

**State of Connecticut
State Board of Mental Health and Addiction Services
September 19, 2018
Connecticut Valley Hospital**

Present: Chairman John Hamilton, Rebecca Allen, Greg Benson, Ashely Bullock, Sharon Castelli, Jennifer Chadukiewicz, Kathy Flaherty, Robert Francis, Irene Herden, Pam Mautte, Bob Painter, Brian Reignier, Kevin Sevarino, Dan Smith, Janine Sullivan-Wiley, Phil Valentine, Deborah Walker

Excused: J Craig Allen, Sam Ball, Marcia DuFore, Ingrid Gillespie, Juan Hernandez, Marcea Koffsky, Ismene Petrakis, Kate Travis

DMHAS Staff: Commissioner Delphin-Rittmon, Nancy Navarretta, Hal Smith, Diana Lejardi, Marlene Jacques, Karen Kangas, Marilyn Duran

Agenda Item 1: Call to order and introductions

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

Agenda Item 2: Minutes of previous meeting review and action

The minutes from the June 20, 2018 meeting were reviewed and accepted.

Agenda Item 3: Commissioner's Update

- **Whiting Forensic Hospital (WFH):** Hal Smith, CEO of the Whiting Forensic Hospital, gave an update on WFH. They have started to reach out to the Middletown and Middlesex communities, as they work on some of the goals, objectives and priorities. So far they have met with some folks from Middlesex Hospital, State Attorney Michael Gailor; President of Middletown Chamber of Commerce Larry McHugh; Mayor of Middletown Daniel Drew and his chief of staff as well as the Chief of Police William McKenna and his chief of staff. The commissioner and Hal have posted a number of tours for the Whiting and Dutcher buildings with the state legislature. Hal has standing meetings with PSRB, CLRP and Disability Rights of CT. DPH has awarded WFH with full licensure. WFH has a new division of Quality Assurance and has a Director of Nursing as well as a physician onsite on all 3 shifts in both buildings working 24/7. The format of the day-to-day report has been changed and done every morning. WFH has a new department for Patient Advocacy and have hired a new director of advocacy services and 2 recovery support specialist. Hal has met with the Labor management of the 1199 union and they have agreed to have a joint labor management overtime agreement to look at new ways for the use of overtime in the hospital.

The Program for Recovery and Community Health (PRCH) is working in WFH and Dutcher doing focus groups for staff and patients to get input on ways of improvement. Some of the committees that have been formed out of the Whiting employees' workgroups are a wellness committee, policy and procedures committee, a safety committee and a training and education committee.

Some of the first quarterly findings are that there is a significant decrease in incidents, including patient grievances and concerns regarding patient safety. The use of behavioral intervention and aggressive acts towards others is significantly down; patient and staff injuries are down; sick leave usage went significantly down as well as the need for critical incident reviews and mandatory overtime. The only thing that went up is patient falls in the Dutcher building which has frail elderly patients.

The next step WFH is working on is the development of the strategic plan and using change management technologies. The commissioner is working with Hal to get the leadership team access to change management training. The patients steering committees in Dutcher and WFH have invited the commissioner to attend a joint meeting. Improving staff and patient morale is going to be a work in progress.

- **Budget:** Commissioner Delphin-Rittmon reported there is no major update on the budget since not much is going on right now. The state still has a deficit going into the next legislative session.
- **Legislative Update:** The commissioner announced that if anyone has any ideas or recommendations, in terms of legislation for the next session, please send them to Mary Kate Mason.
- **Subcommittee on Best Practices:** Commissioner Delphin-Rittmon reported that the subcommittee on best practices met twice over the summer. The committee was waiting to hear from BESB, which had a contract to provide food services for DMHAS before and has the right of first refusal, to see if they were interested in opening up Valley View café. BESB has given CVH a waiver for the Valley View Café location. Therefore, the Best Practices Sub-Committee may now explore other options. For example, determine possible contractors are allowed on CVH ground to do food service. The Commissioner has also been talking with Commissioner Amy Porter at the Department of Rehabilitation Services (DORS) to see if a supported employment work program can be connected to it. The subcommittee is also exploring the possibility of having interim food trucks onsite and is also interested in possibilities that involve partnerships with other agencies and the community.

