

**State of Connecticut
State Board of Mental Health and Addiction Services
October 16, 2024
Microsoft Teams Meeting**

Present online: Chmn. John Hamilton, Jennifer Buckley, Thomas Burr, Sharon Castelli, Krystin DeLucia, Angela Duhaime, Kathy Flaherty, Allison Fulton, Holly Hackett, Mark Irons, Pamela Maute, Giovanna Mozzo, Allyson Nadeau, Manuel Paris

DMHAS Staff: Commr. Navarretta, Janet Andrews, Robert Cole, Marilyn Duran, Chris McClure, Elsa Ward

Agenda Item 1: Welcome and Call to Order

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

Agenda Item 2: Minutes of previous meeting review and action

The minutes from the September 18th meeting were reviewed and accepted.

Agenda Item 3: Presentation – Connecticut Mental Health Center (CMHC), Interim CEO and Chief Operating Officer Robert Cole

CMHC has been around since 1966 with the collaboration of Yale University to form a partnership. An entity which came to be known as CMHC located in New Haven right across the street from Yale New Haven Hospital. The idea was to bring the state and the university resources together in addition to the services that you would typically see in a DMHAS operated mental health center. In addition to that includes research, both basic science and clinical research, as well as an extensive training program for psychiatrists, psychologists, nurses, social workers, occupational therapists, chaplains, etc. CMHC operates under a state statute that describes us them as a DMHAS facility that is operated in partnership with the university. CMHC is staffed by DMHAS employees as well as Yale employees.

A national search has begun for a new CEO. The search committee is chaired by the chair of the Department of Psychiatry Dr. John Crystal.

One of the things our former CEO was involved with during the pandemic and before he passed away was collaborating with the city of New Haven on planning a community-based crisis response program Compass. It's funded by the city, and it's run as a partnership between the part of CMHC that's called the Consultation Center and a private non-profit agency, Continuum of Care and has rolled out the program in phases and the most recent roll out now has expanded to 24/7. They have the capacity to respond to urgent and sort of crisis type situations that before the program was established, would have all been referred to the police. This is an alternative to that where there is some sort of urgent situation that doesn't require a police response, and so instead you've got a team of social workers, people with lived experience and others who will respond to these situations. They work very closely with the police when that's necessary and work closely with CMHC, as well as other community resources.

Rapid Evaluation, Stabilization and Treatment (REST) and DMHAS has contracted With Continuum of Care Crisis Response program called Compass encourage connection to care and it has a capacity of 10 recliners, and they have a few beds onsite which is not funded through this stream. It is in a residential neighborhood. The idea is to provide up to 23 plus hours of crisis stabilization for people who, without the program, probably would have been taken to a local hospital emergency room and then to provide

people with the sorts of supports that that they need to go back into the community. It is not for everyone, but it's a wonderful resource for people who are having some sort of issue or crisis but don't need to be in a hospital emergency room.

Community Services network is what we at the CMHC in New Haven call our managed service system, which is part of our local mental health authority role. There are housing programs that are in some cases directly funded and contracted by DMHAS and two big providers Continuum of Care and The Connections. CMHC also is the local coordinator for HUD subsidized supported housing, and Shelter Plus Care. There are DMHAS staff who work with people who are referred by the Community Services Network or elsewhere on vouchers and all the other aspects of coordinating people getting access to HUD subsidized housing in the community. It is a big enterprise and that all falls under the Community Services Network as well as other types of services, such as psychosocial, employment services, and outreach to the homeless.

Commissioner Navarretta added that CMHC also does offer the traditional outpatient services and case management services and mobile crisis services connected with other provider BH care in the area and The Yale Behavioral Health Services.

Agenda Item 4: Commissioner's Update

OSAC – Chris McClure provided the updates. There are two major updates from the Opioid Settlement Advisory Committee, one of which was that the funding recommendations that were approved in September, The Bridge Program, and The Contingency Management as well as the expansion of Live Loud. Those were all approved by the Office of Policy and Management and the Attorney General's office as both allowable uses and to be funded. The Bridge Program will be in hospitals, and The Contingency Management is not confined to a certain acute care hospital.

The OTP van RFP has closed, and those bids are being reviewed. Qualified bidders will be contacted shortly.

The Opioid Settlement Advisory Committee beginning last year, this is the second year they received reports from the municipalities detailing their receipts and how they've spent money. They got a fantastic turn out this year. Ideally, they were supposed to be done by October first, but had about 75% of municipalities reporting by October first. They have just done some additional outreach to a few of those outliers. They anticipate being done well in advance of where they were last year. To show you and the public how the municipalities are using their solvent dollars, which helps inform their decision making at the state level. They will be meeting again in November and hopefully have a funding recommendation or two to consider at that meeting.

