



TOWN OF WEST HARTFORD

Minutes

Substance Abuse Prevention Commission

October 11, 2018 5:00pm – 5:45pm

Room 422

1. Roll Call:

- a. **PRESENT:** Chastity Rodriguez (Chair), Jonathan Merritt (Coordinator), Kim Ambrose, Nordia Napier, Helen Drohan, Lorna Thomas-Farquharson, Emily Melnick, Mitch Irving, David Reyes, Ken Plourd, Astrid Calderon, Carl Shields, Kim Radda
- b. **ABSENT:** Jean Schensul, Amanda Martin, Benjamin Grippo

2. Nominations: Carl Shields, LPC, NCC; Astrid Calderon, LCSW

3. Approval of Minutes

- a. Minutes of Meeting of: September 13, 2018 – Jonathan Merritt motioned, Chastity Rodriguez seconded, 3-0 in favor; motion passed.

4. Unfinished Business

- a. Discuss actions required or planned to move Town Council Recommendations forward; plan for how to develop this year's recommendations: Submit to Town Manager and Mayor, Submit to Superintendent of Schools and Chair of Board of Education, and submit to Helen Rubino-Turco

Table the discussion until Jean Schensul is present

5. New Business

- a. LPC Grant Update, Astrid Calderon: submitted and completed; \$7000 grant from NCMHB; to help Conard and Hall - \$500 each for safe grad parties; mental health cards that were made last year; purchase the drop box (promote with a press release to get the word out)
- b. When will the drop box be available?
 - i. It is a program, not just a box, so will take some time and coordination; facility in Bristol will be accepting unused medication; have received an invoice, and awaiting payment; possibly 2 weeks away from being implemented

- c. Drug take back program update, Helen Drohan: The Drug Take Back Day will be at the Department of Public Works from 10am-2pm, on October 27, 2018.
- d. Carl Shields presented on Substance Use
 - i. Dual Diagnosis became co-occurring disorders: 70% people who experience mental health diagnosis also share a drug addiction diagnosis; “co” reflects presence of more than two disorders
 - ii. Why are these coexisting? Self-medication, causal effects (may increase vulnerability to mental health, common or correlated causes
 - iii. Discussed the “Quadrants of Care”
 - 1. Important to recognize these issues at the Primary care physician levels
 - 2. Helen Drohan: How well trained are primary care physicians to recognize mental health and substance use disorders?
 - iv. Concurrent treatment is the key (accurate assessment, diagnosis, medication, case management, counseling, supportive services)
 - v. Discussed the effects of co-occurring disorders

6. Adjournment – Jonathan Merritt motioned, Chastity Rodriguez seconded, passed 3-0, 2 abstaining.



ANY INDIVIDUAL WITH A DISABILITY WHO NEEDS SPECIAL ASSISTANCE TO PARTICIPATE IN THE MEETING SHOULD CONTACT SUZANNE OSLANDER, DEPARTMENT OF SOCIAL SERVICES 561-7570, FIVE DAYS PRIOR TO THE MEETING.