

STATE COUNCIL ON MENTAL HEALTH
Behavioral Health Administration
Department of Health, State of Hawaii

Kinau Hale Board Room, 1st floor
December 11, 2018
9:00 a.m. – 11:30 a.m.

Members Present: Crum, Louise; Dang, Cynthia; Daraban, Charlie; Jackson, Arwyn; Knightsbridge, Christopher; Kahahane, Ciara; Ries, Richard; Shimabukuro, Scott; Simms, Sandra

Members Absent: Ahu, Shannessy; Rowe, Caprena

Members Excused: Boyer, Kathryn; Crozier, Naomi; Kirby, Candice; Koyanagi, Chad; Lino, Timothy; Martinez, Kai; Nagao, Lani; Rocchio, Christopher; Vorsino, Marie

Guests Present: Rachele Espiritu

Staff Present: De Anda; Heide, Goto, Sage; Haitsuka, Stacy; Hiraga-Nuccio, Madeleine; Mersereau, Eddie; Neves, Cori; Pangburn, Teresa; Tom, Katrina

AGENDA ITEM	DISCUSSION	RECOMMENDATIONS/ ACTIONS/ CONCLUSIONS	PERSON(S) RESPONSIBLE	DATE DUE
I. Call to Order / Establishment of Quorum	In the excused absence of Chair Marie Vorsino, and the excused absence of Dr. Rocchio, 1 st Vice Chair, Dr. Ries, 2 nd Vice Chair, called the meeting to order at 9:15 a.m. Dr. Ries welcomed attendees. Attendees introduced themselves. Quorum was not established at the beginning of or during the meeting.			
II. Consideration and Approval of Minutes	Due to no quorum, the draft minutes for the November 13, 2018 meeting was not reviewed.	Review draft minutes at the January 8, 2019 meeting.	M. Vorsino	1/9/19

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III. Community Input	<p>Rachele Espiritu shared information about the Pacific Southwest Mental Health Technology Transfer Center (MHTTC). She is the Founding Partner and Co-Director of ChangeMatrix, an organization that was awarded the Pacific Southwest MHTTC grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). She provided a copy of the Pacific Southwest MHTTC informational handout, a brochure, and her business card.</p> <p>ChangeMatrix is a small woman/minority owned business. Its goal is to provide universal support for states through an array of low and no-cost virtual, onsite, and resource-based learning opportunities including:</p> <ul style="list-style-type: none"> • Publishing the Region 9 Mental Health Newsletter • Developing innovative and practical products to support work in mental health/behavioral health • Creating Affinity Groups and Communities of Practice • Facilitating webinars and virtual trainings • Hosting regional trainings and train-the-trainer events • Coordinating e-Learning courses • Providing individualized coaching and consultation <p>While R. Espiritu is based out of Colorado, the majority of the Pacific Southwest MHTTC team is in California and one team member is in Las Vegas. Pacific Southwest MHTTC does not have a physical presence.</p> <p>ChangeMatrix is partnering with California’s Center for Applied Research Solutions (CARS) for this SAMHSA grant.</p> <p>The Pacific Southwest MHTTC serves SAMHSA Region 9 which includes Arizona, California, Hawaii, Nevada, and the U.S. Pacific Islands of American Samoa, Guam, Republic of the Marshall Islands, the Northern Mariana Islands, Federated States of Micronesia, and Palau.</p> <p>The Pacific Southwest MHTTC Network is funded by SAMHSA to develop and distribute resources, provide technical assistance, and</p>	Distribute handout, brochure and business card.	J. Clarke	1/9/19

