

**WEST VIRGINIA MENTAL HEALTH PLANNING COUNCIL
MINUTES
ANNUAL RETREAT
OCTOBER 12 & 13, 2005
OGLEBAY
WHEELING, WV**

October 12, 2005

Present: Teri Toothman, Paul Macom, Bob Musick, Brandi Blankenship, Frankie Copacefelo, Angie Ferrari, Millie Gerbo, Sheila Hicks, Debbie Jarrell, Ted Johnson, Helen Matlick, Bob McConnell, Debbie Toler, Dave Sanders, Nancy Allison-Schmitt, Jessica Stewart, Melissa Toothman, Janet Johnson.

Ex Officio: Angela Rogers, Elliott Birkhead, Dave Majic, Steve Mason.

The chair noted that there was a quorum.

The minutes of the previous meeting were read. Two errors were noted. "Hospital bill 23/24" should read "House Bill 2324". "Medicare Redesign" should read "Medicaid Redesign". Minutes approved with corrections.

Tammy Pearson and Stephanie Hayes from Marshall University presented data from FY05 on each of the Block Grant funded programs. The data that Marshall collects is extensive and provides an excellent overview of the programs.

Following the presentation there was discussion regarding the best way to convey this type of information to WV Legislators. There was consensus that this information needs to be conveyed but there was no clear idea as to how to convey the information. The Chair asked the Legislative Committee to develop a method of communicating this information to the Legislature.

Ted Johnson is chairing a group that has received a grant from the National Mental Health Association to work on transforming the state mental health system. Five teams have been established and each of the teams has met at least once. The membership of the teams has wide representation. The goal is the complete transformation of the system, not reforming the current system. The focus will be on recovery and resilience. There will be further information on the group's web site:

MSPCAN reports that it is starting telephone sensitivity training.

Angie Ferrari reported on the Leadership Academy for Kids. They are using the Point of Light curriculum. The emphasis is on skill building, personal responsibility, identifying self and self actualization. The first conference was held at Cedar Lakes and involved thirty four kids.

Paul Easton reported for juvenile justice. WV is on of a small group of states that provide both mental health and substance abuse assessments for every adolescent who enters a correction facility.

Steve Mason gave a presentation on the Support to Addiction Recovery (STAR) model of recovery. This model includes the following components:

- Ongoing assessment and evaluation.
- Specific programs.
- Withdrawal management.
- Basic elements for successful outcomes.
- Pre-recovery interim services.
- Intensive recovery programs.

Each of these components includes numerous specific services and programs. During discussion it was pointed out that the STAR model could be used for mental health recovery.

Jim Womeldorf has been contracted to assist the Council with strategic planning. He reviewed the issues that were identified during the last retreat in October 04 at Hawk's Nest. A document outlining those issues had been developed following the retreat. There was consensus that the document was not realistic and that there are now issues that are much more pressing than those identified last year.

Jim presented an overview of the PATH model of strategic planning. This model begins with a vision of what is desired at some point in the future. A group then works backwards identifying goals, steps (first steps and subsequent steps), responsible persons, organizations that need to be involved, and resources that are needed. The Council agreed to use this model at a 2 day meeting to develop a strategic plan. The tentative dates for this meeting are February 9 and 10.

The floor was open to general discussion. A motion was made to dissolve the adult and child constituency committees and to bring issues directly to the full council. The motion was seconded. There was much discussion which indicated that there may be some confusion between the adult and child committees established by the by-laws as opposed to constituency groups. The motion was withdrawn.

A motion was made to table discussion of the need for adult and child constituency groups until the next meeting. There was a second. The motion was withdrawn.

Motion to adjourn, seconded, passed.

October 13, 2005

Judy Stange, PhD, Executive Director of the National Association of Mental Health and Advisory Councils and Jerry Goessel, Executive Director of NAMI Vermont gave a day long presentation that covered several topics including:

- NAMHPAC
 - What is it.
 - Mission
- Mental Health Planning Councils
 - History and purpose.
 - Membership.
 - Duties.
- President's New Freedom Commission on Mental Health
 - Mission
 - Principles
 - Transformation of the mental health system.
- Using outcome data to transform the state mental health system.
 - National Outcome Measures.
- State specific performance indicators.
- Integrating the Recovery paradigm into the Evidence Based Practice movement.
- Recovery model.
- 10 rules for quality mental health services.
- Evidence based practices for adults.
- Evidence based practices for children.

The day ended with a group exercise in which each group defined 1 to 3 goals and also developed a simple plan for accomplishment.

Meeting adjourned.