

**New Jersey Behavioral Health Planning Council**  
**Meeting Minutes,**  
**February 12, 2020 10:00 A.M.**

**Attendees:**

<b>Phil Lubitz (Chair)</b>	<b>Darlema Bey (Vice Chair)</b>	<b>Winifred Chain</b>	<b>John Tkacz</b>
<b>Tracy Maksel</b>	<b>Patricia Matthews</b>	<b>Barbara Johnston</b>	<b>Pam Taylor</b>
<b>Heather Simms</b>	<b>Julia Barugel</b>	<b>Thomas Pyle</b>	<b>Chris Lucca</b>
<b>Francis Walker</b>	<b>Chris Morrison</b>	<b>Damian Petino</b>	

**DMHAS, CSOC, DDD, DMAHS & DoH Staff:**

**Jonathan Sabin      Wyndee Davis      Shanique McGowan**  
**Irina Stuchinsky (phone)**

**Guests:**

**Nina Smukuluvasky      Kia Macon      Jennifer Ruthberg**  
**Anne Smullen-Thieling**

(p) Indicates participation via conference call.

**I. Welcome / Administrative Issues / Correspondence / Announcements**

- A. Roll call. Quorum Reached: 15 of 39 member-participants (38% attendance, 33% needed).
- B. Minutes from January 8, 2019 meeting approved, with minor revisions
- C. Announcements
  - 1. Recently Gov. P. Murphy announced a “Train the Trainer” event at Maple Shade High School, as well as a Mental Health Work Group.
  - 2. Planning underway for increased integration/coordination of school-based mental health, including intervention, provision of services and collaboration with community providers.
  - 3. Discussion of youth at emergency screening facilities.

**II. NJ Mental Health Stigma Free Zones (PowerPoint presentation, by Michele Madiou)**

- A. Additional statements and discussion during presentation
  - 1. Stigma free initiatives began in Mercer County eight years ago.
  - 2. Stigma Free initiatives are intended to: promote awareness, foster a sense of confidence, hope & belonging, and to create an environment that challenges stigma validity to improve lives.
  - 3. Discussion of trainings in Ocean county over the past 14 years. Tom’s River, NJ was the first mental health stigma-free zone (2003).
  - 4. Discussion of metrics of effects of education on mental health stigma-free topics.

**III. State Caregiver Services (Jennifer Ruthberg, NJ DHS, Division of Aging)**

- A. See PowerPoint of presentation (sent to all members of BHPC via email, 2/11/20).
- B. Additional statements and discussion during presentation
  - 1. Each county has an office on Aging.
  - 2. Helpful phone numbers
    - a. Medicare: 800-792-8820

- b. PAAD, Senior Gold, Lifeline: 800-792-9745
- c. Aging Services by County: 877-222-3737
- 3. Counseling should always start with a respect of seniors.
- 4. Congregate Housing Services Programs: Maintains seniors in their apartments/senior building as a co-pay to provide meals, housekeeping, med mgmt., transportation, with automatic qualifications in senior buildings, laundry service, linen change, shopping, personal care, fights isolation with congregate meals/activities. Copay based on the disposable income, with waiver process to those that can't afford copay. State appropriated.

#### **IV. Subcommittee Reports**

- A. Advocacy: Currently finalizing a draft letter intended for Assistant Commissioner Mielke requesting that agencies contracted by DMHAS should: focus on the Eight Dimensions of Wellness and encourage increased staff training.
  - 1. Next Meeting, 3/11/20, 9:00 am., 5 Commerce Way, Hamilton NJ, Suite 100, Room 199a.

#### **V. State Partners Involvement**

- A. NJ Department of Children and Families: (W.Davis): Children's System of Care (CSOC) Expansion Grant for building youth and family voice.
- B. NJ Division of Vocational Rehabilitation: (J. Tkcaz); no updates to report.
- C. NJ Juvenile Justice Commission: (F. Walker); no updates to report.
- D. Division of Aging: (P. Matthews): See above, regarding today's presentation.
- E. NJ Division of Developmental Disabilities: (Jonathan Sabin), no updates to report.
- F. NJ Department of Education: (D.Petino). no updates to report.
- G. NJ State Medicaid (Irina Stuchinsky): no updates to report.

#### **VI. Announcements, Next Meeting & Adjournment**

- A. Announcements
- B. Next meeting of the NJ BHPC will be held on Wednesday, March 11, 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, Advocacy
    - b. 12:00 PM, TBD
- D. Meeting Adjourned.