



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Mental Health
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Governor

KARYN E. POLITO
Lieutenant Governor

MARYLOU SUDDERS
Secretary

JOAN MIKULA
Commissioner

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February 28, 2020

Michael D. Hurley, Clerk
State House, Room 335
Boston, MA 02133

Steven T. James, Clerk
State House, Room 145
Boston, MA 02133

RE: Community Behavioral Health Promotion and Prevention Commission

Dear Clerks Hurley and James:

On behalf of the Community Behavioral Health Promotion and Prevention Commission (Commission), I am pleased to provide the following letter summarizing the Commission's activities to date, pursuant to M.G.L. Chapter 6, Section 219. Please accept this letter as the Commission's Annual Report.

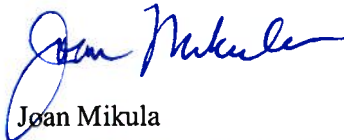
In its first year, the Commission met eight times and focused on reviewing the existing landscape of behavioral health programming in Massachusetts and the ongoing work of a number of active state commissions working within schools and communities to promote positive mental, emotional, and behavioral health in the Commonwealth. In addition to the three commissions named in the establishing legislation for the Commission – the Safe and Supportive Schools Commission, the Ellen Story Commission on Postpartum Depression, and the Autism Commission – the Commission invited representatives from the Massachusetts Commission on LGBTQ Youth to present, as well as community coalition coordinators working to build community capacity and resilience throughout the Commonwealth. These presentations provided Commission members with opportunities to discuss topics relevant to the Commission's charge, including the principles of prevention science, social determinants of health, and evidence-based approaches and interventions in behavioral health. In addition, these presentations provided a useful background for the Commission's ongoing discussions regarding its own priorities, which will be developed in close coordination with the Secretary of the Executive Office of Health and Human Services. As the Commission continues to develop its specific priorities and recommendations, the Commission will ensure that proposals will complement the Baker-Polito Administration's Behavioral Health Redesign initiatives currently under development, which will create a

cohesive behavioral health treatment system in Massachusetts, strengthen the behavioral health workforce, and ensure consumers in the Commonwealth have access to accurate and updated health information.

In Governor Baker's Fiscal Year 2020 budget, an initial \$200,000 was allocated to the Community Behavioral Health Promotion and Prevention Trust Fund. These funds will support the Behavioral Health Anti-stigma Campaign through the Department of Public Health.

The Commission appreciates the Baker-Polito Administration's and the Legislature's continued support for behavioral health initiatives and investments in upstream prevention, particularly with at-risk communities. I, and members of the Commission, would be happy to offer additional details on the Commission's ongoing work and answer any questions you may have.

Sincerely,



Joan Mikula
Commissioner, Department of Mental Health
Chair, Community Behavioral Health Promotion and Prevention Commission, serving as the designee of
Secretary Sudders

Cc: Senate President Karen E. Spilka
House Speaker Robert A. DeLeo

Community Behavioral Health Promotion and Prevention Commission Charge

Legal Authority: M.G.L. Chapter 6, Section 219

Purpose: Commission on community behavioral health promotion and prevention located within, but not subject to the control of, the executive office of health and human services. The commission shall work to promote positive mental, emotional and behavioral health and early intervention for persons with a mental illness, and to prevent substance use disorders among residents of the commonwealth.

21 Members:

- the secretary of health and human services or a designee, who shall serve as the chair;
- the commissioner of mental health or a designee;
- the commissioner of public health or a designee;
- the chief justice of the trial court or a designee;
- the director of the center for health information and analysis or a designee;
- the house chair of the joint committee on mental health, substance use and recovery;
- the senate chair of the joint committee on mental health, substance use and recovery;
- 1 person appointed by the speaker of the house;
- 1 person appointed by the senate president;
- 1 person appointed by the house minority leader;
- 1 person appointed by the senate minority leader; and
- 1 representative from each of the following 10 organizations:
 - Association for Behavioral Healthcare, Inc.;
 - Massachusetts Association of Community Health Workers, Inc.;
 - Massachusetts Association for Mental Health, Inc.;
 - Massachusetts Organization for Addiction Recovery, Inc.;
 - Massachusetts Public Health Association;
 - Massachusetts Society for the Prevention of Cruelty to Children;
 - National Alliance on Mental Illness of Massachusetts, Inc.;
 - Social-Emotional Learning Alliance for Massachusetts, Inc.;
 - Freedman Center at William James College; and
 - Massachusetts chapter of the National Association of Social Workers, Inc

The commission shall:

Promote an understanding of: the science of prevention; population health; risk and protective factors; social determinants of health; evidence-based programming and policymaking; health equity; and trauma-informed care; provided that the commission may use, as a guide for its work, the recommendations of the report of the special commission on behavioral health promotion and upstream prevention established pursuant to section 193 of chapter 133 of the acts of 2016;

