



COUNTY OF HUNTERDON NEW JERSEY

HUMAN SERVICES ADVISORY COUNCIL LOCAL ADVISORY COMMITTEE ON ALCOHOLISM & DRUG ABUSE YOUTH SERVICES COMMISSION MENTAL HEALTH BOARD



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REFERENCE:

- ☐ Council
- ☒ Mental Health
- ☐ Youth
- ☐ Disability Services
- ☐ Substance
- ☐ Use Disorder
- ☐ Transportation

Approved November 3, 2022

MENTAL HEALTH BOARD

Regular Meeting

Thursday, October 6, 2022 5:30 p.m.
Via Webex

MEMBERS PRESENT

W. Dudzinski
R. Walker

MEMBERS ABSENT

L. Hartman
M. Deo
L. Cartwright

EX-OFFICIO

D. Davis

STAFF

M. O'Reilly
S. Nekola
S. Becker

GUESTS

E. Bayne

I. CONVENE: OPEN PUBLIC MEETING STATEMENT:

"This meeting is being held in accordance with the provisions of the Open Public Meetings Act, N.J.S.A. 10:4-6 – 10:4-21. Notice of this meeting has been provided in the Hunterdon County Democrat and the Courier News. A public notice announcing this meeting has also been placed in the lobbies of the Hunterdon County Department of Human Services, the first floor of the Main Street County Complex, 71 Main Street Building #1, Flemington, NJ; the first floor of the Route 12 County Complex, Building #3, 314 State Route 12, Flemington, NJ and County Clerk's Office."

ROLL CALL:

The regular public meeting was opened at 5:30 p.m. Introductions were made.

Due to the recent public health crisis, COVID-19, this meeting was call in and Webex ONLY

S. Becker stated she is the Assistant Mental Health Administrator for Hunterdon County.

W. Dudzinski stated he is the Chairman of the Mental Health Board and CFO of NewBridge Services, Inc.

D. Davis stated she is the Program Analysts for Hunterdon County with the Division of Mental Health & Addiction Services.

E. Bayne stated she is the Outreach Director for NUA Counseling and Psychotherapy.

S. Nekola stated she is the Division Head of Social Work Services for Hunterdon County.

R. Walker stated she is with GenPsych.

M. O'Reilly stated she is the Human Services Administrator in Hunterdon County.

II. *A. MINUTES: W. Dudzinski made a motion and R. Walker seconded to approve the minutes of September 1, 2022. The motion carried.

B. CORRESPONDENCE: No correspondence at this time.

III. REPORTS:

A. County Update: S. Becker read the County Update shared by M. O'Reilly. The HSAC Survey is complete and has been approved by the Commissioners. The County will be sending it out to the community soon and can share it with the Mental Health Board list. The survey is available in both English and Spanish. S. Nekola added the survey is a needs assessment. Everyone is able to fill it out, consumers, agencies, residents, etcetera.

The annual Point In Time Count Data was released this week. This count provides a snapshot of homelessness in the County of Hunterdon and the state. M. O'Reilly can share a link to the report.

The County of Hunterdon has co-located Naloxone (the overdose reversal drug) in their AED machines in the Route 31 Complex. The County is hopeful this project will expand to other county buildings. The project was approved by the Board of Commissioners. The staff of the Route 31 Complex was trained on how to administer the Naloxone.

B. State Update: D. Davis reported that there are some Request for Proposals (RFPs) issued. She conveyed the first one is for Open Access to Medications for Opioid Use Disorder in Homeless Shelters. This Request for Proposals (RFP) is issued by the New Jersey Department of Human Services (DHS), Division of Mental Health and Addiction Services (DMHAS) to increase access to buprenorphine and other ancillary services for individuals with a substance use disorder (SUD) through current programming available at homeless shelters that are licensed by New Jersey Department of Community Affairs' Bureau of Rooming and Boarding House Standards and outlined in state regulations NJAC 5:15. These providers will develop the capacity to provide medication and support services for individuals who reside or drop in at homeless shelters. The intent of the program is to provide low threshold medication services to individuals with a SUD who present in these settings. The successful bidder to this RFP will initiate medication for SUD and maintain the individual on that medication or transition the individual to a community provider, including, but not limited to: an Office Based Addictions Treatment (OBAT) provider or licensed treatment provider that can administer buprenorphine and other medications for SUD, as well as deliver the appropriate level of counseling, or other appropriate support service.

