

CHEMICAL DEPENDENCY SUBCOMMITTEE MEETING
of CORTLAND COUNTY
COMMUNITY SERVICES BOARD

Meeting Minutes – February 6, 2019
12:00 NOON
Room 302 – COUNTY OFFICE BUILDING

CHAIR: Matthew Whitman ~ VICE CHAIR: ReBecca Smith ~ DIRECTOR: Mark Thayer

- Members Present:** Matt Whitman – Chair, ReBecca Smith – Vice Chair, Christopher Driscoll, Tiffanie Parker, Robert Pitman, Judi Riley and Legislator Douglas Bentley
- Members Absent:** Jesse Abbott, Michael Johnson and Timothy Lockwood
- Others Present:** Mark Thayer (Director), Jennifer Bayer (Beacon Center), Deena Dombroske (Helio Health), Thomas Lipa (TC3), Kurt Warner and Jesse Belton (Catholic Charities of Cortland County), Amanda Stout and Michael Lanigan (Family Counseling Services), Alexandra Mikowski (Liberty Resources), Patty Schaap (CCDMH) and Gail Spitzer (Secretary)
- Call to Order:** 12:03 p.m. – by Chair, Matt Whitman – thanked everyone for coming

Minutes

Introductions

Agenda Item: Approval of Meeting Minutes November 7, 2018 Request for motion by Chair, Matt Whitman

✓ Motion made Christopher Driscoll, seconded by Tiffanie Parker – no further discussion – unanimously approved

Agenda Item: ORGANIZATIONAL MEETING Conversation facilitated by Director Mark Thayer

*Chair / Vice Chair – Election 2019 – Spoke with both current officers, willing to continue unless anyone else would be interested in serving in those posts – recent membership survey comments indicated the good work of the existing officers, leading the committees

- ✓ Tiffanie Parker nominate Matt Whitman to continue as Chair of the CD Subcommittee, seconded by Judi Riley – no other nominations – Matt abstained – all others voted to approved
 - ✓ Judi Riley nominated ReBecca Smith to continue as Vice Chair of the CD Subcommittee, seconded by Christopher Driscoll – no other nominations – ReBecca had stepped out of the room – all other voted to approve
- Mark thanked both the Chair and Vice Chair for their hard work and willingness to serve

*Meeting Day and Time – This day and time has been consistent for many years – is there discussion of alternate days/times? the conversation can continue at another time if necessary – no other proposals, meeting day and time will continue

*Approval of Proposed Meeting Calendar – Joint meetings in May (County Plan) and December (Annual Report) continue – no scheduled meetings in July and August – no other proposals or changes brought forward – calendar approved / Gail Spitzer has begun sending Calendar Invitations to meetings which has improved the response to accept or decline attendance – if a quorum is unlikely, meetings can be cancelled in a more timely manner

Membership Survey Results – 71% of membership responding – response overall favorable – important to have proper representation balance on boards (families, peers, self-advocates), open meetings, guests encouraged to attend, share information – interest in inviting recipients of services, program speakers / At each meeting Mark presents diverse information in the Director’s report, not all discussed at the meetings; anyone wanting more detail or to discuss further, encouraged to contact Mark or ask at the meeting / as a result of last year’s surveys, the order of the meeting was changed; allowing agency representatives and others attending to speak before the Director’s report, allowing more time for shared information and open discussions, in a less hurried manner – any additional feedback welcomed / survey reflects support of the two Joint annual meetings / topics for future meetings will be poled again prior to May’s Joint meeting / hoping to schedule more presentations at Subcommittee meetings; while encouraging other people from the community to attend and benefit and learn from speakers / lastly, recognition of the good work done by the Chairs and Vice Chairs who have done a great job – thanks to them / always interested in getting feedback

Agenda Item: Agency/School/Coalition/ Department Updates

Matt Whitman (CACTC) – Have been working to evaluate school data; creating reports – hoping to have ready March or April – this year’s survey reflected a huge increases in students use of “vaping products”; increasing from 8 to 22% / beginning evaluation of “Drug Take Back Program” – see percentage of opioid and other controlled substances of total collected medications – one kiosk in Homer, with help of Chief Pitman and a volunteer pharmacist, found 11% controlled substances; much higher than other studies / 72% of 11% were opioids – will continue / Screening of documentary “Smacked” in April, more information later

Amanda Stout (Family Counseling Services) – Just approved for licensure for “tele-health” to provide MAT (medically assisted therapy) for people unable to go to Clinic – still working on equipment – meeting with their psychiatrist to develop protocols / Open House planned for new building – February 22 afternoon – will have new van there – trying to hire another clinical staff member to join the team

Michael Lanigan said calls come in from a variety of sources already; DSS, half-way houses, judges, reporting back to OASAS, being tracked through SAMHSA – calls are substance abuse related but the State wants the numbers to be primarily opioid related although any substance abuse issue will be assisted / Mark Thayer: Had a Judicial Public Safety meeting; COTI was discussed – would like COTI team to attend a meeting of all the judges on March 21, give a short talk about the program

