

**HCRS JOINT STANDING COMMITTEE MEETING
MINUTES
Springfield, Vermont
December 6, 2016**

Present: HCRS Staff: George Karabakakis, Will Shakespeare, Lori Lintner, Opeyemi Parham, Lisa Northup, Theresa Earle, Sue Hennessey, Karon Eagles, and Crystal Morey

Client/Community Representation: Louise M., Barbara G., Heidi H., Diana M., Zane H., Linda M., Yvonne M., Grace Z., Todd A., John C., Katie B., Beth C., William V., and representatives at the Brattleboro and Hartford offices

Board Representation: Peggy Morse and Diana Slade

Welcome: At 12:13 George Karabakakis, CEO called the meeting to order and welcomed everyone to the meeting. Introductions were made including those participating via video conferencing.

Meeting Minutes: The team reviewed the meeting minutes from the September 6, 2016 meeting. Zane made a motion to approve the minutes as written. All in favor!

CEO Update:

George provided an update on the status of the agency:

- Kate Lamphere has accepted the position of Adult Mental Health and Substance Abuse Director, effective immediately. She has been serving as Interim Program Director for a couple of months now and is excited to be in her new role. Kate was unable to attend the meeting today, but will be introducing herself to the Adult Standing Committee soon.
- Elections were held in November and there are a lot of questions around how this will affect mental health around the State. Phil Scott (R) is the new Governor elect for Vermont. George reiterated the importance of advocating at the state level to address the needs of those living with mental illness and to promoting the overall mental health of all Americans.
- George recognized Todd Andrews as a guest speaker at the Annual Meeting held on November 17th. He noted it takes a lot of courage for someone to put themselves out there and share their stories.
- Legislative breakfasts have been scheduled at the Brattleboro and Springfield offices. The first one will be held at the Brattleboro office on January 19th and Springfield on January 20th. More information about that will be coming soon.
- The HCRS System of Care Plan reports are coming due and HCRS has begun the process to get those renewed for another three years. The Department of Mental Health publishes the System of Care Plans every three years with annual updates for both Adult Mental Health and Child, Adolescent and Family Mental Health. These reports provide mental health stakeholders and the public with information about the nature, extent, allocation and timing of services; system-wide planning issues; and an assessment of progress and the system's needs and challenges.

Children's Update:

- Sue Hennessey provided an update on what's happening in the Children's Standing Committee. Lynn Bachelor from Vermont Federation for Families with Mental Health (VFFMH) attended a recent meeting and was able to answer some questions from the group.
- There are a few new members in the standing committee, but more participation is encouraged.
- Beginning January 2017, the Children's Standing Committee will be helping to rewrite the new System of Care Plan for the Children's Program.
- Will Shakespeare, Children's Program Director shared that HCRS is moving forward with the Integrated Family Services initiative in all three areas. IFS is an Agency of Human Services initiative to bring all providers of children and family services together in each region to provide more coordinated and collaborative problem solving to address the significant needs of families in each community. If anyone has any questions about this model, please contact him.

DS Update:

- The next DS Standing Committee is scheduled for Wednesday, December 14, 2016.
- On December 15th, the Developmental Services Program will be holding its annual Holiday party.
- Linda M., along with another client will be attending a series of free workshops and they are both very excited to attend.
- On December 19th, the DS Program will be holding a public forum for stakeholders to introduce Theresa Earle and discuss the System of Care Plan.
- Three public hearings are starting in January.
- Lori Lintner is working with Theresa Earle to develop a person centered training to take place in January.
- Lori Lintner and Renae White both attended a Special Olympics Leadership training and they are excited to reignite the bowling and basketball leagues. There are now 14 athletes participating on a bowling league with a competition scheduled for January 8th in Barre. Basketball will start up after the bowling league ends.
- The DS Service Coordinators did a really nice job putting together a Thanksgiving feast at the Moose Lodge in Bellows Falls.

Adult:

- Zane, Chair of the Adult Standing Committee provided an update on what is happening in the Adult Standing Committee. They recently reviewed the client satisfaction survey results.
- The LEC is still trying to put together some groups for clients to attend. To date they have put together the groups listed below:
 - Depression Support Group (2nd and 4th Mondays 12:30-1:30)
 - Community Meeting (Third Friday each month 11:15-12:15 pm)
 - Independent Living Support Group (Tuesdays 10-11 am)
 - Overcoming Injustice (1st and 3th Fridays 10:00-11:00 am)

- Hearing Voices, Unusual Beliefs, and Thoughts group (2nd and 4th Fridays 10:00-11:00 am)
- Peer Support Group (Mondays 10-11 am)
- Line Dancing (1st and 3rd Mondays 11:30-12:30 p.m.)
- Coping with Stress through the holidays
- What happens as you grow old as you continue to receive services at HCRS
- Holiday Meal and Yankee Swap (Friday the 23rd @ 11 am): A ham dinner and a Yankee Swap will start at 11 a.m. in the LEC.
- Opeyemi Parham briefly discussed how the LEC has been advocating at the state level to promote the Murphy Bill (H.R. 2646, the Helping Families in Mental Health Crisis Act) to address a lack of resources, enhance coordination, and develop meaningful solutions to improve outcomes for families dealing with mental illness.
- Peer support – The LEC will be holding a brown bag luncheon soon to discuss two interviews about two transgender individuals.
- The Peer Support Services group have been discussing ways to have more support in the emergency rooms.
- The Hartford office would like to establish an LEC like group in the Hartford area or at least find possible transportation to bring Hartford clients to and from the LEC in Springfield.
- The Vermont Department of Mental Health has partnered with Crisis Text Line. This text line gives Vermonters experiencing a mental health crisis an additional option for assistance. Crisis Text Line is a national organization that helps people problem-solve through a moment of crisis. The Crisis Text Line is another place for people to receive support; the text line is not run by HCRS and is not connected to the HCRS Crisis Team.

Next meeting: The next Joint Standing Committee meeting is scheduled for Tuesday, March 14, 2017 at 12:00 PM. Lunch will be provided.

Minutes by Crystal Morey, Recorder