

State of Connecticut
State Board of Mental Health and Addiction Services
June 20, 2018
Connecticut Valley Hospital

Present: Paul Acker, J. Craig Allen, Rebecca Allen, Sam Ball, Greg Benson, Sharon Castelli, Marcia Dufore, Irene Herden, Marcus McKinney, Bob Painter, Larry Pittinger, Brian Reignier, Kevin Sevarino, Janine Sullivan-Wiley, Margaret Watt, Deborah Walker

Excused: Chairman John Hamilton, Juan Hernandez, Ismene Petrakis, Kate Travis

DMHAS Staff: Commissioner Delphin-Rittmon, Nancy Navarretta, Hal Smith, Mary Kate Mason, Marlene Jacques, Marilyn Duran

Agenda Item 1: Call to order and introductions

The meeting was called to order at approximately 2:30 PM by Ingrid Gillespie.

Agenda Item 2: Minutes of previous meeting review and action

The minutes from the May 16, 2018 meeting were reviewed and accepted.

Agenda Item 3: Commissioner's Update

- **Introduction of Whiting Forensic Hospital (WFH) new CEO, Hal Smith:** Hal Smith talked about his experience working in the mental and behavioral health and addiction services field for the last four and half decades. He has worked in a clinical, supervisory and administrative capacity, including working in forensics hospitals. He has worked in NY, MA and PA, within the public and private sectors, as well as at his own private consulting business. He loves the work that he does.

He was very interested and up to the challenge to work for WFH. He had the opportunity to meet with the staff prior to working there and was equally impressed. WFH is in recovery and needs some healing, both by the recipients and by the staff, so a team is being built to work towards that goal. Being able to develop a leadership role was quite attractive to Hal Smith.

Whiting Forensic and Dutcher Forensic Services have become a unified entity as of 5/1/18 and no longer part of CVH. CMS did a survey and to the team's credit everything was in place. The organizational chart is a work in progress. We have been fortunate to receive resources to recruit a CFO, COO, and program director for the Whiting services as well as a number of other leadership roles.

The Department of Public Health did a visit for licensure with five surveyors and they did in-depth review of policies and procedures; they talked to patients and staff and reviewed medical records. There were no findings and we do not have the license yet. But we were given every reason to believe it was a successful survey. We should hear soon from them.

- **Budget:** Deputy Commissioner Nancy Navarretta gave an update on the budget. Since we last met, DMHAS received the B1 and our appropriation was put forward by OPM. We are in pretty good shape with some hold-backs that affected the personnel services and young adult services lines.
- **Subcommittee on Best Practices:** Paul Acker gave an update on the subcommittee on Best Practices. They met with one of the steering committees in Whiting. It seems like staff and residents are on the same page as to changes they would like to see. Bringing community partners can help with recovery and rehabilitation. It also seems that human contact and hope was important, especially around discharge dates.

Agenda Item 4: Presentation – Health, Wellness, & Recovery

- Sharon Castelli, CEO of Chrysalis Center, Inc., did a presentation on health, wellness, and recovery. She gave

an overview of the services provided by Chrysalis and the people they serve. They have been around since 1975 and were started with people in recovery. It is a nonprofit multiservice organization that is Hartford based with 11 offices throughout the state. They serve people with MH, SA, HIV & AIDS, poverty and those returning from homelessness and/or incarceration. They receive funding from multiple agencies. DMHAS funds provide supportive housing, recovery (social club) services, employment and community support/case management services. They have over 100 employees. They provide various recovery activities. They have a Freshplace: A “client choice” fresh food pantry; an art gallery; La Cocina: Training kitchen, serves breakfast, lunch, catering; Railway Gardens: Urban farming with raised bed and composting; Homestead Farmer’s Market; Food Forest; Training Conference Center (TCC); Urban Roots: Hydroponic Grow Center Lettuce and Microgreens.

Chrysalis has been running a program called InShape, a national best practice, with a certified fitness person who does individualized health and fitness plans. In July 2018 a new fitness facility, within the Hartford Chrysalis location, will open up and is free to folks that are part of Chrysalis.

Agenda Item 5: General Updates/Announcements:

- **ADPC:** Deputy Commissioner Navarretta announced that last week the federal government released the next iteration of what we now call STR – State Targeted Response to the Opioid Crisis. The new acronym is State Operated Response. It should be for 2 years and \$11.2 million dollars and focused on MAT and opioid use disorders and avenues to increase access to folks. We are soliciting ideas from people on things that are doing well and also looking at the criminal justice system and things that are not reimbursable such as helping inmates. If you have any ideas please contact Nancy Navarretta or Lauren Siembab.
- **Advocacy Unlimited:** Greg Benson and Paul Acker announced that AU held their 20th anniversary which was well attended with around 400 folks and co-facilitating young adults from the Recovery University at Manchester Community College. The young adults held their Summer Fun Festival in Portland with around 300 people. In September the next Recovery University will start. About 2 weeks ago, they finished the final stage of accreditation for the Council of Peer Recovery Services.
- **CCAR:** Rebecca Allen announced that the ER Department recovery coaches are now in ten hospitals with Charlotte Hungerford Hospital being the newest. The recovery community center in Bridgeport will be moving as of July 1st and the new address is 430 State Street. There is now a new recovery coach training that is geared toward young adults, to be held in Bridgeport, and it is a 3 day in person and 2 day online course and one will be done in August at UCONN.
- **Region 1:** Margaret Watt announced that in May they had 30 e-mental health awareness month events; had resource tables set up at the libraries; held the 2nd Annual Fairfield County Walk for Mental Health Awareness. The annual meeting will be held in Norwalk, June 21st, and open to the public.
- **Region 3:** Deb Walker announced that they are finishing up the dissolution of ERMHB and have closed the office. The website is being updated. The transition with SERAC is going very well. August 9th is the ERMHB’s Annual Meeting and SERAC’s annual meeting will be held on September 18th.
- **Region 4:** Marcia Dufore announced that they are continuing to work on merger activities. The Annual Dinner will be held next week and so far 90 people have registered. Community conversations have wrapped up in Suffield.
- **Region 5:** Janine Sullivan-Wiley announced the Annual Meeting is tomorrow, June 21st at noon and will be on reflecting back and moving forward. A retrospective of the 43 years of the RMHB with a panel that reflects the 3 partners that have gone into the RBHAO and how it will bring it all together.
- **Items for future agenda:**
 - Focus on new provider innovations sharing

Agenda Item 6: Adjournment/next meeting

The meeting was adjourned at 4:30 P.M. The next meeting will be held on Wednesday, September 19, 2018 beginning at 2:30 PM in room 217 of CVH Page Hall.