

MENTAL HEALTH SUBCOMMITTEE
CORTLAND COUNTY
COMMUNITY SERVICES BOARD MEETING

Meeting Notes – May 13, 2019 – 3:00 P.M.
Room 302 – County Office Building

Chair: Shari Weiss, Ph.D.

Vice Chair: Ellen Wright

Director: Mark Thayer

- Members Present:** Shari Weiss (Chair), Ellen Wright (Vice Chair), Christopher Hyde, Elizabeth Larkin, Susan Thomas and Leslie Wilkins
- Members Absent:** Cynthia Guy and Darlene Latten
- Others Present:** Mark Thayer (Director), Julie Partigianoni and Brittany Van Winkle (Catholic Charities of Cortland County), Myriah Dolson (Guthrie Cortland Medical Center), Todd Freeman (Cincinnati School District Superintendent), Patty Schaap (CCDMH SPOA Coordinator) and Gail Spitzer (Secretary)
- Call to Order:** 3:00 p.m.

Meeting Minutes – No Quorum initially

As there was no quorum, initially, Mark Thayer began with County Plan discussion

Agenda Item: Introductions

Agenda Item: Approve Minutes of March 11 and Notes of April 8, 2019 Tabled: No quorum initially

Agenda Item: 2019-2020 Annual County Plan Discussion Mark Thayer

Broke out strategies that would require the most attention by this Subcommittee / Also, a Regional survey was conducted in April, Cortland’s results* were emailed with a copy of the Agenda and meeting reminder (65 people from Cortland responded) / *Regional and Cortland County results can be emailed by request

Data from Survey: Indicate a change in the level of unmet MH needs in the last year (better, same, worse) - comments included improvement based on increased crisis services, availability of more support, cross systems coordination (i.e. Justice League meetings) / challenges most related to ease of access to services – staffing challenges – overall service availability

Needs within MH system (in order of priority # votes) Housing (4th year in a row) – transportation – inpatient treatment services (first time appeared) – employment opportunities – staff workforce | Mark read comments associated with priority challenges | Shari Weiss: Staffing was a primary point of discussion at the ACL (Association for Community Living) Managers meeting recently attended – inadequate funding to properly pay direct-care staff – COLA funding insufficient – staff turn-over

Comparing Medicaid (2014 through 2016) data with the priorities in the recent survey – Cortland trended higher than Region and State data for the number of children utilizing inpatient beds; does not address the concern that a bed is not available when needed – Medicaid data shows Cortland County higher use of RTF (Residential Treatment Facility) compared to Region and State

Common theme through all surveys (i.e., Cortland Counts) – need for more MH services – Cortland County actually has the highest number of MH providers per person in NYS / lacking significantly, compared to the State, are (PCP) Primary Care Providers and dentists / Cortland County one of the lowest in violent crime but is one of the highest in property damages – these problems, challenges, etc. are not unique to Cortland / Christopher Hyde discussed a personal example of the extreme waiting period and extreme logistical problems for a person in crisis in New Jersey

MH Specific Strategies: These are the 17 most important and relevant Strategies that should be discussed – interest of time

Julie Partigianoni discussed the possibility of having peers from the Wishing Wellness Center (WWC) meet with Emergency Department staff, help them become aware of what they do and have them send referrals to WWC for anyone who may benefit

Betsy Larkin suggested a MH Social Worker available in the ED to meet with families – service providers, have a presence in psychiatric unit (1E) can come in and talk about what services are available

Susan Thomas (Racker Center – BOCES) student was in the ED for six days waiting for a bed, was just transferred to Hutchings – need some alternative to having the hospital as a holding center – not a good environment for a child | Mark: Some of Guthrie funding for renovations is planned to help ease this situation | Shari discussed OMH Crisis Stabilization mandate – Mark: that is part of the effort to transform the mobile crisis services to 24/7 availability with the addition of crisis respite, with the hope that it comes with enough financial resources to implement