Consult with the secretary of health and human services on grants from the community behavioral health promotion and prevention trust fund established in section 35EEE of chapter 10;

Collaborate, as appropriate, with other active state commissions, including but not limited to the safe and supportive schools commission, the Ellen Story commission on postpartum depression and the commission on autism;

Make recommendations to the legislature that: promote behavioral health and prevention issues at the universal, selective and indicated levels; strengthen community or state-level promotion and prevention systems; advance the identification, selection and funding of evidence-based programs, practices or systems designed to promote behavioral health and early intervention for persons with a mental illness and to prevent substance use disorders; and reduce healthcare and other public costs through evidence-based promotion and prevention; provided that the commission may use state and local prevalence and cost data to ensure commission recommendations are data-informed and address risks at the universal, selective and indicated levels of prevention;

Hold public hearings and meetings to accept comment from the general public and to seek advice from experts, including, but not limited to, those in the fields of neuroscience, public health, behavioral health, education and prevention science; and

Submit an annual report to the legislature as provided in subsection on the state of preventing substance use disorder and promoting behavioral health in the commonwealth.

Annually, not later than March 1, the commission shall file a report with the joint committee on health care financing and the joint committee on mental health, substance use and recovery on its activities and any recommendations. The commission shall monitor the implementation of its recommendations and update recommendations to reflect current science and evidence-based practices.

Community Behavioral Health Promotion and Prevention Commission Membership

Commission Chairperson

- Joan Mikula, Commissioner, Department of Mental Health, Designee of Secretary Sudders (Chair)

Commission Staff

- Gabriel Cohen, Program Planning and Implementation Manager, Executive Office of Health and Human Services

Legislative Members

- Daniel R. Cullinane, State Representative, Appointment of House Speaker Robert A. DeLeo
- Julian Cyr, State Senator, Appointment of Senate President Karen E. Spilka
- Marjorie C. Decker, State Representative, Co-chair of the Joint Committee on Mental Health, Substance Use and Recovery
- Cindy F. Friedman, State Senator, Co-chair of the Joint Committee on Mental Health, Substance Use and Recovery

Appointed Members

- George Beilin, EdD, Licensed Psychologist, Appointment of Senate Minority Leader Bruce E. Tarr
- Lissette Blondet, Executive Director, Massachusetts Association of Community Health Workers (MACHW)
- Ray Campbell, Executive Director, Center for Health Information and Analysis (CHIA)
- Hon. Paula M. Carey, Chief Justice, Massachusetts Trial Court
- Yaminette Diaz-Linhart, LICSW, MPH, Program Director, Boston Medical Center, Massachusetts Chapter of the National Association of Social Workers (NASW-MA)
- Marilyn DeSantis, Chief Financial Officer, National Alliance on Mental Illness- Massachusetts Chapter (NAMI-MA)
- Kirsten Doherty, Project Director, Massachusetts Organization for Addiction Recovery (MOAR)
- Amanda Gilman, Senior Director of Public Policy and Research, Association for Behavioral Healthcare (ABH)
- Margaret Hannah, MEd, GCEC, Executive Director, Freedman Center at William James College
- Jessica Laroche, SM, Director of Public Policy and Government Relations, Massachusetts Association for Mental Health (MAMH)
- Danna Mauch, PhD, President and CEO, MAMH, Appointment of House Minority Leader Bradley H. Jones, Jr.
- Mary McGeown, President and CEO, Massachusetts Society for the Prevention of Cruelty to Children (MSPCC)
- Carlene Pavlos, Executive Director, Massachusetts Public Health Association (MPHA)

- Emily Sherwood, Deputy Commissioner of Child, Youth and Family Services, Designee of Department of Mental Health Commissioner
- Lindsey Tucker, Associate Commissioner, Department of Public Health, Designee of Department of Public Health Commissioner
- James Vetter, Executive Director, Social-Emotional Learning Alliance for Massachusetts (SEL4MA)

Summary of Activities of the Community Behavioral Health Promotion and Prevention Commission for 2019-2020

January 14, 2019

Summary: *Review of the Commission's charges, enabling legislation, and the Commonwealth's conflict of interest laws, ethics regulations, and open meeting law.*

In addition to a review of the Commission's enabling legislation and charges, Commission members discussed their expectations for the work of the Commission, which included a broad range of topics, including focusing on social determinants of health, risk and protective factors, including intervention levers for mitigating risk upstream, and prioritizing a review of the state of the science and evidence-based approaches and interventions in behavioral health.

