

# Community Behavioral Health Promotion and Prevention Commission

## Meeting Minutes

April 8, 2019

3:00-5:00 pm

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Date of meeting: Monday, April 8, 2019

Start time: 3:15 pm

End time: 4:55 pm

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

### Members present:

- Joan Mikula – Department of Mental Health (chair)
- George Beilin – Licensed Psychologist
- Ray Campbell – Center for Health Information and Analysis
- Julian Cyr – MA Senate
- Marilyn DeSantis – National Alliance on Mental Illness
- Yaminette Diaz-Linhart – Massachusetts Chapter of the National Association of Social Workers
- Kirsten Doherty – Massachusetts Organization for Addiction Recovery
- Amanda Gilman – Association for Behavioral Healthcare
- Margaret Hannah – Freedman Center at William James College
- Jessica LaRoche – Massachusetts Association for Mental Health
- Danna Mauch – Massachusetts Association for Mental Health
- Mary McGeown – Massachusetts Society for the Prevention of Cruelty to Children
- Rosemary Minehan – Trial Court (*designee of Chief Justice Carey*)
- Emily Sherwood – Department of Mental Health
- Lindsey Tucker – Department of Public Health

### Members absent:

- Lissette Blondet – Massachusetts Association of Community Health Workers
- Daniel Cullinane – MA House of Representatives
- Marjorie Decker – MA House of Representatives
- Cindy Friedman – MA Senate
- Carlene Pavlos – Massachusetts Public Health Association
- James Vetter – Social-Emotional Learning Alliance for Massachusetts

### **Proceedings**

Commissioner Mikula called the meeting to order at 3:15 pm. She introduced the Commission's new members – Senator Cyr and Representative Decker – and explained that the agenda for the afternoon included presentations from the three state commissions named in the Community Behavioral Health Commission's enabling legislation, whose work may bear relevance to the Commission's own work.

Rachelle Engler Bennett provided an overview of the Safe and Supportive Schools Commission, which was established in 2014. The Commission has a wide range of responsibilities, including making recommendations to the Department of Elementary and Secondary Education (DESE) regarding updating, improving, and refining the Safe and Supportive Schools framework and self-assessment tool; identifying strategies for increasing schools' capacity to carry out the administrative functions identified by the

behavioral health and public schools task force; proposing steps for improving schools' access to clinically, culturally, and linguistically appropriate services; identifying and recommending evidenced-based training programs and professional development for school staff on addressing students' behavioral health and creating safe and supportive learning environments; identifying federal funding sources that can be leveraged to support statewide implementation of the framework; developing recommendations on best practices for collaboration with families, including families of children with behavioral health needs; and examining and recommending model approaches for integrating school action plans with school improvement plans and for using the framework to organize other school and district improvement processes. For additional details, refer to the Safe and Supportive Schools Commission's [presentation](#) and [briefing](#) posted online to the Community Behavioral Health Commission's [Meeting Materials webpage](#).

In response to questions from Senator Cyr, Ms. Engler Bennett noted that a full review of state services addressing youth violence trends has not been conducted. She noted that additional information would be provided to the Commission related to the Youth Risk Behavior Survey (YRBS), a national survey of middle and high school students' high-risk behaviors that is overseen by the Centers for Disease Control and Prevention (CDC) and state departments of health. Dr. Mauch noted that three studies might be useful for the Commission's work: the MetroWest Adolescent Health Survey of middle and high school youth and two recent studies conducted by the Association for Behavioral Healthcare and the Blue Cross Blue Shield of Massachusetts Foundation.

Ms. Doherty suggested that the Commission may want to explore inviting community prevention coalitions such as the Substance Abuse Prevention Coalition (SAPC) to present on their usage of data similar to the YRBS for their work in communities.

In response to a question from Ms. LaRochelle about the uptake and reception of the Safe and Supportive Schools framework and self-assessment tool, Ms. Engler Bennett noted that approximately 100-200 schools have used the self-assessment tool to date. She noted that feedback from schools that have utilized the assessment tool will be shape future iterations of the assessment tool.

In response to questions from Commissioner Mikula and Ms. Gilman, Ms. Bennett noted that the Safe and Supportive Schools Commission is in the process of updating its curricula and anticipates that a revised version will be available in the fall of 2019. She clarified that part of the Safe and Supportive Schools Commission's focus is to review existing frameworks to ensure complementarity between frameworks. She added that local school committees and districts have control over their curricula and that the curricula serve as guidance and a resource of best practices.