Doug Bentley (Legislator) – Child Development Council holding a training this evening at the Grange – book “The Whole Brain Child” / Joint Judiciary and Public Safety and Buildings and Grounds met earlier today to discuss Jail options

Thomas Lipa (TC3) – notes from Sara Watrous: TC3 was awarded a college-recovery \$25k mini-grant in December from OASAS to be spent assisting students in recovery and others impacted by addiction, partnering with local law enforcement and campus police / developing a plan to implement SBIRT screening on campus; more students will be identified and offered supports / campus leadership supports has been enhanced – room on campus specifically used to support recovery efforts – new staff Aaron Bach and Ashley Dickenson / College is making great progress in this area

Judi Riley (Cortland Enlarged City School District) – heavily involved looking at data from CACTC Survey; last year School District changed the format in presenting data, inserting Cortland data to compare to entire County – helps when sharing data with Board of Education, faculty and staff – Matt Whitman can provide that data this year, along with more in depth school data – Judi: can help confirm or dispel assumptions / Vaping has become a very big issue in the Junior and Senior high; to the degree that a code of conduct was developed specifically for this – changing the consequences when students are found to be using vaping products, keeping them in school and adding educational components (Matt: this is the first year vaping has appeared on the survey and it rose to the highest percentage of students using, which has never happened before)

Tiffanie Parker (DSS) – Reviewing data from 2018; slight increase in child protective reports (2017: 1,216 – 2018: 1,287) / trend seems to be decreasing in substance abuse and domestic violence / also experience large number of staff turnover – Commissioner has been advocating to rehire trained temporary employee, struggling to have needs met – case workers must complete State mandated two month training in Albany before they can actually work / number of children placed out of their home increased significantly in 2018 (2017: 52 – 2018: 74) continue to make it a priority to place a child with a family member whenever possible; reduce trauma / moving forward with contract with FCS to provide a behavioral health counselor, working with parent addictions – employing a counselor is the hold up, currently – discussed possibly using the SBIRT screening and benefits – pros and cons, funding, staff shortage, etc.

Robert Pitman (Chief of Homer Police Department) – IRT (Innovative Readiness Training) will take place again July 11 to 20 – military providing free medical, dental, optical, veterinary services – will be at Homer school / two narcan uses over the weekend – generally average 3 per year in Homer

ReBecca Smith (Health Department/Youth Bureau) – Will have speaker, sponsored by the National Safety Council, going into all the schools in the County to discuss distracted driving which is a very serious problem – Sheriff’s Department has a new driving simulator

Kurt Warner (Catholic Charities of Cortland County) – Permanent Supportive Housing doing well; has 100% occupancy, one person likely to be evicted – qualified person has to meet the difficult MRT criteria (live alone, homeless or at risk of being homeless, have a number of hospitalizations, chemical dependence diagnosis)

Jennifer Bayer (Beacon Center) – finally have all credentialed staff – surprised at the number of available beds – Medicaid transportation has been the most difficult and time consuming problem; hours waiting for approval of trip from MAS supervisors – MAS also checks for closer facilities with available beds, regardless of the type of treatment the facility provides – had MAS representative attend staff meeting, very helpful (Mark: State Department of Health is trying to get specific problems to determine reasons; i.e., the way Medicaid rules are written, etc. – Jennifer will send Mark details, dates, etc.)

Deena Dombroske (Helio Health) – Rochester 15 bed detox facility has opened – there are beds available in Syracuse, also (Deena and Jennifer discussed specific problem of bed being available in Binghamton and turning someone from Cortland away in Syracuse, rather than making the referral to Binghamton)

Jesse Belton (Wishing Wellness Center, CCOCC) – first time attending this Subcommittee meeting – received lots of good information – good work continues at the Wellness Center, will continue jail transition work when Jail reopens / movie Resilience very helpful in understanding the effects of adverse childhood experiences – thanked Patty Schaap for making the film available – Patty: MHA has a copy available on request

Alexandra Mikowski (Liberty Resources – Regional Mobile Crisis Director) – first meeting as Liberty employee / Liberty hired a new therapist from Homer / Cortland utilizing Crisis services more than any other county – over 40 last month – teams have been very busy / making connections to COTI when substance use is reason for call / adult respite beds available for people from Cortland County, in Syracuse, Oswego County, Oneida

Christopher Driscoll (Coordinated Children’s Services Initiative) – high referral list; CCSI has waiting list of approximately 10 families – Liberty Resources also has a waiting list of about 8 families

Patty Schaap (SPOA Coordinator, Director PSY – Cortland County Mental Health Department and MHA President) – Child Development Council holding a training tonight – MHA purchased books that will be given to everyone who attends, will be able to use as a resource, reference / MHA can also purchase books upon request / meeting with Leslie Wilkins to begin process of creating Suicide Prevention Coalition in Cortland County – Garra Lloyd-Lester will be coming at the end of April, early May to do a half day workshop – will be sending invitations – hoping for a diverse group to be part of Coalition