February 25, 2019

Summary: *Members discussed the work of the Promote-Prevent Commission.*

Commission members who had served on the Promote-Prevent Commission, which was chaired by Representative Jim Cantwell, provided an overview of the Promote-Prevent Commission's work and final report released in 2018, which included a set of recommendations. Among the topics included in the 25 recommendations were additional investments in community-based prevention and evidence-based programs and following principles of prevention, including early action and investing upstream, following an integrated behavioral health approach, supporting the science of prevention, investing across the continuum of care, and building prevention infrastructure.

March 1, 2019

Submission of letter from Secretary Sudders to the Legislature stating that the Commission's first annual report of its activities would be submitted in March 2020.

April 8, 2019

Summary: *Presentations from the three, active state commissions named in the Commission's enabling legislation: the Safe and Supportive Schools Commission, Ellen Story Commission on Postpartum Depression, and Autism Commission.*

During the meeting, Rachele Engler Bennett, Associate Commissioner of Student and Family Support at the Department of Elementary and Secondary Education (DESE) and co-chair of the Safe and Supportive Schools

Commission provided an overview of the Safe and Supportive Schools Commission's work; Carolyn J. Kain, Executive Director of the Massachusetts Autism Commission, provided an overview of the Autism Commission's charge and ongoing work; and Cate McAnulty, Director of the Ellen Story Commission on Postpartum Depression, provided an overview of the commission's work.

June 24, 2019

Summary: *Presentations on the LGBTQ Youth Commission's work and the Youth Risk Behavior Surveillance System (YRBSS) and the Massachusetts Youth Health Survey (MYHS).*

Corey Prachniak-Rincón and Sasha Goodfriend, Director and Chair of the LGBTQ Youth Commission, respectively, provided an overview of the LGBTQ Youth Commission's work and current priorities, which include homelessness, mental and physical health, and juvenile justice.

Chiniqua Milligan, School Health Analyst, DESE, and Candace Nelson, Deputy Director, Office of Data Management and Outcomes Assessment, DPH, provided an overview of the Youth Risk Behavior Surveillance System (YRBSS) and the Massachusetts Youth Health Survey (MYHS), highlighting trends in youth violence, mental health, and depression among youth in the Commonwealth.

September 23, 2019

Summary: *Presentations on the work of community coalition coordinators and workplace behavioral health initiatives.*

Kat Allen, MPH, Coalition Coordinator with the Communities that Care Coalition of Franklin County and the North Quabbin; Penny Funaiole, MA, CPS, Prevention and Outreach Manager for the City of Medford; Carol Read, M.Ed, CAGS, CPS, Substance Use Prevention and Education Coordinator, Needham Public Health Division; and Liz Parsons, M.Ed., Regional Substance Abuse Prevention Coordinator, Mystic Valley Public Health Coalition, provided an overview of their ongoing work with the more than 200 community coalitions in Massachusetts, detailing their previous work with the Promote-Prevent Commission, the fundamentals of the science of prevention, and the group's suggested priorities for the Community Behavioral Health Promotion and Prevention Commission.

Danna Mauch, PhD, provided an overview of select mental health promotion, prevention, and stigma reduction efforts in workplaces in the United States and other countries. Dr. Mauch highlighted emerging evidence regarding the potential effectiveness of such initiatives and some of the tools and supportive resources that have been developed for employees and their families' mental health and well-being.

November 13, 2019

Summary: *Presentation on school-based mental health initiatives and discussion of the Commission's potential priorities for the current fiscal year.*

John Richter, Director of Public Policy for the Mental Health Association in New York State (MHANYS), provided an overview of MHANY's mission and current work related to ending stigma against mental illness and promoting mental health wellness through training, education, advocacy and policy, community-based partnerships, and by connecting individuals and families to existing resources. MHANY's established a School Mental Health Resource and Training Center to provide educators with professional development opportunities, classroom resources, such as evidence-based lesson plans and evaluations, and to organize regional summits to promote professional networking.

Following the presentation, Commission members began outlining potential priorities that the Commission could develop during its future meetings.

January 13, 2020

Summary: *Discussion of Commission's potential priorities for the current fiscal year.*

The Commission discussed potential priorities for prevention investments and created four sub-committees to explore options in the following areas: 1) support existing community coalitions and promoting cross-sector prevention work; 2) build resilience in populations with co-occurring substance use disorder, mental health needs, and history of trauma; 3) integrated medical and behavioral health focusing on young children and families, addressing both generational and family stress; and 4) Social Emotional Learning in schools.

February 24, 2020

Summary: *Discussion of Commission's annual report and potential priorities for the current fiscal year.*

The Commission reviewed and discussed the draft annual report, and developed criteria for evaluating proposed areas of investment for the Commission.