

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

Present: Chairman John Hamilton, Craig Allen, Peggy Ayer, Samuel Ball, Kristie Barber, Sharon Castelli, Deron Drumm, Marcia Dufore, Kathy Flaherty, Ingrid Gillespie, Angela Harris, Jennifer Henry, Marcea Koffsky, Kati Mapa, Bob Painter, Manuel Paris, Larry Pittinger, Brian Reignier, Kevin Sevarino, Phil Valentine, Janine Sullivan-Wiley, Margaret Watt

Excused: Sandy Cole, Juan Hernandez, Irene Herden, Ismene Petrakis, Tom Steen

DMHAS Staff: Commissioner Delphin-Rittmon, Deputy Commissioner Nancy Navarretta, Mary Kate Mason, Diana Lejardi, Daryl McGraw, Bill Pierce, 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 meetings review and action

The minutes from the November 16, 2016 meeting were reviewed and accepted.

Agenda Item 3: Commissioner's Update

- **Opioid-Related PSAs:** DMHAS has been developing PSAs where people have been sharing their stories of recovery. The PSAs have been posted on Facebook.com/CTDMHAS.
- **Budget:** The Governor's budget will come out on 2/8/17. Information will be shared as it becomes available.
- **New Federal Grants for Opioids Crisis/Cures Act:** The 21st Century Cures Act was signed into law around a month ago and we are now in the process of applying for the SAMHSA grant that is attached to the funding of it, which is for \$5.5 million in two years, and is due by 2/17/17. A series of discussion groups were done to get ideas and input from folks. DMHAS will look at projects that we can somehow sustain, such as trainings, with this grant.
- **Quilting Project:** The kickoff event for the quilting project will be held at Toivo by Advocacy Unlimited on 1/26/17. The McCall Center for Behavioral Health will hold an event for the quilting project on Saturday, 3/4/17 at 2:00 PM. There are more locations that will also hold events and if you are interested in holding an event contact your local RAC or Daryl McGraw at DMHAS.

Agenda Item 4: Legislative Activities

Mary Kate Mason announced that the legislative session has started. Sober houses are on the agenda this session and a lot of legislators believe they should be licensed as a business and regulated. The medical records bill came out and states that after 75 years records, of people who have served in a mental institution, should be open to the public and no longer private. Mary Kate encourages everyone to introduce yourself to new legislators.

Agenda Item 5: Medical Marijuana - Effects on those living with mental illness and substance use disorders

Dr. Deepak Cyril D'Souza from Yale University did a presentation on medical marijuana. He discussed various studies. There is not much evidence to support the use medical marijuana for psychiatric patients. Medical marijuana is approved in 28 states and it is just a matter of time when it will be approved across the

country. There are now 28 conditions approved in CT for medical marijuana and the list continues to grow. You have to be 18 years or older, with one of the medical conditions, be a CT resident, and not be in the prison system in order to qualify. So far there are eight dispensaries around the state.

Agenda Item 6: General Updates/Announcements:

- Phil Valentine of CCAR announced they will hold their annual meeting next week.
- Angela Harris of GHHRC thanked Commissioner Delphin-Rittmon for attending and speaking at the Opioid Overdose Awareness & Prevention community forum held last week. There were over 100 folks who attended.
- Bill Pierce of DMHAS gave an update on the Achieving a Better Life Experience Act (ABLE). Ten states have set up ABLE plans, all but Florida will allow out of state participants. Connecticut was not funded but an advisory committee is working on a plan.
- **Region 1:** Margaret Watt stated that the region held a couple of legislative forums last month.
- **Region 2:** Kristie Barber announced the point in time count for the coalition to end homelessness is January 24th.
- **Region 4:** Marcia DuFore announced that community conversations to help promote healing, recovery, and healthy communities will be held in Middletown once a month for six months.

Agenda Item 7: Items for future agenda

- Health Care Coverage: Potential Changes
- Additional Topics

Agenda Item 6: Adjournment

The meeting was adjourned at 4:35

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