

MENTAL HEALTH SUBCOMMITTEE
CORTLAND COUNTY
COMMUNITY SERVICES BOARD MEETING

Draft - Meeting Minutes – April 12, 2021 – 3:00 P.M.
Virtual Meeting – via WebEx

Chair: Elizabeth Larkin

Vice Chair: Ellen Wright

Director: Sharon MacDougall

Members Present: Elizabeth Larkin (Chair), Ellen Wright (Vice Chair), Christopher Bergene, Christopher Hyde, Julie Partigianoni, Richard Shaw, Susan Thomas and Leslie Wilkins

Members Absent: None

Others Present: Sharon MacDougall (Director of Community Services), Jeannette Dippo and Karen Heisig (AFSP), Brittany Van Winkle (CCOCC), Michele Gravel (JM Murray), Angela Adams (Liberty – Mobile Crisis Teams), Janice Degni, Jordan Perkins (DSS), Myriah Dolson and Lisa Roos (Guthrie Cortland Medical Center), Mandy Stout (Family & Children’s Counseling Services), Patty Schaap and intern for Patty, Haile Cutter (Cortland County Department of Mental Health) and Secretary Gail Spitzer

Call to Order: 3:04 p.m.

Meeting Minutes

Chair, Elizabeth (Betsy) Larkin called the meeting to order and thanked everyone for attending

Agenda Item: Introductions – Elizabeth Larkin – introduced new members Richard Shaw and Christopher Bergene

Agenda Item: Approve Minutes February 8, 2021 Chair, Elizabeth Larkin asked for a motion

- ✓ Motion made by Susan Thomas, seconded by Ellen Wright – no conversation or changes, minutes unanimously approved

Approval Minutes March 8, 2021 Chair, Elizabeth Larkin asked for a motion

- ✓ Motion made by Ellen Wright, seconded by Julie Partigianoni – no conversation or changes, minutes unanimously approved

Agenda Item: Guest presenter from American Foundation for Suicide Prevention (AFSP)

Jeanette Dippo introduced Karen Heisig – she will be able to give much more information about what the organization does

<https://docs.google.com/presentation/d/18eWqEJRuW2Bjlrqt31SPHAbgEUIH-KFbCObP35fwkI/edit?usp=sharing> Excellent presentation – very well received – topics included community partners, opening discussions, supporting more vulnerable populations, coping skills and learning better communicating skills / Special programs for younger children, LGBTQ populations, Talk Saves Lives – don’t be afraid to ask questions / Survivors’ Day Walk and other events\

Sharon: Discussion about the implementation and anticipated dates of “988” comprehensive crisis services / Betsy: thank you for attending

Agenda Item: OMH & OASAS Merger Planning – Update: Plan has been rejected in the State budget that passed last week – Sharon does not believe it is the end of the conversations but at least postponed for now

Agenda Item: Agency/School Updates and Report

Ellen Wright (Retired MH Nurse, VC MH Subcommittee) – movie worth seeing – camp for children with disabilities on Netflix “CRIP” / worth watching

Richard (Rich) Shaw (New CSB/MH Member) – Tompkins County holds a MH Conference – the AFSP presentation would be incredible for that – this year’s focus is youth – hoping for more collaboration between the two Counties

Christopher (Chris) Bergene (New CSB Member) works in a small private practice – not many clients – more than half referred by PCP, with suicidal thoughts – have not experienced this until recently; a medical doctor contacting a MH provider to help their patient

Jordan Perkins (DSS – CCSI Coordinator) – taking the work position held by Christopher Driscoll – helpful to make mental health curriculum available to younger children – would do wonders for our community

Jamee Sobko (FSS/Respite DMH) – working with Jordan, DSS, CCSI serving kids identified as preventive cases; 2 dedicated staff to provide support services and therapy – 12 referrals since January – about 6 or 7 cases right now – happy to be working with DSS

Amanda (Mandy) Stout (Family & Children’s Support Services) – staff completing Center for Staff Education certification for integrated treatment – taking steps forward toward integrated treatment – although State has stopped the merge for now, F&CCS still holds an integrated license

Myriah Dolson (Guthrie Cortland Medical Center) – back to full capacity – trying to get to 11 – hiring more nurses – goal 2 nurses per shift – a lot of long term care referrals and complex cases *Sharon MacDougall: Hospital has been amazing in dealing with a situation during the past three weeks – a youth complex case in the ER – all those involved went above and beyond – publicly thank the Hospital and staff spending a lot of time trying to help / Lisa Roos (Guthrie) added that the support from the community was tremendous – heartwarming to see a community work together

Angela Adams (Mobile Crisis Team Liberty) – extremely busy; 60 calls in February, 87 in March – still seeing an increase in new users of these services / NEWS: Crisis phone line will be cut over from Guthrie Cortland Medical Center and calls handled by “Crisis Connect” – triage service connected to Mobile Crisis, 211 and Suicide Hotline, etc. It is the same phone number

Michele Gravel (JM Murray) – officially moving to Bennie Road, Monday, April 26

Susan Thomas (Children’s Day Treatment – Racker Center at OCM BOCES) – Director – provides mental health services in a school setting / increased numbers of students attending “in-person” classes / new programs being added relating to trauma related mental illnesses / appreciated today’s AFSP, will go to website to check programs to use in the school

Leslie Wilkins (Family and Children’s Counseling Services – Prevention Resources) – appreciates the program today, already familiar with part – would like to roll it out, perhaps on grade at a time / Leslie relayed a personal perspective of the presentation

Elizabeth Larkin (County Clerk) – “shout out” to Family to Family program in Tompkins County – find a way to bring to Cortland County ?!

[Sharon MacDougall, DCS had to leave meeting – Director’s Report emailed earlier – review and forward questions to Gail or Sharon]

Janice Degni (Community member, interested in membership) – have participated in NAMI and other community events – works for Cornell Cooperative Services – suicide growing concern with farmers

Elizabeth Larkin – stressed the importance of family members and people with mental illness representing at these meeting – May 10 meeting “Information and Support” subject of next MH meeting

Agenda Item: Adjourn

✓ Chair Elizabeth Larkin thanked everyone for coming and adjourned the meeting at 4:04 p.m. **Next Regular Meeting – May 10, 2021**

MAY 18, 2021 – 3:00 P.M. JOINT MEETING OF THE COMMUNITY SERVICE BOARDS AND ALL THREE SUBCOMMITTEES

NO JUNE SUBCOMMITTEE MEETINGS

Minutes submitted by Gail L. Spitzer
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Approved minutes available on County Website:
www.Cortland-Co.org/433/Mental-Health