D. Davis stated it is expected that providers will use funds for all of the following: (1) identify and designate a Champion within the homeless shelter who will lead the shelter's

efforts to provide medication for SUD; (2) initiate same-day medications; (3) contract or employ staff with the credentials to prescribe medications; (4) contract or employ case/care managers, and peers, to connect and engage patients in treatment and social services and to assist patients with care transitions; (5) create a welcoming and non-stigmatizing atmosphere for individuals seeking medications; (6) provide naloxone as an overdose prevention medication, (7) connect individuals to an affiliated Federally Qualified Health Center (FQHC) for the treatment of physical and mental health concerns and chronic pain; and (8) implement harm reductions strategies and interventions to address SUDs, primarily opioid use disorder (OUD) and alcohol use disorder (AUD).

D. Davis conveyed New Jersey has designated two Centers of Excellence (COE) in the treatment of SUDs, one at Rowan University/Cooper Medical School in Camden, New Jersey and another located at Rutgers University Medical School in Newark, NJ. The Centers of Excellence (COEs) offer free training, mentoring and telephonic assistance to prescribers or individuals who are becoming certified to offer medications that treat individuals with a SUD. These services will be available to assist the successful bidder.

This RFP is funded through the Substance Abuse and Mental Health Services Administration (SAMHSA) Substance Abuse Prevention and Treatment (SAPT) Block Grant. Total annualized funding for this RFP is \$2,975,000 subject to federal appropriations. DMHAS anticipates making up to seven (7) awards of up to \$425,000 each. There is no bidders conference. Questions on RFP are due no later than 4:00 pm on September 30, 2022. Deadline for receipt of proposals is October 21, 2022 – no later than 4:00 pm. Preliminary award announcement will be November 18, 2022.

D. Davis stated the Law Enforcement Assisted Diversion is also known as the LEAD Program. The municipalities have been chosen and include Phillipsburg in Warren County, Irvington in Essex County, Elizabeth in Union County, New Brunswick in Middlesex County, Brick in Ocean County and Bridgeton in Cumberland County. The state is now looking for proposals to serve those municipalities. Eligible applicants, private or publicly funded, or those that have a public-health oriented focus, have experience in coordinating and/or providing services to individuals with substance use and/or mental health disorders, and have an interest and ability to develop and implement a LEAD program in at least one of the designated sites. This may include but not be limited to local health departments, harm reduction centers, or non-profits or community-based treatment providers that provide substance use and/or mental health treatment and/or services to individuals in at least one of the selected communities. Priority will be given to those with demonstrate experience coordinating and/or providing services to individuals who are economically disadvantaged. An applicant may apply for more than one designated area within a proposal but must demonstrate their capacity to develop and implement the program in each identified municipality. The Notice of Availability of Funding, Program Administration and Guidelines, and the Application Package are available at: <https://www.njoag.gov/resources/grant-opportunities/>. The deadline for applicants to apply is October 31, 2022 at 4:00 pm.

D. Davis reported on upcoming events. She has conveyed she has flyers for the Mental Health Association of New Jersey's Fall "BIPOC Peer Dialogue". BIPOC stands for Black,

Indigenous, and People of Color. This will be held on October 19, 2022. This is the fourth of their series bringing together BIPOC members of the New Jersey peer community to share, network, identify, and discuss their challenges. This is part of MHANJ's Consumer Connections weekly series of peer support and education opportunities. Registration in advance is required.

DMHAS will hold their annual Suicide Prevention Conference on October 12, 2022. Anyone interested in learning about suicide prevention is welcome to join this annual full-day virtual event. For more information, please contact allison.kusznikow@dhs.nj.gov.

D. Davis conveyed the Statewide Integrated Case Management Services (ICMS) will be held on Wednesday October 19, 2022 at 10:00 am. This will also be a virtual event.

