

State of Connecticut
State Board of Mental Health and Addiction Services
April 19, 2017
Connecticut Valley Hospital

Present: Chairman John Hamilton, Craig Allen, Peggy Ayer, Samuel Ball, Kristie Barber, Marcia Dufore, Kathy Flaherty, Ingrid Gillespie, Jennifer Henry, Irene Herden, Kati Mapa, Yashira Pepin, Bob Painter, Ismene Petrakis, Kevin Sevarino, Tom Steen, Eileen Swan; Phil Valentine, Janine Sullivan-Wiley, Margaret Watt

Excused: Sharon Castelli, Sandy Cole, Juan Hernandez, Manuel Paris, Larry Pittinger, Brian Reigner

DMHAS Staff: Commissioner Delphin-Rittmon, Diana Lejardi, Marilyn Duran

Agenda Item 1: Call to order and introductions

The meeting was called to order at 2:45 PM by Chairman John Hamilton.

Agenda Item 2: Minutes of previous meeting review and action

The minutes from the March 15, 2017 meeting were reviewed and accepted.

Agenda Item 3: Commissioner's Update

- **2 Recent DMHAS Public Service Announcements (PSA) "Riley" and "Ken"**
 - Riley is a 10 year old girl that is interviewed on what she knows about drugs.
 - Ken is in recovery and living in a Sober House that has really helped him turn his life around.

For more information please go to the DMHAS Facebook page.

- **Budget**

The Commissioner announced that there is no major updates on the budget since the last meeting and all hearings have been done. A budget will come out by the end of the month from the House Republicans and there may even be a Democrat's budget on the table. The SEBAC discussions are moving along and they are still not in agreement yet. The session ends in June but if they are still not in agreement it may go into July.

Agenda Item 4: Discussion: Role of Counseling and Recovery Community Supports in Buprenorphine Treatment

Ingrid Gillespie started the discussion on Buprenorphine. Connecticut can be in the position to create the standard model for the country. As a State Board, we have the relationships with the medical and addiction treatment specialty and recovery fields; to create some level of a consensus, recommendations, guidelines, and best practices to make a deliverable that has a side-off on recommendations for a more holistic model with fewer regulations.

In order for prescribers to get certified on the use of Buprenorphine, to treat opioid dependence, they must take eight hours of mandated training. Many who take the training say it does not prepare them to actually prescribe. There is a need for prescribers to be working with addiction experts. Three quarters of the number of people who prescribe are not psychiatrists at all but addiction medicine people, who are not that oriented toward counseling.

Recovery coaches can guide you to what works best for you but not on what medicine you should be taking. Recovery coaches are just advocates for the person in the emergency department and their family to talk with them about the power and hope of recovery, to plant seeds of hope, and then have a variety of resources based on what the person wants or needs to move forward. The answer to the opioid epidemic is not medication.

Agenda Item 5: General Updates/Announcements

- **Region 1:** Margaret Watt announced House Bill 6483, an act establishing a task force regarding the impending shortage in the psychiatry workforce, got voted into the Senate. The region has 44 events scheduled in their 14 towns during the month of May to raise awareness. The Greenwich Department of Human Services is going to start integrating a behavioral health screening tool into their intake processes for all clients coming in for any purposes.
- **Region 2:** Kristie Barber stated they held a Keep The Promise meeting today and one of things discussed is the challenges social clubs are facing with staff being reduced and they would like to hold a rally in Hartford for that purpose.
- **Region 3:** Kati Mapa announced the region held their legislative breakfast earlier this month and it was a well-attended event and now the region is gearing up for mental health month. The region is having a creative contest, that is done each year, and anyone in the region can be part of it. The transportation video will be premiered by the end of the month.
- **Region 4:** Marcia DuFore said the region will have their fourth series of community conversations around creating communities of care on crisis response on 5/8/17 in Middletown.
- **Region 5:** Janine Sullivan-Wiley stated there is some positive stuff going on in the region for mental health month. There will be a recovery conference on 5/19/17 and probably the 25th year of celebrations of hope - candlelight vigils with a recovery emphasis on the same evening in each of the region's three city hubs; and the annual community education is being done through the CACs.
- **Advocacy Unlimited:** Jennifer Henry announced that there will be a presentation by Chris Herren, a basketball legend, at New Britain High School on 5/8/17, and this is brought to you by AU and DMHAS.
- **DMHAS:** Diana Lejardi, DMHAS Public Information Officer, announced that a press release came out regarding recovery coaches that will now be in four hospital emergency departments in Eastern Connecticut. DMHAS has been advertising about the Veterans Recovery Center as well as gambling and alcohol awareness on many of the Connecticut public access channels. Something will be done around National Prevention Week and Mental Health Month. DMHAS will also do a ride along with Fox 61 on the tobacco enforcement which will follow the police and inspectors. April 29th is National Drug Take-Back Day so DMHAS in collaboration with DCP are working on raising awareness on this. A press release also came out to encourage organizations to sign-up and maybe host events for this. On April 25th, Fox61 is doing a one hour special on opiates at 6PM. CPTV is holding a live town hall meeting on opiates on May 23rd at 8PM and the commissioner will be in participation. The Remembrance Quilt project is moving along quite nicely and we have 50 squares so far and are working on making our first quilt.

Agenda Item 6: Items for future agenda

- Racial and Ethnic Disparities in Mental Health and Addiction Services
- Other future agenda items?
 - RMHBs to discuss a priority and brainstorm on the specific area for improvement

Agenda Item 7: Adjournment

The meeting was adjourned at 4:44 P.M.

The next meeting will be held on Wednesday, May 17, 2017 beginning at 2:30 PM in room 217 of CVH Page Hall.