

**New Jersey Department of Mental Health and Addiction Services  
Citizens Advisory Council Meeting Minutes  
Date: March 21, 2013**

<b>Present Members</b>	<b>Missing Members</b>
<b>Kathleen</b> Dennis - Vice Chairperson	Ezra Helfand - Chairperson
<b>Father Bill</b> Naughton	Andrea Connor
<b>Donna</b> DeStefano	Dennis Donovan
<b>Kathleen</b> Dobbs	Nasar Mahmud
<b>Ana</b> Guerra	Carole Mosley
<b>Jeff</b> Beck	Charles Stewart
<b>Debbie</b> Riscica	Ellen Taner
<b>Guests and DMHAS Staff</b>	Dennis Lee – on leave
<b>Devin</b> Fox, DMHAS Staff Liaison	Candice Singer
<b>Ann</b> Wanamaker	
<b>Denise</b> Pangilinan –Minutes Recorder	

<b>AGENDA ITEMS:</b>	<b>Dialogue</b>	<b>Actions / Strategic Decisions</b>
<b>Welcome and Introductions &amp; Approve Minutes</b>	Introductions of present members. The February Minutes were approved.	
<b>Old Business: Open Discussion</b>	<b>Kathleen</b> Dennis discussed applications for the CAC. We are in need of a more distributive representation of people for CAC, in terms of regions. We need people in recovery to understand the barriers and how to break them. How do we reach the consumer? We need to post our applications around as well as sending out flyers. <b>Ann</b> suggested that we check halfway houses, but are there any restrictions? Drug courts have people. <b>Donna</b> mentioned that her daughter, Laura, is involved in helping others with substance abuse problems. It can be empowering for everyone.	<b>Ann</b> will make the flyers and put them up in treatment programs and recovery centers.  <b>Ann</b> will reach out to the drug courts.

<p><b>New Business: Open Discussion/ Announcements</b></p>	<p><b>Devin</b> Reminded all that he CAC is for consumers and their family members. <b>Ann</b> pointed out that one does not have to be a member to attend meetings and share ideas. <b>Kathleen</b> Dobbs add that it is important to be on the consumers’ level on understanding, or they will be labeled as “junkies” <b>but Jeff</b> pointed out that we need to inform the division first, not the public. <b>Debbie</b> asked if there are currently any educational efforts that aim to reduce the stigma among addiction treatment providers. <b>Ana</b> added that it is important to check the health status, and understand the difference between one that’s addicted versus one that’s psychotic.</p> <p>Discussion went on to cover the topic of “Stigma”. Discussion focused on education – who needs to be educated, how do we go about doing so, the possibility of advocacy efforts, available resources, etc. Future CAC meetings need to focus on specifics – where to put our efforts and what we hope to get out of them.</p> <p>Additional discussions covered Drug Court, the CAC portal, the 211 hotline.</p>	<p><b>Ann</b> will send out more information about the trainings and see if it’s beneficial and if they’re available to come speak to the CAC to learn more about what they do and the value of their trainings.</p> <p><b>Devin</b> will find old notes and compile it. Then he will forward it to everyone 2 weeks prior to the next meeting.</p> <p><b>Ana</b> - add <b>Dennis</b> Donovan to talk about 211 for the next meeting’s agenda.</p>
<p><b>Liaisons’ Reports and Actions CAC want to take regarding the committee:</b></p>	<p><b>Devin</b> is getting people travel vouchers and has spoken with <b>Don</b> asking regarding CAC members attending internal meetings. <b>Devin</b> reported on his meeting with the executive director of the YMCA in NYC. The Y has agreed to pilot a recovery program in Queens and Staten Island for the High School After School program. New Jersey is trying to start a recovery high school since the state doesn’t have one yet.</p> <p><b>Devin</b> reported that there are collegiate recovery programs such as the program for Juniors and Seniors at Union community college. The program is funded by Prevention Links. <b>Devin</b> noted that New Jersey can support people in recovery through recovery community centers, high schools, and colleges.</p>	<p><b>Devin</b> will try to get access to the curriculum at the Union Community College Diploma program.</p> <p><b>Devin</b> will look into highlights of the MH Support Services RFP application and see if it is applicable as a model for the Addiction Support Services.</p>
<p><b>New Business: Open Discussion/ Announcements</b></p>	<p><b>Ann</b> announced a Strategic Planning Work Group scheduled for April 4<sup>th</sup> at Trenton Psychiatric. Anyone wishing to attend should bring ID. This is a workshop to address the move to managed behavioral health care.</p> <p><b>Ann</b> – Discussed how victims Hurricane Sandy access medication and what can be done to improve the system prior to the next big storm. <b>Ann</b> pointed out that 200 patients did not receive their medications. <b>Debbie</b> – Noted that there is a need to find the people that experienced barriers to giving or obtaining medication. People went to the shelters yet</p>	

