1. **Call to Order**

Pastor Woody Eddins,, Jr., co-chair called the meeting of the Board of Selectmen Community for Care Committee to order at 6:00PM on Wednesday, April 1, 2015. The meeting was held in the Board of Education Meeting Room of the Simsbury Town Offices located at 933 Hopmeadow Street, Simsbury, CT. Also in attendance were the following members: Candee Brohinsky, Cheryl Cook, Selectmen, Helen Donaher, Karen Gallagher, Sarah Gwinn, Lisa Heavner, First Selectman, Richard Holden, Sue Homrok-Lemke, Assistant Superintendent of Schools, Chris Kelly, co-chair and Selectmen, David Krayeski, Ed LaMontagne, Mickey Lecours-Beck, Director of Social Services, Marc Lehman, Sally Rieger, Becky Rosenthal, Thomas Steen, Judy Sturgis and Brian White, Principal of HJMS.

1. **Pledge of Allegiance**

Everyone stood and recited the Pledge of Allegiance

1. **Public Audience**

No one spoke in Public Audience

1. **Review of Minutes of January 14, 2015**

*Mr. LaMontague made a motion to approve the minutes of the Community for Care meeting of January 14, 2015. Mr. Holden seconded the motion and the motion was unanimously passed.*

1. **Committee Updates**

Ms. Rosenthal discussed a mockup of a page for the Community For Care web-site and hopes it will be ready soon.

Ms. Homrok-Lemke discussed the mailing for the Communications sub-committee called “You don’t have to go it alone” that will be going out. She also noted that the committee discussed also creating a magnet with this information.

Ms. Homrok-Lemke noted that a group did get together to discuss mental health awareness and spoke about the “Tall Cop” program sponsored by the Simsbury Police Department and Simsbury Social Services, who is providing funding in the Simsbury schools. The adult only program will be held on April 9th, at Simsbury High School. It will also be held during the day for some Simsbury High School students through their health classes. Ms. Lecours-Beck asked committee members for their feedback on this program.

Pastor Woody asked for any feedback on the books that were distributed to the schools and if more are needed. Mr. White stated that he will check on this.

1. **Presentation – The Myths of Mental Illness**

**Dr. Lisa Namerow, M.D. and Dr. Laura Saunders, Psychologist – Institute of Living**

Dr. Lisa Namerow discussed the following slides with Committee members:

* Reducing the Myths In Child & Adolescent Mental Health – Risk Factors, Protective Factors and Treatment Options
* A Framework for Understanding Mental Health Disorders
* A Development View – Childhood (ages 6-11)
* Transition from Childhood to Adolescence: An Explosion of Development Tasks
* Myth 1 – Mental health disorders in children and adolescents are rare - False
  + Fact 1- A total of 13% - 20% of children living in the U.S. experience a mental disorder in a given year.
  + 1 in 10 children will meet criteria for a DSM-IV disorder during childhood or adolescence.
* Myth 2 – Mental health disorders are caused by one event, stress or trauma - False
  + Fact 2 - In the area of development and psychopathology, research suggests mental health disorders are a biopsychosocial illness and are the outcome of:
    - Genetic vulnerabilities
    - Temperament factors and
    - Environmental, developmental and social stressors
* Myth 3 – Behavior problems are different than true mental health disorders - False
  + Fact 3 - Behavior is the way the brain expresses itself, so it is not accurate to try to separate psychiatric issues from behavior issues.
* Myth 4 – All adolescents are moody and lazy. It is part of the development stage - False
  + Fact 4 - Clinical depression is more than a “bad day”.
* Myth 5 – Suicide comes out of nowhere - False
  + Fact 5 – Suicide Risk Factor: Family history of suicide

Dr. Laura Saunders and Dr. Lisa Namerow discussed the following slides:

* Myth 6 – According to most adolescents, everyone their age drinks and smokes marijuana. It’s

Harmless - False

* + Fact 6 - Approximately 10.9% of adolescents in Connecticut used an illicit drug in the past month.
* Myth 7 - Mental health problems are caused by parents - False
  + Face 7 - Strong family connections are a protective factor. Support your child in achieving their goals
* Myth 8 – Parents don’t need to supervise their child’s social media - False
  + Fact 8 - Parents have the right to monitor your child’s safety even if that means infringing on privacy; Acknowledge that trust is something to be EARNED
* Myth 9 – It is common in adolescence to eat poorly and sleep irregularly. They don’t need routine - False
  + Fact 9 - Sleep hygiene is the number one way to stabilize mood
* Myth 10 – Being gay is no longer a social stigma in high school - False
  + Fact #10 Why high representation of Lesbian, Gay, Bisexual Transgender and Queer/Questioning youth in the mental health population.
  + Three additional stressors for LGBTQ youth
    - Social Stigma
    - Minority Stress
    - Family rejection
* Summary of Risk Factors
* Protective Factors
* Challenges to Parenting an Adolescent
* When do you know if a child needs help?
* Treatment Options
* A role for Psychiatric Medications
* What does the future hold?
  + ACCESS-MH CT: Started June 2014
* Stigma – Words Matter

Dr. Saunders distributed a Mental Health First Aid Pamphlet to Committee members and discussed the program that is available to come out to the schools.

Committee members asked questions to Dr. Namerow and Dr. Saunders as well as discussed resource options.

1. **Possible Future Speakers**

Pastor Woody asked for suggestions for future speakers. It was suggested to bring in Dr. Kaminer, Professor from UCONN to speak on medical marijuana at the next meeting. Mr. Steen stated he would get in touch with him.

1. **New Business**

Pastor Woody suggested expanding the referral list on the back of the Community for Care booklet. Mr. Krayeski discussed putting together resources for adolescent psychiatric issues and if there were specific places to get information. He did get in touch with an organization called Favor in Wethersfield and discussed what they do. Mr. Krayeski asked members if anyone would like to start a sub-committee to reach out to these organizations like this and try to collect as much information as possible from them and then put this information together for families in Town. He passed around a sign-up sheet for volunteers.

Ms. Gallagher discussed the “Looking in Theater” organization in Hartford and if the group might consider coming to Simsbury next year. It was noted that they have been in Simsbury before. This group performs skits for their audience on various subjects.

1. **Next Meeting**

The next meeting will be held on June 10, 2015.

**ADJOURN**

*Ms. Lecours-Beck made a motion to adjourn the meeting. Mr. Steen seconded the motion and the motion was unanimously passed. The meeting was adjourned at 8:00p.m.*

Respectfully submitted,

Leslie Brigham