Mark: there are some services available but a big need for services locally; i.e., crisis respite (both child and adult), warm line (someone able to be contacted every day in non-crisis situations) – Ellen Wright: “I’m okay today” service provided by Office for the Aging in conjunction with the Sheriff’s office – each day, call in at a predetermined time to check in – one page application, once accepted, call and say “I’m okay today” – if

you don't call, an Officer from Sheriff's office will be dispatched to your home / Mark: Catholic Charities will be imbedding a care coordinator in the Emergency Room (Merge 2.3 and 2.4)

Mark asked Patty Schaap and Susan Thomas for an update on Trauma Response Team (TRT) – Patty: the leaders of the TRT are not currently considering merging with Liberty Resources' Mobile Crisis Teams but are reorganizing and trying to streamline some of the processes – will be working to publicize and explain its purpose – trainings will be held in October with goal of bringing in some new volunteers / Susan: service to provide surrounding care, post-crisis debriefing and recommendations to services for groups or individuals who have experienced a tragedy or disaster

Suicide Prevention and Awareness Coalition in Cortland County – Patty Schaap and Leslie Wilkins held kick-off meeting, very well attended – consider bringing trainers / relevant trainings – want to be very mindful of what trainings to bring in this year

Mark asked Cincinnatus School Superintendent Todd Freeman if any of these services would be helpful – Todd: having started in January and being new to the area, he was not aware of all the programs in the County – some staff and counselors are aware and had Patty and the Mobile Crisis Team responded several evenings which was communicated to the school – important to have open communication and working with law enforcement, asking to be notified if they are responding the families of students – the School is launching a website this summer to better share information, open lines of communication / Mark: Add school based clinics provide updates to this Subcommittee

Strategy 2.8 children's psychiatric beds made a 'stand-alone' for concentrated need, is now a duplication – remove | Chris Hyde: possible to add to 2.2 wording to improve the overall experience of a child and family waiting for a bed opening – Mark: ask hospital to begin tracking number of incidents like this and length of stay, etc.

Shari Weiss: Housing updates – transitional housing grant also includes other assistance and supportive services – includes rental assistance; hoping it includes security deposit – Charities looking at as many grant opportunities as possible / Second Chance Act; intended to help transition from prison to communities / Cabrini foundation including low income families and individuals and people being released from criminal justice system – to include housing, access to education, health care, food, etc. to better give chance of success / in Cortland County safe, affordable housing base stock is problematic on its own / ESHI (Empire State Housing Initiative) 20 beds – looking for site; permanent, supportive housing – homeless individuals with mental illness, youth ages 18 to 24, substance abuse issues and people leaving prison (discussion: homeless shelter need, "warming centers")

Need for "Community Engagement Center"? Julie Partigianoni: WWC still have people stop for socialization – although it is not the purpose – try to use the Community Center on Central Ave but staff are not trained to assist people with the more difficult behaviors – last year CCOCC tried to find an appropriate building to be used as a drop-in center but were not successful

Early Recognition and Screening – Family & Children's Counseling Services contracted to do screenings – reported numbers and statistics in the past but do not report any longer (Screenings done in schools and primary care physicians) – ask to come present and update, attend more often

Request quarterly reporting to MH Subcommittee – ERS (numbers surveyed, statistical data and trends) and 2-1-1 (monitor usage, data and trends)

Other topics that are currently not included in the Plan: service gaps in under 5 year old population, homelessness, Bail Reform Act, BH services for the elderly population

Shari and remaining attendees thanked Mark for the great job and all his hard work on this process

Quorum of members achieved after meeting began and lost by adjournment – Meeting minutes and notes are tabled until September meeting

Agenda Item:	<u>Adjourn</u>	Chair, Shari Weiss asked for a motion to adjourn the meeting at 4:43 p.m.
	✓	Motion by Ellen Wright at 4:41 p.m. meeting adjourned

*****Joint CSB and Subcommittees Meeting – May 28, 2019*****

Next Regular MH Subcommittee meeting September 9, 2019

Minutes submitted by Gail L. Spitzer
gspitzer@cortland-co.org
607-428-5482

Approved minutes available on County Website:
www.Cortland-Co.org/433/Mental-Health