

**State of Connecticut  
State Board of Mental Health and Addiction Services  
September 20, 2017  
Connecticut Valley Hospital**

**Present:** Chairman John Hamilton, Craig Allen, Peggy Ayer, Kristie Barber, Greg Benson, Vered Brandon, Sharon Castelli, Yashira Depin, Deron Drumm, Marcia Dufore, Kathy Flaherty, Ingrid Gillespie, Angela Harris, Jennifer Henry, Irene Herden, Juan Hernandez, Bob Painter, Brian Reignier, Tom Steen, Janine Sullivan-Wiley, Phil Valentine, Deborah Walker, Margaret Watt

**Excused:** Sam Ball, Sandy Cole, Marcea Koffsky, Manuel Paris, Ismene Petrakis, Kevin Sevarino

**DMHAS Staff:** Commissioner Delphin-Rittmon, Nancy Navarretta, Paul DiLeo, Michael Michaud, Diana Lejardi, 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 meeting review and action**

The minutes from the June 21, 2017 meeting were reviewed and accepted.

**Agenda Item 3: Commissioner's Update**

- ***Recent DMHAS Facebook Video: Hilary Bryant, Toivo Director and Yoga Instructor, Advocacy Unlimited:*** Hilary shares her story on recovery and hope. She dealt with trauma most of her young life. On her recovery path from depression she found yoga, which exposed her to meditation and sound healing. With all of these tools she has been able to reduce use of medications, has more energy and feels more connected to her authentic self.
- ***International Overdose Awareness Day (8/31/17) Events:*** The Commissioner attended the Governor's signing of legislation to further the state's efforts to combat the opioid crisis. Later she attended an event at Wheeler Clinic. The Commissioner mentioned a wonderful portion of that event, "Hidden in Plain Sight," which demonstrates where individuals may hide drugs and drug related paraphernalia. She also participated in the Manchester, CT HOPE Initiative, "Justice's Fight, and Today I Matter", with Jennifer Kelly and John Lally, which was held at the state Capital to honor loved ones lost or seriously injured from opioid-related overdose.
- ***Legislative and Budget:*** An update was given regarding the DMHAS budget. The State continues to operate under a Governor's Executive Order, the most recent of which restored \$13M in reductions from the previous order.
- ***CVH Whiting Forensic Division (WFD) Update:*** The Department's investigation into the abuse allegations at CVH-WFD is still open at this time. We continue to do everything possible to address the situation. As of this time, 9 individuals have been arrested and 31 have been placed on administrative leave. Additional staff have been hired to fill vacancies. We meet on a daily basis to continuously put corrective measures in place. Video surveillance at CVH/WFD campus has increased, and the Department has hired an outside security company to view the footage. We have re-reviewed our policies and procedures regarding mandatory reporting and have also retrained staff on mandatory reporting. We are increasing training on trauma informed care and stress management,

etc. Additional managers have been located on the WFD units, and the Commissioner has attended meetings across all shifts with all staff.

#### **Agenda Item 4: Celebrating Recovery Month with Ally (video):**

- **Allison Kernan, TurningPoint CT – Communications Specialist, SWRMHB:** Ally tells how she celebrated recovery month this year. She has been in recovery for about two years. There was a point in her life where she had lost hope and did not think she would recover. She gave herself another chance at recovery by going into to a detox and outpatient program and getting involved with the community to share her story and help raise awareness. She has changed her life for the better and now works for Turning-Point CT. During this this month she started the Drug and Alcohol Recovery Counselor (DARC) program at Gateway Community College.
- **Young Adult Engagement: Innovative Approaches for Youth Driven Programming (poster session):** Michael Scanlon, Youth Advocacy and Outreach Specialist, CT Strong and Britney Bidmead, Partner, StreetSmart Ventures as well as Allison Kernan, TurningPoint CT went to Tampa, FL in March and presented the best poster on innovative approaches for youth driven programming. They shared information about the different programs that are available to help young adults facing mental health and addiction issues.

#### **Agenda Item 5: General Updates**

- **CCAR:** CCAR will hold its 18<sup>th</sup> Annual Recovery Walk at Bushnell Park in Hartford on 9/23/17. Since March 1<sup>st</sup>, the number of people who have engaged with recovery coaches in emergency departments has grown to 372 people; 367 out of 372 were connected with a program, 197 went to detox; 45 went to inpatient; 12 to intensive outpatient; 27 to outpatient; 8 to medication-assisted treatment; 78 to community supports; and 42 where there because of an overdose reversal; 65% were in the ER because of alcohol use and 25% for heroin and other drugs and another 10% for cocaine, marijuana or other.
- **DMHAS:** DMHAS has launched an underage drinking webpage. St. Francis Hospital Emergency Room Department and the CT State Police both worked on the two videos that have been posted to the webpage. The commissioner attended a suicide prevention forum at Windsor Locks last week and next week the commissioner will attend a forum at the Hartford Business Journal on “Opioids in the workplace”. She will be at the Simsbury Public Library for a special presentation on opioids, and she will also be at the Yale School of Law in New Haven attending a conference on the opioid crisis epidemic along with the U.S. Attorney’s office.
- **Advocacy Unlimited:** Advocacy Unlimited, CCAR and DMHAS will hold an Active Recovery Hike at Talcott Mountain on 10/2/17 and at Sleeping Giant State Park on 10/13/17.
- **CPN:** Last week was suicide prevention week and lots of events were scheduled with the help of RACs. Work is continuing on the STR grant for opioids education, marketing and distribution.
- **Region 1:** Over the summer the region worked with the Greenwich Community Health Improvement Project, a hospital based collaborative, and identified one of the priorities being cultural linguistic access to care. One-day workshops were organized for agencies to learn and bring back to their agencies, so they can motivate others and not be overwhelmed. October is wellness month for the region and it is an initiative that was developed out of National Depression Screening Day where the

region goes out to community events and offer free wellness tips and resources as well as mental health screenings.

- **Region 2:** Kristie Barber in collaboration with the Alliance of Nonprofits and the CT Coalition to End Homelessness were able to speak at the Capitol which was well attended with around 800 people. Chrysalis Center had around 150 people that attended. The main message to legislators and other supports is that every day that we do not have a valid budget the system is strained.
- **Region 3:** Kati Mapa has officially stepped down from her role as executive director and is continuing on in a limited capacity as the region's contact person for DMHAS. The region has been encouraged to mobilize CAC members and get everyone very excited about what is still happening at the board. Town representative trainings were done with the CAC members to explain what their role is and what is expected from them to help the region. The region is still working on the Oral History Project of Norwich State Hospital.
- **Region 4:** Community conversations on crisis response were completed over the summer in Middletown. A celebration was held a couple of weeks ago and checks were given out as seed money, for moving forward and developing projects, to some of the churches that have been involved in the conversations. With additional money from the grant the region will repeat the series in the Hartford area starting in November.
- **Region 5:** The region is developing mental health first aid trainings within faith-based communities. The region's consumer action group will hold their annual picnic and potluck this week.

**Agenda Item 6: Adjournment/Future Topics: Ellen Boynton Multicultural Health Care Equality (November)**

The meeting was adjourned at 4:50 P.M.

The next meeting will be held on Wednesday, October 18, 2017 beginning at 2:30 PM in room 217 of CVH Page Hall.