A Work Incentive Seminar Event (WISE) webinar will be held on October 26, 2022. During this month's webinar, the myths and facts about Medicare and Medicaid coverage and work will be discussed. You can learn about how employment affects Medicare and Medicaid benefits and how Social Security's Ticket to Work Program resources can help you succeed on the path to financial independence. They will be sharing facts on:

How earnings from work affect your Medicare or Medicaid.

How Social Security Work Incentives help you continue to receive medical coverage when you start working.

How a Benefits Counselor can help you on your journey to work.

Register online: choosework.ssa.gov/wise, by phone: 1-866-968-7842 or 1-866-833-2967 (TTY), or visit their website: choosework.ssa.gov.

D. Davis stated the Disaster and Terrorism Branch is offering virtual Mental Health Awareness Trainings throughout the month of October.

Question, Persuade, Refer (QPR) - October 11, 2022 1:00 pm

What's Next: Wellness for the New Normal - October 18, 2022 10:00 am

Question, Persuade, Refer (QPR) - October 21, 2022 1:00 pm

Question, Persuade, Refer (QPR) - October 26, 2022 10:00 am

For more information contact: megan.sullivan@dhs.nj.gov.

D. Davis reported The State of New Jersey wants public input on how the opioid settlement funds should be used. A portal for the CY2023 submissions was opened on August 31, 2022 and it will close October 31, 2022. Attached is the link for the survey: https://www.nj.gov/opioidfunds/?utm_campaign=20220902_nwsltr&utm_medium=email&utm_source=govdelivery. Anyone is able to give input on how to use the funding from that settlement.

Emergent Solutions, a Narcan vendor, can supply schools and colleges with free Narcan kits. D. Davis will share the link with S. Becker to distribute.

D. Davis stated she would post all links she discussed in the chat box for those who may need them.

- C. **NAMI Hunterdon Update:** W. Dudzinski reported he had two items to share but S. Becker would go into more detail about them during New Business. W. Dudzinski stated NAMI Hunterdon is on board for Harvesting Hope Festival and they are sponsoring a few lunches for CIT Training.

IV. UNFINISHED BUSINESS: None at this time.

V. NEW BUSINESS:

- A. **Presentation:** “A New Way” Counseling and Psychotherapy Service by Elizabeth Bayne. E. Bayne introduced herself as Director of Community Outreach at A New Way Counseling and Psychotherapy. She conveyed the agency services all of New Jersey with two (2) locations in Somerset County. A New Way Counseling and Psychotherapy also serves New York and Pennsylvania. All individual, couple, and family sessions are preformed by sixteen (16) professional licensed clinicians. Each therapist on the diversified team has a flexible use of treatment because they recognize one of the most important aspects of therapy is the personality match between a therapist and the client. E. Bayne stated A New Way Counseling and Psychotherapy believes the best therapist are those who meet you where you are at. They provide virtual and in-person therapy to children, adolescents, and adults.

E. Bayne reported some of A New Way’s specialty treatments include assisting clients in accomplishing their goals, establishing a new way to manage life and stresses, anxiety, depression, anger management, loss, eating disorders, and any areas relevant to a client. Most clinicians are credentialed in multiple insurance companies. A New Way offers sliding scale fees, those rates can be found by contacting their office. The self-referral process is easy and can be completed simply by calling their office to schedule an appointment then and there. E. Bayne will share their brochure with S. Becker to distribute to everyone. E. Bayne conveyed you can go to their website, www.anewwaycp.com, to meet all their clinicians. Each clinician has a bio posted about themselves and some even have videos. Medicaid and Medicare are not currently accepted at this time. However, it is in discussion.

- B. **CIT Training:** S. Becker stated CIT Training has been around for several years but up until recently any Hunterdon County individual who was interested in taking it had to travel to Union. For the first time, Hunterdon County will have their own CIT Team. S. Becker stated every county in New Jersey now has their own CIT Team with the exemption of Somerset County. S. Becker conveyed CIT stands for Crisis Intervention Training. The training is open to all First Responders, EMS, and Mental Health Workers. The first training will be held from 8:00 am – 4:00 pm on October 24, 2022 through October 28, 2022. To receive credit for the class, you must attend everyday and be there all day.

