

**MENTAL HEALTH SUBCOMMITTEE**  
**CORTLAND COUNTY**  
**COMMUNITY SERVICES BOARD MEETING**

**Meeting February 21, 2023 – 3:00 P.M.**  
**County Office Building, 60 Central Ave, Room 312, Cortland**

**Chair: Elizabeth Larkin**

**Vice Chair: Ellen Wright**

**Director: Sharon MacDougall**

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**Members Present:** Elizabeth Larkin (Chair), Ellen Wright (Vice Chair), Jennifer Sylstra, Alexandra Mikowski and Susan Thomas (5)

**Members Absent:** Julie Partigianoni, Richard Shaw and Christopher Bergene

**Others Present:** Sharon MacDougall (Director Community Services), Patricia Schaap (Deputy Director of Community Services), Jeremy Miller (Helio Health), Pearl Reed-Klein (Ph.D.), Donovan Garcia (Veterans Group), Jeannette Dippo (AFSP), Haile Cutter (Health Department), Jessica Cranson and Antonio Triana Intern (F&CCS), Aster Parrott (CACTC), Cristin Marshall, Olivia Miller, Erin Moore and (Intern) Sinem Guler (Cortland County Department of Mental Health) and Secretary, Gail Spitzer (18)

**Call to Order:** 3:04 p.m.

**Meeting Minutes**

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**Agenda Item:** Introductions – Introductions around the room

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**Agenda Item:** January 24, 2023 Chair, Elizabeth Larkin asked for a motion to approve minutes

\* Ellen Wright noted a corrections regarding "Dial-a-Ride" which actually requires 2 business days notification

- ✓ Motion made by Alexandra Mikowski noting that the correction would be made in final version, seconded by Susan Thomas – unanimously approved

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**Agenda Item:** Membership discussion

One vacancy and two candidates – mail vote will follow soon / Chair, Elizabeth Larkin, noted that people who are not members are welcome to join the meetings – only difference is the ability to vote

Discussion Ad Hoc Committee and By-Laws and next Local Services Plan (LSP)

Director, Sharon MacDougall: Second quarter planning – upcoming LSP will be a four year plan – Ad Hoc group will include chairs, vice chairs and anyone interested in joining the discussion – meet alternate Mondays and 3:00 p.m. by WebEx – volunteers, please email Gail – due in the beginning of June, will likely ask for an extension / will be using SMART goals during the process – CACTC recently presented SMART goals which will be utilized

Ad Hoc Committee to review current By-Laws – anyone interested in being part of this discussion, please contact Gail

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**Agenda Item:** Presentation

➤ Alex Mikowski – Access To Independence (ATI) – Alex described herself as a person with a disability and executive director for ATI – invited to talk about new programs – will be an OMH community block grant recipient – will help with work obstacles – work with Office of the Aging – services can be done on the phone, in person in office or in the field / other services: help people make life changes – telehealth room available – helping people understand what is needed to go to work (grant); pays for staff member in the benefits advisement class at Cornell – advocacy with the State – monthly newsletter – loan equipment such as wheel chairs, etc. (accept donations of equipment) – class for IDD, helping relationships in partnership with F&CCS; (domestic violence common in IDD population) / Betsy Larkin requested presentation by staff member attending the class at Cornell

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**Agenda Item:** Community Partner Updates and Reports

Susan Thomas (Racker Center – Day Treatment Center at OCM BOCES) – today Susan's last day as program director – will now be the Residential program director

Donovan Garcia (Clear Path for Veterans) – Clear Path part of many counties – OMH Dwyer peer to peer – Cantina events – partnership events

Pearl Reed-Klein (Director Office for the Aging – Psychologist) – new to the area, first meeting – looking forward to attending these meetings – came from Broome County; was a member of the CSB there and Chair of the Alcohol and Substance Abuse Committee for about 12 years / worked with many different populations; domestic violence, prison, etc. / look forward to bringing more awareness about people 55 and over – understanding the correlation between mental health and aging

Haile Cutter (SPEAKUP Cortland) – 645 gunlocks brought into the County so far – first iteration of bridge signs – issues with format – several available as flyers – Committee to create bridge safety signs – approximately 10 bridges approved for signage – need to have approval from the DOT

Jeannette Dippo (AFSP – American Federation for Suicide Prevention) – Retreat March 4 – share any information that should go to retreat: [jpdippo@aol.com](mailto:jpdippo@aol.com) / appreciate input



FROM JEANNETTE  
DIPPO for MH MINUT

Jennifer Sylstra (MHA) – May is Mental Health Awareness month – May 18 (MHA Dinner) keynote speaker at the Cortland Elks, finding the meaning of your life – living the life work living – theme of the dinner – save the date

Jessica Cranson (F&CCS) – new intakes limited due to the volume – limiting to County residents only – because of the high demand in after-school and evening appointments to accommodate school age children, encouraging families to use daytime appointments, for high risk, high need children – will provide school notes

Cristin Marshall (SPOA Coordinator – County Mental Health) – Youth Bureau created a Parent/Youth activities Calendar [http://www.cortland-co.org/1113/ParentYouth-Activities?fbclid=IwAR1wG\\_tqpWCAj\\_1utpNQ4pIMgoQSFy4NB3ayW8ROZWbQWtJh5oJMu1F5MLs](http://www.cortland-co.org/1113/ParentYouth-Activities?fbclid=IwAR1wG_tqpWCAj_1utpNQ4pIMgoQSFy4NB3ayW8ROZWbQWtJh5oJMu1F5MLs)  
SPEAK UP Cortland is making a flyer with QR codes for Youth to have available with suicide prevention resources to have at the youths fingertips.

Patty Schaap (Deputy Director County Mental Health) – working on collaboration with other agencies in preparing for May is MH Month – small subcommittee to start planning – May will start with the MMH Walk – looking for ideas, similar to before Covid, to include more interaction and possibly food, as in past years – partnering with SUNY Cortland – hoping agencies will allow employees to participate

Sharon MacDougall (County Mental Health Clinic) – vacancies: Clinical Director, MH Rehabilitation Specialist, Medical Services Clerk and Account Clerk – welcome to meeting; two new clinical staff Olivia Miller and Erin Moore / still accepting intakes, caseloads very high

Elizabeth Larkin (County Clerk) – at department heads meeting, managers all discussing shortages in in staff – Employment Connection were going to the high school to promote vocational jobs – mental health positions need to be promoted at the high school level – if you are not part of this world, it is a world unseen – people don't know the possibilities

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**Agenda Item:** Director's Report Sharon MacDougall



MH DCS report  
2-2023.docx

Budget season 2024 – promotion and advocacy for mental health services – passing by April – work with any advocacy groups – historic year with the Governor dedicating \$1B / Covid public updates – different by program / OMH updates – waivers extended through June 1 – Peer Tac – in collaboration with NY University mixed silvers institute – new training site – add peer trainings and activities / discussion of AOT (Assisted Outpatient Treatment) extremely difficult to activate, formal court process – not used very much in this County – up to judges to implement

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**Agenda Item:** Adjourn Chair Elizabeth Larkin asked for a motion to adjourn

✓ Motion by Ellen Wright, seconded by Alexandra Mikowski - meeting adjourned 4:05 p.m.

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**Next meeting: March 21, 2023 – 3:00 p.m. AGE WELL CENTER, CRESCENT COMMONS  
MAIN STREET, CORTLAND (BACK PARKING LOT OFF HUNTINGTON)**

Minutes submitted by Gail L. Spitzer  
607-428-5482

**Approved minutes available on County Website:**