



March Council Meeting Minutes

Date: March 2, 2016

Attendees:

Mike Crespan, M.P.H., R.S. - *Director of Health Department, Town of New Milford*
Sgt. James Dzamko - *New Milford Police Department*
Cornelia Edgeworth - *New Milford School District Substance Abuse Counselor*
David Gronbach - *Mayor; ex officio*
Kathy Hanley - *Housatonic Valley Coalition Against Substance Abuse Prevention Coordinator*
Scott Hoffman - *Health Teacher, Schaghticoke Middle School*
Erica Keane - *Early Childhood/Child Development/Health Teacher, New Milford High School; S.A.D.D. Advisor*
Mary Jane Lundgren, RN, MSW - *New Milford Town Council Member*
Gene Marino - *Board of Directors, New Milford Youth Agency; parent of a young person in recovery*
Lindsey Marr, RN, Candidate, Doctorate in Nursing/Family Nurse Practitioner - *Youth Advisor, New Milford Youth Agency*
Peg Molina, LCSW - *Director of Social Services, Town of New Milford*
Jason O'Connor - *Youth Advisor, New Milford Youth Agency; EMT New Milford Ambulance*
Dana Pollack - *MSW, LCSW, High Watch Recovery Center*
Joan Wyner - *LCSW - Representative, New Milford Hospital*

Absent: Mayor David Gronbach, Max Marino, Brendan Miller

Observers/Guests:

Morgan Cosentino - *Representative from MCCA*
Allison Fulton - *Executive Director, HVCASA*
Rev. Jack Gilpin - *Reverend, St. John's Episcopal Church*
Laura Olsen - *New Milford School District Director Special Services & Pupil Personnel*
Rabbi Ari Rosenberg - *Rabbi, Temple Shalom*
Beth Trott, MSW - *Director of Social Services & Municipal Agent to the Elderly, Town of Sherman*

Opening group discussions:

Introductions/welcomes were made for new member, Max Marino & other invited guests.
BoE members were invited to the meeting, but did not attend.
There was no public participation offered at the meeting. Erica opened the meeting by underscoring that the Council and the various other stakeholders in our community share the common goal to be of assistance to our children, schools, families and community.

The proposed guidelines for the NMSAPC that were distributed last month have been accepted and are now in place.

Mayor Gronbach was not in attendance. Lindsey will contact him to learn more about his ideas for a possible upcoming Community Forum as proposed by CARES.

Update from Cornelia/Student Referrals:

Cornelia was joined by Laura Olsen who both outlined the procedure now in place for referrals to Cornelia. Cornelia's role is within the school district; therefore she is not a resource available to the general public, only within the schools. An in house referral process has been developed within the school system that goes through the guidance department and the assistant principal and is now being administered. Additionally, Cornelia and Scott are working together to develop teaching plans in the middle school, and to work with Litchfield Hills' program as well. Allison advised Cornelia about the Drug Free Schools Committee and offered to follow up with her with more info about it.

Allison Fulton - HVCASA Updates:

Allison gave an overview of upcoming HVCASA meetings/programs. Their regular monthly meetings are held at Stony Brook Fire Dept. on the first Thursday of the month (except June) from 6:00 - 7:00. Their Drug Free Program meeting on April 7 will be more far-reaching with DMHS Commissioner Dr. Miriam E. Delphin-Rittmon and other state lawmakers scheduled to attend, and with panels and members from regional LPCs represented in force.

Allison has no new information regarding grant-funding for a Social Worker/Opioid-specific health counselor to service NM Hospital and patients dealing with abuse crises. Morgan from MCCA attended our meeting in place of Lee Bodkin, MCCA's Director of Marketing & Communications, who was unable to attend. She talked about MCCA's programs such as How to Cope sessions, etc. She informed the council that MCCA has hired a Regional Support Specialist, funded mainly by local, private grants (Union Savings Bank for \$10,000, the Cowles Foundation for \$2,500 and the Derx Foundation for \$10,000.), and that this resource will serve as the Social Worker/Opioid-specific health counselor, as a liaison to/from available services and the hospital/patients. Lindsey will follow up on details of this resource at MCCA.

NOTE: At the subsequent HVCASA monthly meeting on March 3, Lee Bodkin clarified this new person's role at MCCA: while the Regional Support Specialist will be referred by the hospital for patients in crises, he/she will serve more like a Case Manager for MCCA clients, helping remove barriers, simplify progress of their treatment. They will steer people toward MCCA for detox/rehab and assist in their progress. The new resource was funded by a grant from [Advanced Behavioral Health, Inc.](#), not the private foundation sources listed by Morgan. Based on this, it would appear that there still remains a need for a Social Worker/Opioid-specific health counselor to service NM Hospital, assist patients & families etc. (GM)

New Milford Hospital Update:

Joan says the hospital has plenty of flyers. Ron Stephens and others feel these are best distributed by a clinician vs. via front-desk; the council agreed. Peg encourages us to distribute these more widely - other agencies, service providers, etc. We should assess quantities needed and check inventory of brochures and CARES cards in any case, prior to printing the update of the resources flyer which is still in the works. Lindsey related that Lee Bodkin offered to provide "Sensitivity Refresher" training to ED personnel, EMTs, etc. Joan says hospital already does this.

