



The Portsmouth Department of Behavioral Healthcare Services (PDBHS) Advisory Board held their monthly meeting on Wednesday, November 6, 2019 at 1811 King Street, at 4:30pm in Portsmouth, Virginia.

Members Present

Dr. Marie Shepherd, Chair
Dorescia Paige, Secretary
Pastor Milton Blount
Charlene Chavis

Absent Members

Denise Key, Vice Chair

Council Liaison

The Honorable Paul J. Battle

PDBHS Staff Present

M. Elaine Breathwaite, Director
LaTonya Williams, Assistant Director
Cherie Lassiter, Administrative Coordinator II
Alison Brady, Peer Recovery Specialist

Called to Order

The Chair called the meeting to order at 4:42pm.

Review Minutes

The board reviewed the September 4, 2019 minutes. Pastor Blount motioned for the minutes to be approved with a second by Ms. Chavis. The board approved unanimously.

Updates

- Director's updates were presented by the Director, Ms. M. Elaine Breathwaite:
 - Ms. Breathwaite introduced and commended Alison Brady, PDBHS Certified Peer Recovery Specialist (CPRS). Ms. Brady outlined Peer Services at PDBHS and discussed future goals for collaborative efforts in the City of Portsmouth:
 - Peers provided linkage to services and resources to citizens in the community. Making direct contact with over 250 individuals monthly through Crisis Stabilization Units (CSUs), Maryview Medical Center, the Warmline and Same Day Access (SDA – Central Intake).
 - Peers provided outreach at the Main and Cradock Branch libraries. Peers bring pamphlets on services, snacks and encouragement.
 - PDBHS has a Certified Peer stationed at intake to meet with consumers as they arrive for screening and intake appointments to help facilitate their path to services and advocate for clients on a daily basis.

- Peers are called upon as added support for consumers seeing therapists and case managers through referrals or Warmline calls, at which time peers assist consumers in a self-directed path of recovery based on a person's need.
- The staff and doctors at Maryview Medical Center welcome the addition of Peer Services. They regularly utilize the service upon meeting with patients that are seeking recovery. Peers establish mutuality that allows clients to feel comfortable discussing their wants, needs and desires.
- Peers make weekly visits to local CSUs in the Hampton Roads area to follow up with Portsmouth clients that are admitted. We keep up-to-date resource information on housing, residential treatment and various programs.
- There are Peer Drop-in groups and other agency groups facilitated by CPRS and are available for consumers.
- Collaboration team is developed with the EMS and Fire Rescue teams to work with PDBHS Peers. Our goal is to reach people in the community that are struggling with substance use disorders to connect them to resources.
- Assisting and educating the community about obtaining Medicaid.
- PDBHS will increasing Peers to the agency to help with responding to the public 24/7.
- In recognition of National Recovery Month, PDBHS Peers assisted with hosting *Recovery Rocks* at the Neighborhood Facility in September. Participants painted individual rocks that told their personal recovery stories (or the story of someone they know). The rocks were placed in the community, to encourage and support those in need. This annual event is designed to engage those affected by mental health and /or substance use challenges in the City of Portsmouth.
- Rapid REVIVE! classes will be facilitated by a Peer and offered to consumers in methadone treatment and during the intake process.
- There are currently 100 CPRS in the state of Virginia. In January of 2020, Ms. Brady will be facilitating a free 72-hour mandatory prerequisite course during the weekends to prepare participants to become eligible to obtain a Peer Recovery Specialist certification. Peer supporters can also be family members (Family Support Partners) who provide support and assistance to other families, those individuals can also obtain a certification by completing a mandatory prerequisite course.
- The Director reviewed and discussed the agency's annual report with the board members.
- Additional funding for the Opioid Crisis was awarded to the agency.
- Funding was awarded to the agency after submitting a proposal to the state to assist with methadone treatment and discharge planning in the City Jail. PDBHS will be meeting with jail staff to develop appropriate goals and clearly define the objectives for this grant.
- The board discussed the VACSB Public Policy Conference attended by two board members in October.

Old Business

- No old business discussed.

New Business

- Creating Trauma-Sensitive Schools Conference, February 16-18, 2020 in Atlanta, GA was presented to the board. PDBHS is allowed to send one prevention staff and a local teacher or school administrator. This conference will help individuals improve the lives of children impacted by early childhood trauma, abuse and neglect, and prenatal exposures in their families, schools and communities. Trauma-informed schools seem to be the best educational environment for all children, but especially the significant population of children impacted by Adverse Childhood Experiences (ACEs).
- Mental Health First Aid and REVIVE! Trainings continue to be offered by PDBHS. These trainings can be provided at churches and community organization.

Next Meeting/Adjournment

The meeting ended at 5:38pm. Refreshments were made available before and following the meeting. Our next meeting is scheduled for December 4, 2019 at 4:30pm.

Respectfully submitted,

Dorescia Paige
Secretary

M.S.Ed., UMHP-R