

**State of Connecticut
State Board of Mental Health and Addiction Services
October 17, 2018
Connecticut Valley Hospital**

Present: Chairman John Hamilton, Paul Acker, J. Craig Allen, Sam Ball, Sharon Castelli, Marcia DuFore, Kathy Flaherty, Allison Fulton, Ingrid Gillespie, Jennifer Henry, Irene Herden, Pam Mautte, Marcus McKinney, Bob Painter, Manuel Paris, Larry Pittinger, Brian Reignier, Kevin Sevarino, Dana Smith, Janine Sullivan-Wiley, Kate Travis, Margaret Watt

Excused: Juan Hernandez, Ismene Petrakis

DMHAS Staff: Comm. Delphin-Rittmon, Deputy Comm. Nancy Navarretta, Mary Kate Mason, Marlene Jacques, Karen Kangas, Marilyn Duran

Agenda Item 1: Call to order and introductions

The meeting was called to order at approximately 2:30 PM by Chairman John Hamilton.

Agenda Item 2: Minutes of previous meeting review and action

The minutes from the September 19, 2018 meeting were reviewed and accepted with an amendment.

Agenda Item 3: Commissioner's Update

- **Budget:** Commissioner Delphin-Rittmon reported there is no significant update to the budget. Typically if there is a change in administration a recommended budget is put forward and DMHAS is working on some initial content for the new budget.
- **Legislative Update:** Mary Kate Mason stated it is election early and encouraged everyone to go out and vote. DMHAS is working on their legislative package and there are no final details yet. The package will be sent to OPM once completed and they will decide what moves forward. A legislative update will be sent to everyone once we know the outcome of the election.
- **Public Act No. 17-147: AN ACT CONCERNING STATE TAXATION AND COLLECTION, TAX GAP COMPLIANCE, TAX PREPARERS AND FACILITATORS, CHANGES TO THE TAX AND RELATED STATUTES, A MENTAL HEALTH COMMUNITY INVESTMENT ACCOUNT AND MUNICIPAL BONDS.** Mary Kate Mason talked about the proposal that was made back in 2017 regarding this bill. A new check box was put on the CT income tax form by DRS where people can donate a portion of their tax refund for community mental health initiatives and the money collected would go back to DRS which will then transfer it back to DMHAS. There is about \$20 thousand in that account right now and in consultation with nonprofit mental health organizations. A decision on where to utilize the money should be made since it is for improving services and programs in the state; including but not limited to residential services; job training and placement services; educational programs and support groups for those diagnosed with a mental health conditions. Please send any ideas or suggestions on what we can use the money on to Marlene Jacques, marlene.jacques@ct.gov and Mary Kate Mason, mary.mason@ct.gov
- **Subcommittee on Best Practices:** Commissioner Delphin-Rittmon reported on the Best Practices subcommittee. Bureau of Education and Services for the Blind (BESB), which is the group that would have had the rights to do work within Valley View Café, is not interested. So that opens

the door to other vendors and other possibilities. Commissioner Delphin-Rittmon and Commissioner Porter had an initial discussion about the possibility of having some work programs and this conversation will be continued. This will determine what happens with our ability to get Valley View up and running. Right now there are some issues with mold and the ceiling in the space we are working with. So in the short term we are figuring out the resources.

Another short-term possibility that is being explored is having mobile food trucks onsite at least once or twice a week. We would need to look at the legal part of this to see if it is doable. Community building is a goal we are working on. Commissioner Delphin-Rittmon and Brian Reignier expressed KUDOS to the committee and those who have been working with the committee to get this all going.

