

New Jersey Behavioral Health Planning Council
Meeting Minutes,
January 8, 2020 10:00 A.M.

Attendees:

Darlema Bey (Vice Chair)	Winifred Chain	Lisa Negrón
Cheri Thompson	Diane Riley (p)	Tracy Maksel
Suzanne Borys	Patricia Matthews	Barbara Johnston
Heather Simms (p)	Julia Barugel	Thomas Pyle (p)
Robin Weiss (p)	Francis Walker	Joeseeph Gutstein (p)
Tonia Ahern	Harry Coe	

DMHAS, CSOC, DDD, DMAHS & DoH Staff:

Mark Kruszczyński	Jonathan Sabin
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Guests:

Rachel Morgan	Nina Smukuluvaskey	Laura Richter (p)
Anne Smullen-Thieling		

(p) Indicates participation via conference call.

- I. Welcome / Administrative Issues / Correspondence / Announcements**
 - A Roll call. Quorum Reached: 17 of 39 member-participants (43.6% attendance, 33% needed).
 - B. Minutes from December 11, 2019 meeting approved.

- II. Youth Time Banking (Jerome Scriptunas, Monmouth Cares CMO)**
 - A. See PowerPoint of presentation (sent to all members of BHPC via email, 1/3/20).

 - B. Miscellaneous statements during presentation
 1. “Be inefficient with relationships” [i.e., take time to make meaningful connections]
 2. We aspire to post-traumatic growth
 3. Objective is to achieve high fidelity to model/approach we are using
 - a. Community connections
 - b. Individualized planning
 - c. Informal Supports
 4. Approach must be:
 - a. Simple
 - b. Accessible

 - C. Youth Time Banking (YTB): Inspired by Edgar Cohn in the 1980s
 1. Each person is an asset, the first of 5 core values as described at <https://timebanks.org/>
The others are: Redefining work, Reciprocity, Social Networks, and Respect.
 2. Englewood, Illinois study
 - a. 7th-8th graders tutored 3rd graders in math
 - b. Math scores improved
 3. Youth must be meaningfully and responsibly involved in their plan of care.
 4. “The helped becomes the helpers.”
 5. Be an authentic recipient of gratitude.
 6. “Give consumers the challenge to ‘test the waters’ in their community”

7. John Lyons (Child Adolescent Needs and Strengths): Studied YTB.
 8. Monmouth Cares (the Care Management Organization of Monmouth County) recently went through CARF accreditation. CARF recognized YTB as demonstrating “Exemplary Conformance to 12 standards”
<http://www.monmouthcares.org/what-we-do/youth-timebanking/> due to its:
 - a. Meaningful outcomes
 - b. Creative/innovative concept
 - c. Merits being an approach to be shared with/replicated at other organizations.
 9. A nonprofit was created, Youth TimeBankingNJ (www.ytbnj.org): to provide technical assistance for YTB, a civic engagement practice for youth that builds social capital and community involvement for transitioning to adulthood.
- D. Youth Time Banking: started by Dr. Edgar Cahn, who worked in juvenile detention.
1. Social capital index (how large is the network of family, friends, associates, neighbors an individual has whom can help/assist that individual in times of need); the larger the number, the better. A goal of YTB is to expand the social capital index of youth.
 2. YTB must be a habit.
 3. Time is the currency of YTB.
 4. Rewards are given to youth. These are not behavioral awards, they are not physical rewards, however it is important that someone acknowledges the reward.
 5. YTB is not widely known within the NJ Children’s System of Care
 6. <https://www.fbsanj.org/youth-partnership/>
- E. Questions and Answers (and Comments)
1. Comment: YTB is excellent: Rejoinder: An important consideration with YTB is that youth participation directly increases their social supports, community involvement, and involvement with their plan of care. These three items are foundation items in strengths assessment and fidelity assessment. In other words, getting youth to participate in YTB creates the outcomes we know benefit youth. Through YTB youth will create a better community plan for transition. YTB works. Much of the work in systems of care focus on service delivery. YTB puts the emphasis on youth as an active agent in their plan of care. Youth need to have responsibility to participate in giving service to others. This point is emphasized not only through Timebanking, but by the Forum For Youth Investment (Forum FYI), and NY State’s ACT for Youth (Assets Coming Together for Youth).
 2. What is being measured?
 - a. Child Adolescent Needs and Strengths Assessment (CANS)
 - b. Life domain functioning: School attendance, family relationships, school behavior, occurrence of anxiety, depression, impulsivity, and substance use disorders.
 - c. Risk indicators: suicidality, fire-setting, cruelty to animals.
 3. Who is doing the measurement? At the Care Management Organizations (CMOs) the care managers are doing the measurement, and at the Family Support Organizations (FSOs) the FANS are being completed.
 4. Comment on the issue of possibly “losing” CANS data for individuals once they ‘age out’ of CSOC.
 - a. Related issue as to why DSC (and other portions of the larger system of care) do

not have access to CSOC's Cyber System.

III. State Partners Involvement

- A. NJ Department of Children and Families: no one present
- B. NJ Division of Vocational Rehabilitation: (C. Thompson); no updates to report.
- C. NJ Juvenile Justice Commission: (F. Walker); no updates to report
- D. Division of Aging: (P. Matthews) to give a presentation the BHPC on 2/12/20 on assistance/support to caregivers.
- E. NJ Division of Developmental Disabilities: (Jonathan Sabin), no updates to report.
- F. NJ Department of Education: (no representative present).

IV. Announcements, Next Meeting & Adjournment

A. Announcements

- 1. NJ Association of Counties, Summit on Suicide [Prevention] ,(T, Maksel)
 - a. <https://njac.org/summit-on-the-suicide-crisis/>
 - b. Multiple panels
 - b. "Call to arms" as to what counties can do for suicide prevention.
 - f. New research suggesting relationship between sleep patterns and suicide attempts.
 - e. Suicide Survivor Nick LeDonne made five-minute movie, "Hanging", a very powerful film about stigma reduction for those with SMI (<https://www.youtube.com/watch?v=g0joParCg1Y&feature=youtu.be>)
 - f. Importance of Employee Assistance Programs (EAP)
 - g. If you see something (related to suicidality), say something.

2. County Innovation awards (SUD)

B. Next meeting of the NJ BHPC will be held on Wednesday, February 12, 2020 at 10:00 am at DMHAS Headquarters, 5 Commerce Way, Suite 100, room 199a.

- 1. Anticipated Subcommittee Meetings on 1/8/20:
 - a. 9:00 AM, TBD
 - b. 12:00 PM, TBD

C. Suggestions for upcoming presentations to the Planning Council

- 1. NJ Division of Aging: Self-Care for Caregivers.

D. Meeting Adjourned.