Joan mentioned the ED is still having difficulty getting PSA videos to play on their screens. Jason & Lindsey will ask Ryan at the YA to assist.

Lindsey praised Dr. D'Andrea's work on the monthly Spectrum column and noted all the positive feedback it generated. Joan says he continues to seek ideas for upcoming articles. Peg suggested he highlight some of the Council's and Youth Agency's upcoming programs/workshops (Narcotics training, etc.) in his future article(s).

Faith Based Update:

Lindsey welcomed the inclusion of Rev. Gilpin and Rabbi Rosenberg at the council, and gave an overview of our programs/services which they can share with their constituencies. Both requested resource materials that they can distribute at their venues. Both are eager to be of help and each offered their services to anyone in need. Allison offered to send info and talking points from other faith-based groups alliances with LPCs. Rev. Gilpin offered the use of St. John's Community Room should we need it in the future.

NMPD Update:

Sgt. Dzamko expressed discomfort with the inclusion of politicians (the Democratic town councilwoman and the Mayor) on the NMSAPC. He informs us it opens the group up to FOIA regulations that would otherwise not apply, and it precludes the police union from making future donations to the council.

Sgt. Dzamko also reported that per his discussions with Chief Boyne, SROs will not be attending council meetings in the future (as Patrolman Vinny Parziale had indicated last month), and that he will remain the exclusive representation from the PD going forward.

Upcoming Programs:

Lindsey noted the upcoming NMSAPC and related Youth Agency programs (see her email of March 2 "Upcoming Programs" for more details):

- Family Support/Parenting Workshop - 3/14
- Delay Your Gray - 3/21
- Mental Health First Aid - 4/2

- Narcan Training - 4/7
- I Am Dirt ([John Morello](#)) - 4/28

Allison offered to share Bethel's strategy to encourage freshman and sophomores from the high school to attend the evening session of our Dirt presentation.

Everyone is asked to help promote these events via Facebook, posting flyers, etc.

Erica/Update on upcoming SADD programs:

"Open Mic Night" to be held March 3rd- NMHS café; developed by SADD members.

Family Scavenger Hunt scheduled for 5/15 is being organized. Erica will work with Allison to distribute list of 40 Developmental Assets. Lindsey is unable to assist with this now, so new volunteers are requested to help. Peg and Allison offered to provide gifts/prizes from their respective agencies; Dana offered to see if High Watch can help.

Miscellaneous:

Dana mentioned a worthwhile program called [HERO](#) based out of Bethel.

[SAMSHA](#) was mentioned as a good resource for grant info...

Beth suggested the use of summer interns as a useful resource for help on projects.

Laura mentioned the resources of the DCF [IICAPS](#) program. Lindsey has a meeting with them scheduled for 4/12.

Erica was able to arrange for Brendan to speak to the high school students as a person-in-recovery concurrent with today's NMSAPC meeting.

Peg alerted us to a program being offered by CT DMHAS and others on Addiction Support 4/5 & 4/6 at Trinity Episcopal Church in Torrington. See attached flyer and pre-register by 3/28. Is this something we might want to provide support/sponsorship to?

The open session was adjourned, guests and non-members were excused and the following items were recorded:

Allison reviewed the current NMSAPC contract with HVCASA, funding, budgeting, etc.

She pointed out that the NMSAPC needs to complete our Needs Assessment per the contract. This needs to be reviewed and completed by June. Allison can assist/direct.

Allison suggested we invite the Sherman Resident State Trooper to our meetings as well as Beth Trott, to more fully represent the Sherman community, which shares their HVCASA funding with us.

We need to get resource flyers and CARES cards into the hands of Sherman EMTS, etc.

We need to consider all age populations, and tobacco and underage drinking in NMSAPC initiatives...

NMYA funding is no longer available to provide food at NMSAPC meetings.

Cornelia is looking for funding to help create a powerpoint presentation. Jason offered to work with her on this request.

We would like to invite Morgan, Rev. Gilpin and Rabbi Rosenberg to join the council as members.

Sgt. Dzamko cautioned that including religious members might trigger separation of church/state concerns as well as tax issues.

Please contact me if I have omitted or misrepresented any details.

Our next NMSAPC meeting is scheduled for Wednesday, April 6th at 11:30 a.m.

Thank you.



Submitted 3/9/16 by
Eugene Marino III
Secretary
New Milford Substance Abuse Prevention Council

