in building out foundational skills that can be used once patients leave the hospital. Developing recovery, a reaction plan, identifying and utilizing their own support and connections that they have when they leave the hospital, connecting to community resources, and addressing co-occurring concerns. We provide the framework for 12-step modalities, DRA in particular, and address trauma and what stress does to these individuals and are able to have a more practical approach to manage the stress such as, mindfulness, breathing techniques, and other holistic approaches. Part of that is recovering citizenship. Many have lost those roles and relationships in their life until they got back up and feel part of the community they will return to. • Today an overview of the Greenhouse program was reviewed where the client goes out to the community and returns. They do registry work and work in the greenhouse on an exchange program and do jobs such as weeding and planting on campus. We are now working with 79 clients, and 12 clients were discharged this quarter. We have a check in meeting to let them tell us what they are doing. • We have an AST client that we serve, and 30 diverse group professionals. There are therapists of Art and Music in our Rehab Department. We recently hired someone with an amazing integrative medicine background, who will be able to assist us in bringing integrative medicine to another level. We have chapel services on spirituality, and a full hair salon that offers the same experiences that clients would have in the community. • We are always looking for new ways to be integrative with our clients. We want to boost our integrative medicine by offering new programming in Page Hall in April and getting clients out to experience a community feel. • To wrap up, CVH embraces this recovery model. It's not just here, it's nationally. We face the crisis head on and never quit. There are experts on the floor and on the ground moving this forward working with our members. • I want to share that under Dr. Conrad's leadership, we ensure we have the highest number of Level 4s. This is the season to expand all treatment and services on our campus so individuals can come to various buildings and experience all the services described plus so much more. • May is mental health and trauma awareness month. We will host our 'recover in the arts' at Page Hall. There will also be a demonstration of treatment services offered on campus on the first floor of Page Hall • We will re-open our STAR program 2.0 which is our Sisters Together in Achievement and Recovery. We will open by June 30 and be able to	Dr. Joseph Conrad, Director of Clinical Services Alaina Lasnier, Recovery Janet Mundle, Vocational Rehab Tracy Starbird, Clinical Services
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	bring CVH back the full capacity as well as a program in the community being able to walk in the journey of recovery together. • I am interested in the art display in May. I will make sure this information gets out. The thinking and approach show unbelievable change. One of the things I wanted to say is that the Chamber bound with vocational services is so important to a human being's growth can say this because I have seen it, and your astounding growth in restraint reduction is unbelievable. • All of us have learned how important it is to listen whether we agree. I see this change as a total holistic approach to the end providing a sense of empowerment and purpose. If we do not give our clients purpose, then we have lost. But CVH has not lost. There has been 99% growth at CVH than when I first sat on this Committee. I want to thank all of you.	Philip Pessina, Community Member
Other Business	Ms. Costa discusses the homelessness crisis In Middletown, Connecticut, and the United States. Ms. Hyatt is very involved with discussions at the Chamber of Commerce. The city is appreciative of the fund raising with DMHAS and the River Valley Services ID program with the Police Department. My department has been involved many times with people who are homeless out in the community, and it has been great to have this ID program helping the individuals who are out there. The city is very much committed to helping the homeless in the community. Lakisha, it appears there may be one seat to consider in terms of membership, so Larry and Lakisha will be talking about potential membership with that seat.	Erik Costa, Chief of Police, City of Middletown
Next Meeting	The next meeting is June 14, 2024.	
Adjournment	The meeting adjourned at 8:58 a.m.	Lawrence McHugh, Chairperson

Transcribed by: Marguerite Griffin