Agency Update – Commr. Navarretta provided the update. September was an extremely busy month. A suicide prevention month, as well as recovery month, Elsa Ward was very busy and had a lot of things going on and had her media campaign happening and recognized each. DMHAS participated with the Women's Consortium who hosted a viewing of Moving America's Soul and Suicide, which is very powerful if you have not seen it yet, it's available on you YouTube from a lived experience point of view, the RBHAOs are doing a wonderful job and pushing out suicide prevention regionally.

Historically, Connecticut has had a very low adult suicide rate, and we are one of the lowest in the nation, so the department has done a good job and really are in lock step with DCF of having a lifespan approach. Over the summer there was a blip in child under 17 young adult suicides in different towns, different races, and different ages. The group is definitely looking at that data and hopefully this is not the trend, but there is some trending upward nationally; so we'll keep an eye on that for you.

DMHAS met with our SAMHSA Region One team. DMHAS is hosting the Prevention Summit tomorrow and around 250 people have registered. It's going to be a full house, all in person.

There was a wonderful event in New Haven at Perch supporting authors with lived experience as part of their upward spiral series and pure leadership tract. That was followed by what's called the ICAN Conference, which is an annual event supported by Connecticut Behavioral Health Partnership, Carelon, and The Family and Consumer Advocacy Board. Commr. Hill-Lilly and Commr. Navarretta gave opening remarks, along with DSS senior staff. DSS, DCF and DMHAS represent the partnership with Carelon.

Whiting held the Staff Appreciation event two weeks ago, hosted by their CEO, Jose Crego. They celebrated Capital Region's 50th anniversary and Commr. Navarretta met with the RVS staff to hear about how they are, what they are seeing in the community and the interventions that they are most proud of.

Yesterday, the ADPC met and that was an in person meeting over at the LOB. Unfortunately, and sadly, attendance was down for the first time since Commr. Navarretta has been running the meeting. So hoping that was a function of timing and the fact that people are getting so used to virtual that people are not coming to the in person meeting.

Agenda Item 5: RBHAO Report – Pamela Mautte

The RBHAOs had a very busy month with Suicide Prevention and Recovery month and promotion. So that was most of their September with a lot of great feedback. Across the region for social media they saw huge increases, especially in 988 Day, for promoting of 988 and their recovery month post which was nice to see the engagement and the conversations going on with a lot of that promotion online. Which was a little bit higher than in previous years, so that was exciting.

They RBHAOs collaborated with CT High intensity drug trafficking to provide the Connecticut town clerks an online training which was recorded for those who could not attend. They had more than 60 participants attend online, and the presentation was titled Sorting Fact from Fiction, fentanyl concerns and election mail, and it also included a Naloxone training and resources available to all the town clerks.

They also did a training of the trainer for the new DCF training of naloxone and that is going to be rolled out over the next three months with all of the regional offices throughout the states RBHAOs.

Another exciting project was launched with the DMV TV network. Every month the CPN has a different promotional TV event with some texts that goes along with it. So as people are sitting at the DMV they're staring at the TV screen, waiting for that number to come up and be called. They started with suicide prevention and this month they have talk regarding alcohol and underage alcohol use. Each month they have a different theme over the next 12 months.

They all have been diligently working on cannabis prevention, engaging recovery from the workplaces and doing naloxone trainings throughout the region. They still get a lot of requests for trainings and

for kids, and it really is making an impact throughout the regions. They have been working on their adult alcohol use as well through the general funds. All their teams just went through a weeklong training, building out their logic models and work to begin to work on their implementation plans. Same with their dual funding that's in process as well with them starting to begin work on their implementation plans, their local prevention consoles, and still have applications coming in. Most of them have them all out and have been funding them. The gambling coordinators are working to put together a statewide workshop/presentation with a few different speakers. They've been working, doing a lot of tabling events, a lot of gambling awareness events throughout the regions as well. They did so much suicide awareness throughout the month of September. All the RBHAOs continue with their QPR trainings.

The statewide prevention conference that's happening tomorrow is sold out which is super exciting for the state of Connecticut.

Commr. Navarretta thanked all the RBHAOs. They have really evolved and have been doing amazing work over the past couple years and it really works.

Agenda Item 6: General Updates/Announcements

NAMI: Saturday the 26th is the 2024 NAMI CT Annual Education Conference.

Liberations: Through their BHA grant Clear they are partnering with the McCall Foundation putting together a training video for the police academy to dispel the myths of fentanyl.

Agenda Item 7: Potential Future Topics (need for Presenters):

Access to Beds or Lack of for Mental Health and Substance Use – Denise Paley
Cannabis recommendations – Allison Fulton

Adjournment: The meeting was adjourned at 4:00 P.M. The next meeting will be held on Wednesday, **November 20, 2024**, beginning at 2:30 PM.