



**New Jersey Department of Mental Health and Addiction Services  
Citizens Advisory Council Meeting Minutes  
Date: December 19, 2013**

<b>In attendance</b>	Ezra Helfand (chairperson), Kathleen Dennis (co-chairperson), Debbie Riscica, Donna DeStefano, Ellen Taner, Jeff Beck, and Don Hallcom (DMHAS)	
<b>AGENDA ITEMS:</b>	<b>Dialogue</b>	<b>Actions / Strategic Decisions</b>
Welcome and Introductions & Approve Minutes	<ul style="list-style-type: none"> <li>• Minutes from the November 21, 2013 meeting were not reviewed due to a lack of quorum.</li> </ul>	
	<ul style="list-style-type: none"> <li>• <b>DMHAS Update</b> – Don advised the Council that the Division is still waiting on the Governor’s office to approve the hiring of a liaison. The CAC will be updated on any new information.</li> <li>• <b>New member letters</b> – Don was asked to prepare and send new member letters to Brenna Mahoney, David Alfe, and Nancy Parello</li> <li>• <b>CAC Contact List</b> – Don was reminded that the CAC was still in need of an updated CAC members and DMHAS staff contact sheet.</li> <li>• <b>CAC meetings around New Jersey</b> – Don will further investigate the possibility of holding future CAC meetings at other locations throughout the State. It was suggested that some meetings be held at treatment and recovery facilities to dovetail with the CAC’s strategic planning for 2014.</li> <li>• <b>Quarterly meeting with Lynn Kovich</b> – Kathleen Dennis and Ezra</li> </ul>	<ul style="list-style-type: none"> <li>• Don to prepare and mail letters to the three new members ASAP and invite them to attend the January 16<sup>th</sup> CAC meeting.</li> <li>• DMHAS to develop and provide the CAC with a list of members and their contact information.</li> <li>• Don to confirm that the Division and State regulations do not prohibit such meetings and advise the CAC as soon as possible.</li> </ul>

	<p>advised the CAC that starting in January they will be meeting with Assistant Commission Kovich to update her on what the CAC is working on, suggested improvements to the current system, strategic actions for the CAC, etc. First meeting is scheduled for January 23<sup>rd</sup>.</p>	<ul style="list-style-type: none"> <li>• Kathleen and Ezra to provide a report on the meeting with the Assistant Commissioner at the following month's meeting.</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>MHPC Report</b> – Ellen Taner provided the following updates: <ul style="list-style-type: none"> <li>○ Prevention First and St. Barnabas Healthcare received specialized Sandy Relief funding to help communities in Monmouth and Ocean counties deal with the after effect of Sandy.</li> <li>○ Olmstead Compliance – DMHAS is in the process of complying with US District Court ruling requiring the Division to implement plan that will provide for timely placement of into the community for people discharged from state hospitals.</li> <li>○ Block grant – Information made available indicates that NJ is the one funded state that has the lowest rate of store check implementations.</li> <li>○ The MHPC was presented with the DMHAS Strategic Plan (discussed separately later on in the meeting.)</li> </ul> </li> </ul>	
DMHAS Strategic Plan presentation	<ul style="list-style-type: none"> <li>• Susanne Mills of DMHAS presented the Division's Strategic Plan. The plan came about as a result of the merger of Addictions and Mental Health and the need to formulate a combined strategic plan.</li> <li>• The CAC was invited to work with the Strategic Planning Workgroup by providing three consumers and one family member. CAC members are urged to apply or suggest someone who should represent the CAC at the Workgroup. <b>Any suggestions should</b></li> </ul>	<ul style="list-style-type: none"> <li>• CAC members are urged to provide suggested representatives to the Strategic Planning Workgroup ASAP.</li> </ul>

	<p><b>be submitted to Kathleen Dennis and Ezra via email ASAP.</b></p> <ul style="list-style-type: none"> <li>• Strategic Planning Workgroup meetings will start in March 2014 and held on the second and fourth Fridays of the month between 11 am and 1 pm. <b>Attendance is required at the first two meetings. Call-in options will be available for following meetings in the event participants cannot attend the scheduled meeting</b></li> </ul>	
<p>New Business: 2014 Strategic Priorities</p>	<ul style="list-style-type: none"> <li>• CAC members in attendance discussed the Council’s strategic priorities for 2014 and beyond. The following two primary strategic goals were agreed upon: <ol style="list-style-type: none"> <li><b>1. Increase CAC voice as a strong advocate for Substance Use Disorder (SUD)</b> - This will require the CAC to increase the number of consumers as its members. To do so, future CAC meetings will be scheduled at various treatment and recovery facilities statewide. At these meetings, CAC members will have an opportunity to speak face-to-face with consumers and encourage membership. Meetings to include alumni groups of treatment facilities, Recovery Centers, Oxford Houses, graduates of Drug Court, local members of Providers Advisory Council on Alcoholism &amp; Drug Abuse (PACADA). The CAC will also need to develop a simplified “pitch” or conversation guide for when members are speaking with providers. Providers are vital in providing access to as well as encouragement for their clients to join the CAC.</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>• At the January 2014 meeting, CAC members will work on developing a more specific strategic outline which will be presented and discussed by Kathleen Dennis and Ezra at their meeting with the Assistant Commissioner.</li> </ul>

	<p>Additional recruitment efforts will include YPR, Recovery High School, etc.</p> <p><b>2. Increase CAC efforts in Peer Support and Recovery Efforts</b> – These efforts will focus on expanding and increasing recovery support in whatever form the CAC deems appropriate. The CAC needs to develop specific recommendations which will then be presented to Assistant Commissioner Kovich. Planning for a 2014 Linkage Event should focus on featuring this strategic goal. <b>Specifically</b>, efforts should focus on creating more opportunities for early intervention in healthcare and other settings; implementing healthcare provider trainings to help with simple SUD testing, education, referral, opiate prescribing, etc. The CAC needs to work with the Division to improve the current SUD peer support and recovery system especially in filling existing “system gaps”. Finally, work the DMHAS to develop and implement localized self-help centers – community-based recovery centers that can play an important role in helping people maintain recovery.</p>	
<p>Adjournment and Next Meeting:</p>	<ul style="list-style-type: none"> <li>• The meeting adjourned at 11:15 am.</li> <li>• Next meeting scheduled for January 16, 2014.</li> </ul>	<p>.</p>