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4/1/2024

Adult State Program Standing Committee Minutes

FINAL

Present Members: Ann Cooper (she/her) Bruce Wilson Christopher Rotsettis (he/him) (excu) Dan Towle (he/him)

Lynne Cardozo Marla Simpson (she/they) Michael McAdoo Thelma Stoudt Zach Hughes (he/him)

DMH/State Staff: Lauren Welch (she/her) Eva Dayon (they/them) Trish Singer Katie Smith (she/her) Chris Allen (he/him)

Alison Krompf (she/her)

Public: Jessica Kantatan (she/her) Anne Donahue Eric Ruiz (Vermont Care Partners) Brett Yates (Counterpoint Editor) Paula VanGuilder (community)

Agenda

- 12:30 SPSC Business: Introductions and Review Agenda, Statement on public comment
- 12:40 Update: Suicide Prevention Strategic Plan
- 1:25 SPSC Business (cont): Announcements, Vote on minutes
- 1:40 BREAK
- 1:50 Discuss: Agency Designation Recommendation for UCS
- 2:20 Farewell to DMH Dept Commissioner Krompf
- 2:45 Public Comment
- 2:50 Closing meeting business and planning next meeting agenda

Agenda Item	Discussion (follow up items in yellow) Facilitator: Dan Towle
Opening Committee Business	Meeting convened at 12:32. Quorum was met. Reviewed agenda. Introductions were made. Zach motioned to permit public comment throughout the meeting with priority given to committee members. Ann seconded . All in favor. Motion passes .
Update: Suicide Prevention Strategic Plan	<i>Chris Allen, DMH Director of Suicide Prevention (christopher.m.allen@vermont.gov)</i> <ul style="list-style-type: none">• Chris’s background:<ul style="list-style-type: none">○ Survivor of suicide loss in college, leading him to explore more about suicide prevention and mental health.○ As a senior at St. Michael’s College, started Active Minds chapter which is a national organization for peer-to-peer work in colleges.

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	<ul style="list-style-type: none">○ Grad school at UVM for a master's in social work○ Worked at Vermont Psychiatric Care Hospital (VPCH) as a social worker, particularly community supports and discharge planning.○ Became a Licensed Clinical Social Worker at VPCH○ Joined DMH Central Office as the very first Director of Suicide Prevention about a year ago when the position was funded by the legislature.● Vermont Suicide Prevention Strategic Plan current state<ul style="list-style-type: none">○ Slides included at the end of these minutes.○ During the previous leg session, Act 56 outlined a few items they wanted Chris to address in his first year as Director of Suicide Prevention<ul style="list-style-type: none">▪ Model protocols for suicide prevention in schools and in emergency departments.▪ Develop and complete State Strategic Plan for Suicide Prevention (most states have a plan like this)○ First draft of strategic plan completed a few weeks ago. Chris will send a copy to committee members.○ Completed plan will be available July 1, 2024.○ Included Sustainability Plan for 988, working on budget recommendation that will be included in final draft of plan.<ul style="list-style-type: none">▪ Legislature wanted to assure future funding for 988 if/when SAMHSA funding runs out○ Input sessions for strategic plan<ul style="list-style-type: none">▪ Adult sessions occurred last fall/winter▪ Youth sessions occurred in February (about 20 youth participated)● Question about providing support on the Pathways Support Line<ul style="list-style-type: none">○ How to support people who have ongoing ideation but no active plan?○ Affirm that reaching out to the support line was a good idea and demonstrates a trust in the people receiving call. Encourage the caller to continue using the support line as much as they want to and are able to.● Strategic Directions (aligned with upcoming National Strategy)<ul style="list-style-type: none">○ Community Based Suicide Prevention○ Treatment & Crisis Services○ Quality Improvement & Research (Vermont dropped the word "surveillance" from the National Strategy)○ Health Equity (including access to services, the accessibility of documents and resources, training for providers and communities around bias/cultural competence)● Discussion with Committee
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	<ul style="list-style-type: none"> ○ See attached slides for questions for the committee to consider ○ Would Vermont consider opening groups/modalities like Alternatives to Suicide? (see Pathways model). <ul style="list-style-type: none"> ▪ Promotes deep listening so that health care system doesn't jump to conclusions about safety from mention of suicidal ideation. ○ Intentional leveraging of Intentional Peer Support training for suicide prevention <ul style="list-style-type: none"> ▪ Emphasis that Alternative to Suicide and Intentional Peer Support are key trainings for peers ▪ Suggestion to connect Dan and Thelma (and any others) with Chris to discuss Alternatives to Suicide and spend more time discussing suicide prevention. ○ How are families intentionally included in the Care Pathways action area? ○ Committee brought up ongoing concern many peers have that people calling 988 are subject to unwanted interventions <ul style="list-style-type: none"> ▪ 988 centers have requirements to adhere to in order to stay a national 988 center ▪ Nationally, about 2% of 988 calls result in emergency rescue or dispatch.
<p>SPSC Business (cont)</p>	<p>Minutes Zach motioned to accept February Minutes. Michael seconded. One abstention. All else in favor. February Minutes were accepted. Zach motioned to accept February Minutes. Ann seconded. All in favor. February Minutes were accepted.</p> <p>Announcements</p> <ul style="list-style-type: none"> • Vermont Psychiatric Survivors has taken position of support of Bill H847 covering Peer Support Certification • Alyssum is still looking for more staff, especially night shift. Also looking to hire a new Executive Director. <ul style="list-style-type: none"> ○ Would Alyssum consider an employee shuttle from Montpelier or Waterbury? Housing? ○ Executive Director position has evolved to be potentially part time if need be. • Deputy Commissioner Krompf will be leaving DMH on April 30, 2024. <ul style="list-style-type: none"> ○ There is a position open for her replacement. Posting closed Monday March 11th. • Update: Administrative Rule on Agency Designation is in the 2nd Draft stage <ul style="list-style-type: none"> ○ A 6-week public comment period will occur around 4/24/24 – 6/12/24 <p>Comments on February 2024</p> <ul style="list-style-type: none"> • Create action item grid <ul style="list-style-type: none"> ○ Add Eric Ruiz's follow up to the grid.

