



## **Behavioral Health Partnership Oversight Council**

### **Child/Adolescent Quality, Access & Policy Committee**

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**[www.cga.ct.gov/ph/BHPOC](http://www.cga.ct.gov/ph/BHPOC)**

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*Co-Chairs: Steve Girelli & Jeff Vanderploeg*

**Meeting Summary**  
**Wednesday, May 17, 2017**  
**2:00 – 4:00 p.m.**  
**Beacon Health Options**  
**Rocky Hill, CT**

**Next Meeting: June 21, 2017 @ 2:00 PM**  
**at Beacon Health Options, Rocky Hill**

**Attendees:** *Dr. Steve Girelli (Co-Chair), Dr. Lois Berkowitz (DCF), Eliot Brenner, Rick Calvert, Sean Cronin (OCA), Sarah Crowell, Beth Garrigan (Beacon), Susan Graham, Colleen Harrington, Mary Held, Mikaela Honhongva, Susan Kelley, Jason Lang (CHDI), Beth Klink, Irvin Jennings, Evelyn Melendez, Joan Narad (Beacon), Kelly Phenix, Donyale Pina (DCF), Heidi Pugliese (Beacon), Maureen Reault (DSS), Heather Sapere (CHDI), Kathy Schiessl, Janessa Stawitz (Jud), and Bethany Zorba (DCF)*

### **Introductions:**

Co-Chair Steve Girelli convened the meeting at 2:06 PM and introductions were made. Co-Chair Steve reminded participants to sign in.

An addition to the agenda was announced, following a decision in the last meeting that all meetings will open with any follow-up discussion of materials presented in the previous meeting.

### **Follow-up to meeting of April 21, 2017**

There were no follow-up comments or discussion.

### **Update on the Cognitive Behavioral Intervention for Trauma in Schools – Jason Lang, Ph.D. (Child Health and Development Institute)**



ChildAdol5-17-17CH  
DICBITSPresentation

Jason Lang, Ph.D. and Heather Sapere, M.A. of the Child Health and Development Institute of Connecticut, as well as Bethany Zorba of DCF, provided an update on CBITS. By way of background they indicated that the project is three years old, having started in 2014. The project is funded by DCF and is a partnership among CHDI, Wheeler Clinic, DCF, and Sharon Stephan,

who is a CBITS trainer.

CBITS is a school-based trauma-focused group intervention that involves 10 sessions of five to ten students. Some of the sessions are parent focused. The program is available to students at participating schools in grades five through twelve who score as having at least moderate PTSD symptoms on the Child PTSD Symptom Checklist. Engagement of students varies somewhat among the participating schools but often involves a classroom-wide preliminary screening. The groups are provided by school-based clinics within the participating schools.

The program began in 2014 in Bridgeport in two schools and in 2015 was increased to include New Haven, New London, and Stamford. In 2016 the program was further expanded to include Hartford, Norwalk, Bristol, Enfield, and East Hartford. Also, in 2016 there was a downward extension of the program to grades kindergarten through fifth grade, called Bounce Back. To date 10 agencies working at 61 sites have been involved with 193 clinicians trained in CBITS. Over 750 children have been served.

Efficacy data are encouraging. Improvements have been demonstrated in overall reduction in PTSD symptoms and in problem severity symptoms. There were also improvements in overall functioning. These findings were especially evident among those children who had clinical scale elevations pre-treatment. It is noteworthy that approximately half of the children screened evidenced at least moderate PTSD symptoms.

Note: The slide show for this presentation is available on the BHPOC Website under the CAQAP tab.

### **Preliminary Open Discussion of Child & Adolescent QAP Committee Priorities, Needs, and Interests – Steve Girelli (Co-Chair) and Dr. Lois Berkowitz (DCF)**

Co-Chair Steve Girelli and Lois Berkowitz, Psy. D., of DCF reflected that attendance and participation in these meetings has fallen off in recent months and requested feedback from the group (which was uncharacteristically large for this meeting) and for possible topics of discussion. Among the contributions were:

- Discussion of IICAPS expansion
- Review of the Children's Behavioral Health Plan, including discussion about tangible evidence of its implementation and effectiveness
- Health Equity, especially as regards access and engagement
- The committee has struggled with a focus and needs a road map, including a list of topics. If we keep looking at data, the committee needs to be composed of people with that expertise
- We need to be sure to include data but also emphasize the impact of service and access on people
- The lens of the provider, consumer, etc. is the soul of the data.
- What are we doing with the data and what ties it all together?
- What is the impact of what we do?
- We should keep a more consistent meeting schedule, as changes negatively impact attendance.

- We have moved away from decision-making based on data and have become more of a passive audience
- Reduced attendance may be a function of staff turnover in provider agencies. We should consider doing outreach to agencies who have not participated recently.

These observations will be shared with the rest of the Council and further discussion at the committee level will be planned.

### **Update from Consumer and Family Advisory Council: Sarah Crowell-Perez and Susan Graham**

DCF, DMHAS, and Beacon provided an excellent presentation to CFAC on the transition of older adolescents into adult behavioral health services that was very helpful. CFAC has started a youth workgroup that took away a great deal of information from the presentation. One focus was the availability of services for transitioning youth. This will be the topic of one of the break-out sessions at the upcoming iCan Conference.

As a reminder, the iCan Conference will be held on September 28 at the Artists' Collective in Hartford.

### **New Business and Announcements:**

Co-Chair Steve Girelli asked for any questions, comments, new business, or announcements. There being none, he announced the next meeting for Wednesday, June 21, 2017 at 2:00 PM at Beacon Health Options in the Hartford Conference Room on the third floor. He then adjourned the meeting approximately at 3:59 PM.

**Next Meeting: Wednesday, June 21, 2017 @ 2:00 PM, 3rd Floor, Hartford Conference Room, Beacon Health Options in Rocky Hill, CT**