Agenda Item 4: Presentation – Sober Homes

Dana Smith of the Connecticut Coalition of Recovery Residences (CCORR) did a presentation on the certification of sober homes. CCORR provide standards and inspections of sober homes that cover safety, cleanliness, house programming and requirements. Certified homes provide CCORR unrestricted access to interview management, staff and residents to verify their policies, procedures and protocols. For more information please go to www.ccorr.org

Agenda Item 5:

General Updates/Announcements

- **Ability Beyond:** Kate Travis announced that October is National Disability Employment Awareness Month. Ability Beyond did their 2nd Annual Take Your Legislator to Work Day.
- **Advocacy Unlimited:** Jennifer Henry announced AU will hold advocacy training on 10/24/18 and a boxing workshop on 11/8/18. The CAC meetings have been moved to every 2nd Wednesday of the month. Paul Acker announced that AU completed a recovery university class in Avon for people who want to become recovery support specialists and 24 graduated. A new class will start in November in Norwich.
- **Chrysalis Center:** Sharon Castelli announced that Chrysalis opened a free fitness facility for all their clients and at some point they hope to open it up to the greater Hartford community who can't afford a gym membership.
- **Connecticut Prevention Network (CPN):** Ingrid Gillespie announced that CPN is working on their regional trainings around vaping. Another initiative the Medication Adherence & Anti-Diversion Strategy Statewide Group is working on is to get opiates and other drugs packaged and developing a pilot. The FDA is very interested in this because CT is the only state doing this.
- **Region 1:** Margaret Watt announced that October is wellness month in Region 1 and free behavioral health screenings are being held in community settings. So far, there are 15 community events planned providing mental health and substance use screenings and as part of the RBHAO problem gambling screening will also be used. Also, this month 3 smart recovery groups, in Spanish over the phone, are scheduled.
- **Region 4:** Marcia Dufore announced that the region now has a mobility manager on staff at the Department of Transportation and she's the recipient of calls for people who are having issues

with Veyo. She is working with Kathy Flaherty to make sure those complaints are getting to the right source.

- **Region 5:** Janine Sullivan-Wiley announced that along with the CAC's and other agencies 3 candidate forums were scheduled. Medication Assisted Treatment (MAT) in the prisons was one of the topics spoken about with legislators at one of the forums. A recovery walk was held last month in Torrington and the mayor made a proclamation. There was a mental health walk done in Waterbury. WCMHN, in collaboration with a NVCC, put on the 3rd Innovations in Behavioral Health Symposium on Violence with Dr. Dike and Dr. Wasser. Mental Health Connecticut is holding an art exhibit called "Mending Art", made by people in recovery, at Hartford ArtSpace Gallery on 10/18/18 – 10/26/18. Lastly, the RBHAO's across the state are part of a suicide prevention initiative that is going to be conducted in 8 of the region's schools.
- There was a discussion on Narcan training, supply and distribution. Please, let Commissioner Delphin-Rittmon or Deputy Commissioner Navarretta know if other state agencies are requesting Narcan kits.
- Kevin Sevarino along with Ellen Edens and Gabriela Garcia will be doing a State Targeted Response Technical Assistance (STR-TA) free training on MAT (including CMEs) for the complex client on Tuesday, 10/30/18, from 9am to 4pm at CVH, Merritt Hall, Lee Auditorium.
- Marcus McKinney announced that 50 people are registered to train, with staff involvement, at St. Francis Hospital Emergency Room on and around the crisis response.
- Chairman John Hamilton announced he has a new role as President and CEO for the Liberation Program down in Fairfield County.

Items for future agenda:

- A discussion about ideas and suggestions on what mental health services to use the \$20 thousand on.
- Daniel Smith of the Connecticut Association to do a presentation on Recovery Residences.
- Commissioner Delphin-Rittmon may present data/geo-maps on diversion programs statewide.
- Discussion on Narcan training and distribution
- View the short video on opioids done by a joint venture between the Danbury local prevention council, HVCASA, and the opioid workgroup.
- Presentation or summary on the pilot MAT program initiatives with Dr. Maurer

Agenda Item 6: Adjournment/next meeting

The meeting was adjourned at 4:30 P.M. The next meeting will be held on Wednesday, November 28, 2018 beginning at 2:30 PM in room 217 of CVH Page Hall.