S. Becker stated the Crisis Intervention Team (CIT) Training is an innovative first-responder model of police-based crisis intervention with community, health care and advocacy partnerships. CIT provides Crisis Intervention training for assisting those individuals with a mental illness and improves the safety of responders, consumers, family members and citizens within the community. Key learning points include:

Overview of Mental Illness

Myths and Misconceptions of Mental Illness

Post-Traumatic Stress Disorder in Law Enforcement
Legal Aspects / Mental Health Screening Law
De-Escalation Techniques when assisting people with mental illness
Active Listening Skills
Hearing Voices-Understanding those who do
Cop 2 Cop
When Words Don't Work?
Complex Crisis Intervention Strategies, and much more.

S. Becker conveyed one of the reasons they want to bring First Responders and Mental Health workers together is because neither side realizes what the other side deals with. This training will bridge the conversation between the two sides. S. Becker shared an overview of the agendas for CIT Training days. She stated day one will include Police Liability and Law Enforcement Risk Control. It also includes Developmental Disabilities and Hearing Voices trainings. S. Becker stated the Hearing Voices training gives you the experience of hearing the voices someone with schizophrenia hears in their head.

Day two includes Co-Occurring Disorders, explaining the bridge between mental health and substance use. PTSD/Veteran's Services are also included in the second day's agenda. Legal Aspects and HIPPA training will be another topic for day two. S. Becker the Tactical Communications will take up most of day three with training on Resiliency to finish the day. Day four includes discussion on Juvenile System of Care, Scenario Based Training/Barricade Presentation, and QPR / Tri-State K9 Response. Day five, the final day, includes more Scenario Based Training, Medication through CIT, When Words Fail, Implicit Bias, and a Graduation Ceremony. S. Becker stated she will be attending the CIT Training and will have more information to share at the November 3, 2022 meeting.

D. Davis shared she was able to take the CIT Training class a few years ago in Bergen County. She conveyed it was interesting to see where law enforcement started with their opinions of mental health consumers and where they finish. She conveyed you can see a shift of perspective. The same goes for the mental health providers. Each side has the opportunity to get a better understanding of where the other is coming from.

S. Becker conveyed there is a push to get all New Jersey Police to take the CIT Training by 2025. This is a big ask, S. Becker stated this is still being debated. S. Becker reported there is also debate about having CIT Training specifically for 9-1-1 Dispatchers.

C. **Stigma Update:** S. Becker conveyed the Harvesting Hope Festival was rained out and is now scheduled for Sunday October 9, 2022 at Deer Path Park. It is completely free and will take place from 11:00 am – 4:00 pm. S. Becker stated the County will be there, along with Stigma, NAMI, the Rotary Club, Hope One, and Norwescap. There will be a popcorn machine, face paintings, pumpkin painting, foam axe throwing, and a scarecrow contest. Twenty-three (23) of the twenty-six (26) municipalities in Hunterdon County have declared themselves Stigma Free. S. Becker shared the County initiative "Stigma Free by 2023". The Harvesting Hope Festival is to share stigma information, and resource information.

D. **New Bridge Services Update:** W. Dudzinski conveyed New Bridge Services has entered into an agreement with Christian Health. New Bridge will become part of Christian Health if

it receives all necessary approvals from DMHAS, Department of Health and all others. W. Dudzinski stated there is a whole series to go through so it is likely this will not happen until next year. The legal entity will remain the same. New Bridge Board is completely independent for two (2) years, after two (2) years, Christian Health can start to elect new board members. There are fifteen (15) board members, and Christian Health will be able to elect one (1) board member. W. Dudzinski conveyed New Bridge Services has been running in deficit for quite a while. This agreement with Christian Health will help save money so New Bridge can continue to provide their services.

- E. **Gen Psych**: R. Walker stated Gen Psych Flemington Team Program is looking to open in November. She will be sharing flyers with S. Becker.

There being no further business, the meeting adjourned at 6:14 p.m. The next meeting will be on November 3, 2022 at 5:30 p.m.