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	<p>Committee entered break at 1:37PM</p>
<p>Discuss: Agency Designation Recommendation for UCS</p>	<p>Committee reconvened at 1:51PM</p> <p>Committee’s proposed recommendation: Re-designation with minor deficiencies</p> <ul style="list-style-type: none"> • Zach motioned to recommend Re-designation of UCS with minor deficiencies. Michael seconded. All in favor. Recommendation passes. <p>Key areas to highlight in letter:</p> <ul style="list-style-type: none"> • Kudos for headway made on staff recruitment and retention. Committee encourages UCS to pursue additional strategies for retention. Ability to cut vacancy rate in half and lifted morale. • Finding Access to Services and Treatment (FAST) intake model and use of Collaborative Network Approach • Standing up Psychiatric Urgent Care for Kids (PUCK) program and encourage expansion and inclusivity. And to further promote the service in the community. • Compensation study/project and pursuit of pay equity for peers. Finding alternative sources of funding (grants) to add 40 new positions to the agency. • Peer run groups (such as swimming and crafts) and consider holding mindfulness and/or yoga groups. • Relationships with local realtors to support new staff relocating to find housing. • Embedded staff with Vermont State Police and Bennington Police for crisis response. • Fostering an active, peer-run local program standing committee. Involvement of peer committee in key hiring decisions. • Equine-assisted therapy. <p>Areas of improvement</p> <ul style="list-style-type: none"> • Meet the requirements of the chart review Corrective Action Plan for patient-centered documentation. • Develop a program to get peer advocates into emergency department • Look for creative ways to fill family peer support position vacancy such as VFN, VFF, and NAMI • Seek out support to improve application for CCBHC planning grant.
<p>Farewell to Alison Krompf</p>	<p>Lynne recommends new song from Toronto-based band Walk off the Earth called “On the Road,” especially version that’s live in Costa Rica.</p> <p>Committee recognized the impact that Alison Krompf had on the Department of Mental Health and the broader community.</p>

