

MENTAL HEALTH SUBCOMMITTEE
CORTLAND COUNTY
COMMUNITY SERVICES BOARD MEETING

Meeting March 21, 2023 – 3:00 P.M.
Age Well Senior Center – Crescent Commons
165 S. Main St., Cortland NY

Chair: Elizabeth Larkin

Vice Chair: Ellen Wright

Director: Sharon MacDougall

Members Present: Elizabeth Larkin (Chair), Ellen Wright (Vice Chair), Christopher Bergene, Jennifer Sylstra and Alexandra Mikowski (5)

Members Absent: Julie Partigianoni, Richard Shaw and Susan Thomas

Others Present: Patricia Schaap (Deputy Director of Community Services), Erika White (JM Murray), Janet Johnson (MD), Donovan Garcia (Veterans Group), Jeannette Dippe (AFSP), Kathy Taylor (NAMI), Haile Cutter (Health Department), Theresa Humennyj and Robert DaVia (Liberty-Mobile Crisis), Amanda Stout, Jessica Cranson and Antonio Triana Intern (F&CCS), Aster Parrott (CACTC), Michael Doughty (LGBTQ+ Center), Nicole Adsit (CHOW), Stacey McCall (CHOW & Liberty), Cristin Marshall and (Intern) Sinem Guler (Cortland County Department of Mental Health) and Secretary, Gail Spitzer (19)

Call to Order: 3:04 p.m.

Meeting Minutes

Agenda Item: Introductions – Introductions around the room – Director, Sharon MacDougall was unable to attend meeting today

Agenda Item: Approve minutes from February 21, 2023 Chair, Elizabeth Larkin asked for a motion to approve minutes

- ✓ Motion made by Alexandra Mikowski, seconded by Ellen Wright – unanimously approved – no changes or corrections

Agenda Item: Membership Discussion

One vacancy, two candidates – email vote conducted resulting in the nomination of Jeanette Dippe, by both MH Subcommittee followed by the Community Services Board – Resolution will be brought before the Health and Human Services Board of the Legislature, followed by vote of the full Legislature – membership will be finalized by the end of April – Congratulations and welcome Jeanette!

Agenda Item: Presentation Theresa Humennyj and Robert DaVia – Liberty Mobile Crisis

Theresa leaving after 7 years with Liberty Resources Mobile Crisis Teams – last day March 31 – grateful to see the strides made over these years – very proud of the unique Cortland County teams in particular, collaboration and communication strengths / Bob DaVia is the new Regional Crisis Coordinator – having spent time in Cayuga County / 2022 – over 200 unduplicated people helped with over 1,000 services / upward trending in 2023 – already served more than 34 people with over 200 services – 50% increase over the same time last year / discussion about clarifying, updating and publicizing correct contact information / discussion: need for cross system training, especially OPWDD population – would be helpful to have record of that data / employment options through Liberty website and through Indeed – majority of people in Cortland Mobile Crisis, were part of the original teams

Agenda Item: Community Partner Updates and Reports

Antonio Triana (Intern with F&CCS) – MSW student – creating and updating a small brochure of services in Cortland County – will be ready for distribution in the next few months

Nicole Adsit (? OLP) as an intern helping evaluations and referrals – mostly caught up open to helping anyone who would benefit – OLP (Other Licensed Professional) – social work – can go out and do evaluations in the community

Haile Cutter (SPEAKUP Cortland) – working on needs assessment for suicide prevention – hope to have it done by end of month / nearing 1,000 gunlocks distributed to community partners / recently found a source to produce medication lock boxes – will share with any community partners – rcutter@cortland-co.org / moving along with suicide prevention bridge signs

Michael Doughty (LGBTQ+ Center) – two monthly groups – one next Thursday for LGBTQ+ adults from 6 to 7 pm / first Thursday of the month transgender, non-binary people to give them a space of their own / 2023 Queer Prom for local high school students, YMCA, May 13 from 7 pm to 10 pm / Wave Length in April, working with Aster to do a Narcan training – open to the public / pride event in the summer

Aster Parrott (CACTC) working with University of Rochester – two community conversations discussing 'stigma' – April 18 and 19

Kathy Taylor (NAMI) – Updated brochure – many free resources – NAMI Finger Lakes – many on-line programs – Family to Family is one of the programs – changes fears to understanding – thanks to many advocates in community and Mobile Crisis Team – family member is doing well / NAMI sponsored Walk in Ithaca – May 6 – will be a tabling event along with the Walk – proud to be in Cortland County

Alexandra Mikowski (Access To Independence) – tele-health room is available – technical support available with ATI staff – participating with Cortland and Lewis Counties helping elderly individuals with technology challenges – 10 spots, 10 tablets with lessons and completion of lessons, individual can keep the tablet – looking for volunteers to connect with seniors / discussed ducks to participate Corn Duck event – fund raiser for agencies

Erika White (JM Murray) – new rehabilitation specialist – back to being fully staffed – new location – employment services on Route 13

Christopher Bergene (OCFS) – many teenagers being arrested and placed out of the home – spike in the number of adolescents who are severely mentally ill – if they break the law they go to a ‘secure setting’ – his territory is from Buffalo to the St. Lawrence River

Dr. Janet Johnson – retired physician – have been visiting food pantries and bringing eggs from her chickens – these are good locations to post information about resources in the County – concerned about the food insecurities, especially children

Donovan Garcia (Clear Path for Veterans) – Clear Path part of many counties – social fitness – get people out of their routines

Jennifer Sylstra (MHA) – May is Mental Health Awareness month – May 18 (MHA Dinner) keynote speaker at the Cortland Elks

Patty Schaap (Deputy Director County MH) – System of Care (SOC) meeting earlier today – discussion about the need for children’s respite – Dan Burns from Elm Crest said “we don’t have a children’s respite in Cortland County yet” / MH Department – now have two full time nurses on staff – overall caseloads are lowering – still taking applications for a Clinical Director

Cristin Marshall (SPOA Coordinator) – hosting a Youth MH First Aid class on April 10 – may be 5 or 6 spots left – free to attend – not providing lunch / needs are high for struggling youth – youth ACT team is filling up quickly – hiring a clinician and will open more spots in Cortland County

Ellen Wright (Vice Chair) – Cortland Standard does a lot to cover and support mental health, the drug situation, food insecurity use in Cortland – many articles advocating for people – specific article discusses a program to increase communication with senior citizens

Amanda (Mandy) Stout (Family & Children’s Counseling Services) not as fortunate with staffing – down 7 full time employees (both school based programs and clinical staff) – advertising and trying to increase salaries / statistics – in first two months of the year, there have been 133 admissions, 221 evaluations, 363 intake coordination (waiting) / grant funding opportunities training – managing and adaptive practice (map) for youth / grateful for receiving funding through HEALing Communities – plan to Outreach and Engagement (former COTI) in the evening – two new staff – peer and CASAC and hiring a part-time NPP for evenings

Elizabeth (Betsy) Larking (County Clerk, Chair of MH Subcommittee) April is Donate Life month – register with County Clerk or DMV

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.

Next meeting: April 18, 2023 – 3:00 p.m.
LOCATION: Assembly Room at Guthrie Cortland Memorial Center

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

Approved minutes available on County Website: