

Community Behavioral Health Promotion and Prevention Commission

Meeting Minutes
November 13, 2019
3:00-5:00 pm

Date of meeting: Wednesday, November 13, 2019

Start time: 3:15 pm

End time: 5:05 pm

Location: McCormack Building, One Ashburton Place, 21st floor, Boston, MA 02108

Members present:

- Joan Mikula – Department of Mental Health (*chair*)
- Liz Berman – Office of Senator Friedman (*designee of Senator Friedman*)
- Yaminette Diaz-Linhart – Mass. Chapter of the National Association of Social Workers
- Kirsten Doherty – Mass. Organization for Addiction Recovery
- Amanda Gilman – Association for Behavioral Healthcare
- Margaret Hannah – Freedman Center at William James College
- Patrick Johnson – Office of Senator Cyr (*designee of Senator Cyr*)
- Jessica LaRoche – Mass. Association for Mental Health
- Ryan Manganelli – Office of Representative Decker (*designee of Representative Decker*)
- Danna Mauch – Mass. Association for Mental Health
- Mary McGeown – Mass. Society for the Prevention of Cruelty to Children
- Emma Schlitzer – Center for Health Information and Analysis (*designee of Ray Campbell*)
- Emily Sherwood – Department of Mental Health
- Lindsey Tucker – Department of Public Health
- James Vetter – Social-Emotional Learning Alliance for Mass.

Members absent:

- George Beilin – Licensed Psychologist
- Lissette Blondet – Mass. Association of Community Health Workers
- Hon. Paula Carey – Trial Court
- Daniel Cullinane – Mass. House of Representatives
- Marilyn DeSantis – National Alliance on Mental Illness
- Carlene Pavlos – Mass. Public Health Association

Proceedings

Commissioner Mikula called the meeting to order at 3:15 pm. She welcomed members and outlined the agenda for the meeting, which included a discussion of the Commission's proposed priorities for the current fiscal year. Commissioner Mikula noted that in advance of the meeting, a small subgroup of members had met with Commission staff in late October to brainstorm potential priorities and recommendations for the Commission with the goal of facilitating the afternoon's discussion.

Dr. Mauch provided a brief introduction of the guest speaker, John Richter, Director of Public Policy for the Mental Health Association in New York State (MHANYS). She noted that MHANYS was instrumental in working with New York state legislators to establish a mandate in the state in 2016 requiring that New York public schools provide mental health education as part of their health curricula.

Mr. Richter 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. He noted that following the establishment of the mandate, 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. He noted that since the Resource Center was established in 2018, roughly 70 percent of school districts in New York had interfaced with the Resource Center in some form. For additional details, refer to the white paper developed by MHANYS posted online to the Community Behavioral Health Commission's [Meeting Materials webpage](#).

Mr. Vetter thanked Mr. Richter and noted that an update from the Massachusetts Department of Elementary and Secondary Education on the revision of the Massachusetts health curriculum guidelines would be helpful for the Commission.

Commissioner Mikula explained that in the FY20 Massachusetts state budget, \$200,000 was allocated to the Community Behavioral Health Promotion and Prevention Trust Fund. She explained that additional funds were allocated to a trust created by Senator Spilka, \$500,000 of which would be utilized for an anti-stigma campaign led by DPH, and \$2 million of which would be utilized for loan forgiveness programs, primarily targeting clinicians.

Commissioner Mikula outlined key priorities for the Commission, which includes building on partnerships and supporting existing community organizations working in promotion and prevention. She noted that the [Core Concepts of Promotion and Prevention and Rubric](#) produced by a subgroup of members of the Commission as resources for the Commission's discussion were particularly helpful. Ms. Diaz-Linhart noted that the two documents were compiled from the core concepts and principles taken from the final report of the Promote-Prevent Commission. Both documents are posted to the Commission's Meeting Materials webpage.

Deputy Commissioner Sherwood provided an overview of various options that the Commission could explore in order to spend the funds allocated in the trust. She led an iterative, idea generation activity with members in small groups.

Following the discussion, Commissioner Mikula summarized the group's proposals, which focused on the following themes:

- Promoting skill-building and social emotional competency for parents and caregivers, such as home visiting programs
- Supporting family resource centers, building social emotional learning into existing programming
- Developing messaging for new/young parents and campaign(s) to connect new parents to existing resources
- Providing technical assistance for existing community groups, through organization of regional events/prevention summits that might promote the formation of communities of practice
- Developing a social media campaign focusing on mental health wellness
- Beginning groundwork for the formation of a practice transformation center to promote integrative primary behavioral health care
- Creating community/regional hubs to promote school mental health screenings

Commissioner Mikula noted that the proposals could be discussed further at the Commission's next meeting in January 2020. Ms. LaRochelle suggested that members who were active in developing proposals submit additional details to Commission staff to help flesh out their ideas.

Summary of action items and next steps:

- Commission staff to compile proposals and schedule a potential December subgroup meeting, if feasible.
- Commission members who were active in developing proposals to submit additional details to Commission staff.

Vote to adjourn: Commissioner Mikula requested a motion to adjourn the meeting. Mr. Vetter introduced the motion, which was seconded by Dr. Mauch and approved unanimously by all members present.

The meeting was adjourned at 5:05 pm.