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	<p>Alison did not take this move lightly, but she could not pass on the opportunity to pursue her dream job in suicide prevention.</p> <p>Four Pines created Vermont-focused and national philanthropy strategy for suicide prevention and treatment. Four Pines recognizes and supports alternative treatments such as respites. The Four Pines Foundation was founded by a Vermont family but their work is national. They allow for creative problem-solving by breaking out of the limitations set by Medicaid. Still, they conduct their work in such a way as to not drain public resources.</p> <p>Alison thanked the committee for their support when it’s deserved and push/challenge leadership when DMH can better support peers. She will continue to be available for coffee or email (coming soon)</p> <p>Replacement? The position posting closed in early March and they are currently in the interview process. Posting and interviewing is a new process at AHS for appointed positions as an effort to cast a wider, more equitable net for candidates.</p>
<p>Public Comment</p>	<p>Guest, Paula, shared her appreciation of the information in this committee.</p>
<p>Closing Meeting Business</p>	<p>Next meeting (May 13, 2024)</p> <ul style="list-style-type: none"> • SPSC Business <ul style="list-style-type: none"> • Revisit the end time question of committee. • Leadership Update: Mobile Crisis launch and 988 outcomes data (30 min) • Presentation: Psychiatric Advanced Directives (30 min) <ul style="list-style-type: none"> • Disability Rights Vermont • Legal Aid/Mental Health Law Project • Review Agency Designation Materials: Counseling Service of Addison County (30 min) <p>Other Planned Agendas</p> <p>June 10</p> <ul style="list-style-type: none"> • Meet with the Deputy Commissioner to raise priorities for FY26 budget • Quick Update: CCBHC <ul style="list-style-type: none"> • Laura Flint, DMH Senior Evidence Based Practices Evaluator • Leadership Update: Peer Certification

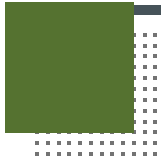
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	<ul style="list-style-type: none"> • Trish Singer, Mental Health Operations Director • Agency Designation Q&A: Counseling Service of Addison County • Draft Recommendation Letter to Commissioner <p>July 8</p> <ul style="list-style-type: none"> • Legislative update • Standing Committee System of Care Priority: Housing <ul style="list-style-type: none"> • HomeShare, Communications Director? • Adnan Duracak, DMH Housing Program Coordinator • Review Agency Designation Materials: Pathways Vermont <p>August 12</p> <ul style="list-style-type: none"> • Light meeting, summer vacation <p>September 9</p> <ul style="list-style-type: none"> • Agency Designation Q&A: Pathways Vermont • Draft Recommendation Letter to Commissioner • Review Grievances & Appeals report <p>October 7</p> <ul style="list-style-type: none"> • Leadership Update <ul style="list-style-type: none"> • Emily Hawes, DMH Commissioner • New Deputy Commissioner?? • Home and Community Based Services <ul style="list-style-type: none"> • August Weems, Adult Care Manager <p>Zach motioned to adjourn. Marla seconded. All in favor. Meeting adjourned 2:47PM.</p>
Links	There were no links in these minutes.
Parking Lot	<p>Committee would like more opportunity to discuss housing. Ask the communications director of HomeShare to visit the committee to raise HomeShare’s awareness of mental health and reduce stigma)</p> <p>Committee would like Chris Allen to return when he has more time to discuss Suicide Prevention in more depth.</p> <p>Other interests:</p>

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	<ul style="list-style-type: none">• Advanced directives (especially related to how they're enforced for mental health care) – possible visit from Legal Aid (look into Mental Health Law Project) or Disability Rights Vermont
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VERMONT SUICIDE PREVENTION STRATEGIC PLAN

Chris Allen, Director of Suicide Prevention



CURRENT STATUS

- First draft completed
- Strategic Directions set
 - Actions and strategies
- Quarterly reports
- Input Sessions



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STRATEGIC DIRECTIONS

In alignment with the upcoming and updated National Strategy for Suicide Prevention

- Community Based Suicide Prevention
- Treatment & Crisis Services
- Quality Improvement & Research
- Health Equity



ACTIONS

- Communication: do you find you are receiving suicide prevention info in one place? Is there a way to do this better?
- Data: is there state level data you wish we had? Are we capturing what is relevant?
- Care Pathways: ways to improve referrals? What about access?
- Postvention: ways to improve supporting families and loved ones?
- Upstream: suggested strategies you have seen as beneficial, or you would like to see?



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WHAT'S TO COME?



- Completion
- Implementation
- Distribution