At 3:50 pm, Ms. Diaz-Linhart joined the meeting.

Carolyn Kain provided an overview of the Autism Commission, which was created in 2014 and is responsible for promoting interagency collaboration and recommending policies impacting individuals with autistic spectrum disorders. The Commission investigates the range of services and supports necessary for such individuals to achieve their full potential across their lifespan, including, but not limited to, investigating issues related to public education, higher education, job attainment and employment, including supported employment, provision of adult human services, post-secondary education, independent living, community participation, housing, social and recreational opportunities, behavioral services based on best practices to ensure emotional well-being, mental health services and issues related to access for families of children with autism spectrum disorder and adults who are from linguistically and culturally diverse communities. For additional details, refer to the [PowerPoint presentation](#) posted online to the Community Behavioral Health Commission's Meeting Materials webpage.

Cate McNulty provided an overview of the Ellen Story Commission on Postpartum Depression, which was a legislative commission created in 2010 to recommend policies to promote greater public awareness, screening, and treatment of postpartum depression (PPD). The Commission's specific focus is to assess current research on the subject of PPD, including evidence-based best practices on the prevention, detection and treatment of postpartum depression; review current policies and practices with respect to screenings for PPD; assist DPH and other entities in the development of educational materials on PPD and referral lists for PPD treatment; and assist DPH and other entities with applications for federal funding to support efforts consistent with the mission and purpose of the commission. Ms. McNulty noted that 1 in 7 pregnant women and new mothers and 1 in 10 fathers experience perinatal depression, the single most common complication with pregnancy. For additional details, including a list of the Commission's past accomplishments and current projects, refer to the [PowerPoint presentation](#) posted online to the Community Behavioral Health Commission's Meeting Materials webpage.

In response to a question from Mr. Campbell, Ms. Engler Bennett noted that a central repository for data on middle and high school youth collected by DESE does not currently exist. Associate Commissioner Tucker noted that DPH is compiling a broad range of data in the Public Health Data Warehouse (PHD). She noted that Juvenile Justice Policy and Data Board (JJPAD) that is housed within the Office of the Child Advocate is looking at aggregating certain data on youth behaviors.

**Vote 1 to approve meeting minutes from January 14, 2019:** Commissioner Mikula requested a motion to vote on the approval of the meeting minutes from the Commission's meeting on January 14, 2019. Mr. Campbell introduced the motion, which was seconded by Dr. Mauch and approved unanimously by all members present.

**Vote 2 to approve meeting minutes from February 25, 2019:** Commissioner Mikula requested a motion to vote on the approval of the meeting minutes from the Commission's meeting on February 25, 2019. Mr. Campbell introduced the motion, which was seconded by Ms. McGeown and approved unanimously by all members present.

Commissioner Mikula noted that based on conversations with Senator Cyr and Representative Decker, she has invited the LGBTQ Youth Commission to present at the Community Behavioral Health Commission's next meeting in June 2019.

In response to a proposal from Ms. Gilman, Ms. Doherty suggested it would be useful to receive more information and potentially a presentation from BSAS funded task force groups and prevention coalition coordinators to hear more about their work on upstream prevention and social determinants of health.

Senator Cyr noted that the inventory of Massachusetts commissions being compiled will be a helpful resource for the Commission's work once completed. Professor Hannah added that a snapshot of the ongoing work of the commissions will be helpful and suggested that the Commission consider ways to come to a common agreement on how members define promotion and prevention. She added that inviting experts who presented to the Promote-Prevent Commission to a future meeting may help serve this purpose.

**Summary of action items and next steps:**

- Additional information on the YRBS to be provided to the Commission
- LGBTQ Youth Commission to present at next Commission meeting
- Commission members to consider (and propose) existing groups that might be beneficial to invite to present at a future Commission meeting.

- Information on EOHHS grants and funding streams such as Safe and supportive Schools grant programs to be shared.

**Vote 3 to adjourn:** Commissioner Mikula requested a motion to adjourn the meeting. Senator Cyr introduced the motion, which was seconded by Mr. Campbell and approved unanimously by all members present.

The meeting was adjourned at 4:55 pm.