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	<p>support workforce development.</p> <p>R. Espiritu shared that she is aware that SAMHSA awarded funding for another grant in Hawaii which is focused on youth mental health called Project HI-AWARE. More information about Project HI-AWARE may be found at: https://newsletter.samhsa.gov/2016/08/22/youth-mental-health-first-aid-hawaii/</p> <p>For the Pacific Southwest MHTTC grant, starting in November 2018, Hawaii is the focus. R. Espiritu has been attending various conferences and learning about existing mental health groups and organizations in each state.</p> <p>R. Espiritu explained that the Pacific Southwest MHTTC is currently accepting responses to their needs assessment. Anyone may submit comments. To access the needs assessment, use this link: www.surveymonkey.com/r/MHTTCneedsassessment</p> <p>R. Espiritu asked the Council to provide her with the Council’s areas of focus and response to, “What does the Council believe are the critical needs for mental health in Hawaii?” S. Simms suggested that the Council provide R. Espiritu with a copy of the SCMH Strategic Plan. Dr. Ries shared that some of the topics that the Council has reviewed include sex trafficking and victims of abuse and connecting with mental health advocates.</p>	<p>Information only.</p> <p>Response in writing to request for Council information.</p> <p>Provide copy of SCMH Strategic Plan.</p>	<p>M. Vorsino</p> <p>J. Clarke</p>	<p>1/8/19</p> <p>1/8/19</p>

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IV. Old Business	<p><u>September 11, 2018 Meeting</u></p> <ul style="list-style-type: none"> SCMH Strategic Plan <u>Action pending:</u> Provide names of strategic planning consultants for consideration. <p>Council members previously provided suggestions to J. Clarke. There were no new suggestions offered.</p> <p>Request by Dr. Ries to consider developing a three to five-year strategic plan and a strategic plan for next year.</p> <p>Request to rename this old business item to “Provide names/community roles”</p> <p><u>November 13, 2018 Meeting</u></p> <ul style="list-style-type: none"> QPR Training <u>Action pending:</u> Discuss possibility of coordinating QPR training for SCMH members. <p>C. Dang commented that QPR training would allow for community partners and Council members to receive certification. It is important to partner with community including first line responders.</p> <p>M. Hiraga-Nuccio mentioned that the statewide taskforce on suicide prevention with Nancy Deeley and Dr. Janelle Sugimoto-Matsuda may be potential presenters on the topic of suicide prevention.</p> <p>C. Knightsbridge suggested looking at the Centers for Disease Control and Prevention (CDC) for guidelines on suicide risk as a result of, for example, tapering of drug use. HACDACS Presentation <u>Action pending:</u> Review HACDACS presentation slides <p>E. Mersereau shared updates on the continued push to work</p> </p>	<p>Carry forward to January meeting</p> <p>Add to January meeting, Old Business</p> <p>Change for January meeting agenda</p> <p>Carry forward to January meeting</p> <p>Consider for future Council meeting presentation</p> <p>Carry forward to January meeting</p>	<p>M. Vorsino</p> <p>J. Clarke</p> <p>J. Clarke</p> <p>M. Vorsino</p> <p>M. Vorsino</p> <p>M. Vorsino</p>	<p>1/8/19</p> <p>1/8/19</p> <p>1/8/19</p> <p>1/8/19</p> <p>1/8/19</p> <p>1/8/19</p>

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	<p>with as many entities as possible to coordinate across mental health, substance abuse, and suicide prevention and to de-silo efforts.</p> <p>Part of the conversation is acknowledging that opioid addiction is a chronic illness and should be treated as such. That said, there needs to be a paradigm shift and treat opioid addiction on the same level as, for example, cancer treatment. Philosophy and focus is on balancing chronic pain with opioids. For example, wouldn't take someone of insulin if they didn't administer their insulin correctly. They may need support, education and follow up to be adherent to insulin usage.</p> <p>C. Knightsbridge shared that a concern from prescribers is fear for filling prescriptions for patients. E. Mersereau stated that CDC guidelines should be used to address prescribing. Individuals who are struggling with chronic pain need medications that work for them and the conversation should be between the patient and the prescriber.</p> <p>Evidence shows use of pain medications over time increases tolerance. Consultation with the patient to assess their level of pain and the level of pain they can manage without medications is helpful for the prescriber to know when filling the prescription.</p> <p>There needs to be a balance and there needs to be an evaluation of usage.</p> <p>S. Simms asked what the data is for prescriptions written for opioids. E. Mersereau stated that Hawaii has a relatively high number, but it is not as high as other states. More education around what doctors can do to coordinate care and address level of pain, symptoms, etc. is needed to support patients who have chronic pain.</p> <p><u>Action pending</u>: Identify future SCMHS meetings for update on HACDACS priorities</p>	Carry forward to January	M. Vorsino	1/8/19