	<p>didn't indicate that they needed medication. <b>Ann</b> - There needs to be education to shelters on emergencies and needed treatment medication. <b>K. Dennis</b> – asked if there is snapshot of what services NJ has to offer in cases of emergency.</p> <p>Ann handed out Nominal Group Process details. <b>Ann</b> noted that the <b>nominal group technique</b> is a group problem solving process involving problem identification, solution generation, and decision making. It can be used in groups of many sizes, who want to make their decision quickly, as by a vote, but want everyone's opinions taken into account</p>	
<b>Events</b>	<p><b>Ellen</b> Taner was able to hand out the flyers at the NJPN Conference</p> <p><b>K. Dennis</b> - Ask CAC for a table for NCADDNJ. They have three town hall meetings, and we need to have a presence in at least one meeting.</p> <p>Additional events of note are:</p> <ul style="list-style-type: none"> <li>• <i>April 11th</i> - NCADD in Newark</li> <li>• <i>April 16th</i> - Middlesex County Community College - Alcohol Awareness Month listening session</li> <li>• <i>April 22nd</i> - Parsippany Police Athletic League</li> </ul>	<p><b>Donna</b> will check if she can get a table from her workplace for <i>April 22nd</i> in Parsippany Police Athletic League</p>
	<p><b>Ann</b> – Group discussed desire to hold CAC meetings in different locations/facilities throughout NJ, such as a recovery center. By holding a meeting at such a location(s) the CAC could recruit more people for membership.</p> <p><b>K. Dennis</b> – Noted that we are allowed to recruit people that are still on parole – is this a group we want to target. She also added that members of the CAC need to take a closer look at the DMHAS website to ascertain whether it currently is consumer-friendly and what can/should be done to make it so.</p> <p><b>Devin</b> – Suggested that the CAC host a linkage event targeting the recovery Meeting could be held at a community center. This format will enable people to ask questions relating to addiction treatment and recovery and what the division is doing to improve the continuum of care. .</p> <p><b>Donna</b> – Suggested that the CAC support/advocate on behalf of “Ban the Box.”</p> <p><b>Ana</b> - We need to continue to have discussion about cross-training, there's no overall guiding system of what cross-training should be, and to be on the same page.</p>	<p><b>Donna</b> will ask drug court.  <b>Ann</b> will ask halfway house.  <b>K. Dennis</b> will ask Oxford houses.</p>
	<p><b>Ann</b> - The goal of the program to get more LSCW's to get dual certified. We need to further discuss the Linkage Event at New Recovery Center.</p> <p><b>Homework</b></p> <ul style="list-style-type: none"> <li>• Look at the Strategic Priorities from 2011 – need to focus on one major issue and decide how to move forward on it.</li> <li>• Identify what do you think we need to improve, change and add to our priorities</li> </ul>	<p><b>Ann</b> can start planning for the spring.  <b>Debbie</b> will facilitate the process.  <b>Devin</b> will send worksheet to everyone.</p>
<b>Adjournment and Next</b>	<p><b>K. Dennis</b> motioned to close meeting.</p>	

<b>Meeting:</b>	The next meeting is Thursday, April 18, 2013	
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These minutes were respectively provided by **Denise** Pangilinan and **Ellen** Taner.