Agenda Item 4: Presentation – Recovery Friendly Community Initiative

- Phil Valentine of CCAR announced that the recovery friendly community initiative idea came from Jody Davis, of Coram Deo, and was brought to the Alcohol and Drug Policy Council (ADPC). Jennifer Chadukiewicz presented at the ADPC and the last project worked on was the language matters document. Jennifer talked about what recovery friendly community means for a community to support people in recovery. Expected benefits may be reduced substance use, reduced overdoses, reduced crime, an improved community sense of compassion, humanity and citizenship, and positive statewide visibility.

Agenda Item 5:

General Updates/Announcements

- There was a lively, animated discussion on the silos and the development of RBHAO and recovery including mental health.
- **Advocacy Unlimited:** Greg Benson announced that a quarterly peer forum will be held on 10/5/18 from 9am to 11am as well as a quarterly advocacy meeting on 10/12/18 from 10am to noon. Both meetings will be held at AU in New Britain.
- **CCAR:** Rebecca Allen announced they did an open house at the new center location on 430 State Street in Bridgeport earlier this month. CCAR held their 19th annual recovery walk. Michael Askew has been promoted to Director of Recovery Advocacy. The Multiple Pathways of Recovery Conference will be held in Florida on October 24th
- **CLRP:** Kathy Flaherty announced that APT Foundation hosted a great candidate forum that was cosponsored by Mental Health CT, NAMI CT, Keep the Promise, and the CT Non-Profit Alliance. There were around 15 to 20 candidates that attended the forum. Two events that are coming up are the

Protect Our Health Care Rally hosted by Senator Chris Murphy and Protect Our Care Organization on 9/23/18 at 1pm in Bridgeport and the CT Cross-Disability Lifespan Alliance candidate forum on 10/11/18 in Cromwell at 6pm.

- **CPN:** Pam Mautte announced that CPN has received funding for about a year and a half to implement a project with the national pharmacy funds and an online learning pharmacy group tool to do prescription drug safety within high schools. CPN will work with the local prevention councils and school systems to see where the gaps are and the local prevention councils will hold community conversations on prescription drug safety and what is happening in the community.
- Bob Francis, who is on the board of the Alliance of CT non-profits, wanted to remind everyone that we have an election coming up. There are 12 captains for the election across the state of CT. Nonprofit communities are not getting enough attention in the debates and are losing a lot of money. We need to get candidates to advocate for our communities. Get to the debates and talk to candidates and get people out to vote.
- **Region 2:** Pam Mautte announced that the planning and processes are going well. They held a very successful international overdose awareness walk/run remembrance service, in Shelton on 8/30/18, and over 200 people participated. A recovery walk celebration from substance use disorders and mental illness was held in Milford, by one of the prevention committee members, on 9/16/18. Some of the faith-based communities are holding a remembrance service coming up in October. The region will start doing community Narcan trainings and will also start to integrate suicide prevention.
- **Region 5:** Janine Sullivan-Wiley announced that there will be The 2nd annual walk to recovery celebration, that is inclusive of both substance use disorders and mental illness, coming up in Torrington on 10/10/18 and starts at Prime Time House.
- **State Advisory Board:** Members of the Executive Team of the Advisory Board requested to have face-to-face meetings with the Commissioner. Commissioner Delphin-Rittmon has agreed to meet with the group monthly in the Office of the Commissioner in Hartford.

Items for future agenda:

- A presentation on certification for non-profit recovery housing
- A status report on the whole continuum of housing with an identification of gaps and needs and coordination of continuum of care. Commissioner Delphin-Rittmon suggested that Steve Dilella, who is an expert in long-term housing, would be a good choice to have as a presenter. Steve was the housing director for DMHAS for many years before accepting a position with the Connecticut Housing Department.
- Integration progress across department structure – recovery support, prevention, treatment, etc.

Agenda Item 6: Adjournment/next meeting

The meeting was adjourned at 4:30 P.M. The next meeting will be held on Wednesday, October 17, 2018 beginning at 2:30 PM in room 217 of CVH Page Hall.