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	<p>It was noted that Dr. Koyanagi is a member of HACDACS. The Council may want to consider having him on a future agenda for regular HACDACS updates, similar to standing agenda items for Service Area Board (SAB) reports.</p> <p><u>Action pending:</u> Discuss how SCMHC may align its priorities to support work that HACDACS is doing</p> <ul style="list-style-type: none"> Window of Hope Pilot Project Presentation Action pending: Review Window of Hope handouts <p><u>Action pending:</u> Discuss SCMHC response to presentation and request for letter of support</p> <p>It was noted that clarification is needed on the type of funds (Who is the funding agency?) and when is the deadline for this proposal to be submitted. Also, need to verify who the letter needs to be addressed to.</p>	<p>meeting</p> <p>Consider adding as a recurring Council meeting agenda item</p> <p>Carry forward to January meeting</p> <p>Carry forward to January meeting</p> <p>Inquire with presenters</p> <p>Provide update at January’s meeting</p>	<p>M. Vorsino</p> <p>M. Vorsino</p> <p>M. Vorsino</p> <p>J. Clarke</p> <p>M. Vorsino</p>	<p>1/8/19</p> <p>1/8/19</p> <p>1/8/19</p> <p>1/8/19</p> <p>1/8/19</p>
<p>V. Legislative Training for State Council Members</p>	<p>Arwyn Jackson provided an overview of the legislative process. She provided the Council with the following handouts:</p> <ul style="list-style-type: none"> Legislative Glossary of Terms Hawaii Legislature – How a Bill Becomes a Law Hawaii Legislature – Calendar 2018 Hawaii Legislature – Citizen Guide <p>For additional information about the Hawaii Legislature and the legislative process, please visit the Hawaii Legislature’s Public Access Room (PAR) at this website: http://lrbhawaii.org/par/</p> <p>The PAR provides information to the public including handouts and videos that explain the legislative process.</p> <p>With regards to the Council’s participation in the legislative process, there may be opportunities for the Council to track bills using the</p>	<p>Information only</p>		

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	<p>Hawaii Legislature's website (create an account): https://www.capitol.hawaii.gov/</p> <p>Additionally, the Council may consider attending opening day of the Hawaii Legislature which is scheduled for Wednesday, January 16, 2019 at 10:00 a.m. and visit key legislators.</p> <p>L. Crum suggested that at a future meeting, A. Jackson could show the Council how to use the website for tracking bills, receiving alerts for bills, searching for bills, and other features.</p> <p>C. Knightsbridge mentioned that Twitter users can, "Sign up for finance committee updates."</p> <p>A request was made to consider revising the membership of the legislative Permitted Information Group (PIG). Currently, A. Jackson, S. Simms, C. Dang, and Dr. Ries are members, but perhaps other Council members may want to join.</p> <p>Dr. Ries asked how the Council could be most helpful in terms of being ahead/informed in their advisory capacity. A. Jackson suggested that just knowing what bills are coming up for hearing and being a resource and support may be the Council's role. S. Simms suggested that the Council participate as observers and perhaps consider a stronger role in the future.</p> <p>It was clarified by A. Jackson that the Council may wish to testify on a bill as a Council, collectively, or as individuals. Testimony could be to inform the committee of the Council's position or to just offer comments on the topic of the bill.</p> <p>S. Simms noted that Representative Mizuno hosts a taskforce of mental health advocates.</p>	<p>Consider for future Council meeting agenda item</p> <p>Discuss membership of the legislative PIG</p>	<p>M. Vorsino</p> <p>M. Vorsino</p>	<p>1/8/19</p> <p>1/8/19</p>

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VI. Island Reports	Kauai Service Area Board (KSAB) <ul style="list-style-type: none"> • No report Oahu Service Area Board (OSAB) <ul style="list-style-type: none"> • No report Maui Service Area Board (MSAB) <ul style="list-style-type: none"> • No report Hawaii Service Area Board (HSAB) <ul style="list-style-type: none"> • G. Keane reported the HSAB did meet but quorum was not established. 			
VII. Announcements	Next meeting will be on Tuesday, January 8, 2019.			
VIII. Future Agenda Items	- Invite a Kaiser Permanente staff to present on their Suicide Prevention Program			
IX. Adjournment	The meeting was adjourned at 11:31 a.m.			