

COMMUNITY SERVICES BOARD
OF CORTLAND COUNTY

Meeting Minutes – March 22, 2023 – 3:00 p.m.
Access to Independence, 26 N Main Street, CORTLAND NY

Members Present: Alexandra Mikowski, (Vice Chair), Douglas Bentley, Dr. Janet Johnson, Jackie Leaf, Timothy Lockwood, Richard Shaw and Matthew Whitman

Members Absent: Chair Kathryn Reynolds, Kimberly Corbett, Elizabeth Larkin, Tiffanie Parker, Julie Partigianoni and Cynthia VanPatten-Young

Others Present: Sharon MacDougall (Director Community Services), Patty Schaap (Deputy Director CS), David Guerrero (Deputy Chief Cortland City PD), Kathy Taylor (NAMI), Christopher Moore (CSE Homer School System), Amanda Stout (F&CCS), Michele Gravel (Springbrook), Tammy McCall (DSS), Jeannette Dipppo (American Foundation for Suicide Prevention), Haile Cutter (County Health Department), Teresa Edwards (YAI, CCSIDD, START), Tania Lyons (Helio Health), Tina Curdon (ATI), Cristin Marshall (SPOA Coordinator County MH Department), Jenna Maxson (RN, County MH Department), Gail Spitzer (Secretary) (?)

Illegible: Alyssa Mag

Call to Order: Welcome and meeting called to order at 3:03 p.m.

Agenda Item: Introductions – around the room

Agenda Item: **Sharon thanked Alex Mikowski and ATI for hosting this meeting**

Agenda Item: Approval of Minutes CSB October 25 and Joint meeting December 13, 2022 No quorum

Agenda Item: Update – Ad Hoc Meeting and Volunteers for: Sharon MacDougall

By-Laws Update - Sharon going through the By-Laws and sending updates to those on the Committee – 10 years since the last – no legal requirement to update – more important to go through to ensure continued relevance - agreed updates necessary to keep up with recent changes to “Open Meeting” laws—County, Legislators and State are reexamining these changes – which of these Subcommittees and this Board apply specifically in the role of advisory board (CSB advisory board to the County and to the Legislature) – question whether the same is true an applicable to the Subcommittees – requires more accurate identification – might make it easier to return to hybrid or video WebEx meetings – will be doing this part by video change – anyone interested wanting to participate, come forward (Jackie Leaf requested to be part of that group)

Local Services Plan – first time that this has been a four year plan – starting first with emails – first meeting was not held due to technical difficulties – will be using SMART goals – CACTC recently put out a Power Point regarding SMART goals – Will be using SMARTI (I for inclusion – peer and community voices – meeting every other Monday – final presentation will be at the Joint CSB & Subcommittees meeting in June – will go through subcommittees through May

Agenda Item: NAMI – National Alliance on Mental Illness – Kathy Taylor

As a family, NAMI changed her family’s fear to understanding – office in the Commons in Ithaca, sharing space with MHA – updated resources and information – NAMI is all volunteer – trying to do fund raising – have planned a “walk” – May 6 – join existing team or volunteer at the event



NAMI Finger Lakes.pdf

Agenda Item: Youth Behavioral Health – System of Care (SOC) Updates Patty Schaap, Christopher Moore, Amanda Stafford

Patty Schaap – Meet monthly – discuss trends with children and youth in this community – talking about school based therapies

Chris Moore (Homer High School CSE) – Family Community Liaisons – newly created positions at Homer Schools – began last year, trying to identify some of the challenges families are facing – hired four additional social workers; one of the FCL is stationed in each school building but can work in more than one building if there are siblings in more than one grade – developing phase – create some of their own internal SPOA-type work – sessions with parent and family – hoping they can also do some staff trainings – will be part of community meetings / Patty – School providing staff to accommodate need

Amanda (Mandy) Stout (F&CCS) – have OMH licensed satellite clinics at each school in district – benefit relief transportation issues, problems getting children to appointments, with parents’ consent can treat children – staffing, down four full time school based clinicians – trying to prioritize – clinic is serving as back up – trying to include families

Sharon MacDougall – SOC initiated by County – lead by Patty Schaap with an expansive partnership – all systems, social services to schools, to mental health, etc. – encouraged to attend – discussions everything from transportation, to food, etc. – youth issues are really a huge need, coming out of the pandemic – SOC pulls everyone together – Patty: Team of four that lead/facilitate – Allie Chorley, Amanda Hudson and Jordan Perkins

Alexandra (Alex) Mikowski – ATI in youth space – 1) advocacy piece – after a diagnosis – help family and youth to understand the process – attend CSE meetings 2) employment – benefits advisement for a person on social security can learn benefit impacts of employment / also have computer lab – partnership with Seven Valley Health Coalition with transportation piece

Tim Lockwood (Catholic Charities) – one case manager works with 16 to 21 age group – homeless or at risk of homelessness or referred from DSS – Clinton Bush helps develop goals, get jobs, continue education – talking and connecting to help them stay on a good path (program called STEPS)

Discussion about children’s respite needs – Hutchings exists – new respite through Elm Crest in Syracuse – AmeriCorp respite and youth with disabilities – respite as a volunteer service – problem of being turned down at psychiatric centers and respite, disagreeing about meeting criteria and the safe level of service or diagnosis disagreements – parents and children both more receptive to services if there was respite in Cortland

Agenda Item: Director’s Budget Presentation Sharon MacDougall



3-2023 CSB Directors report.docx

NYS Budget for 2024 – OMH looking for areas of expansion for the \$1B – advocacy groups and partners – tell needs and wants as they develop the State plans for this funding – staffing still remains biggest problem / Covid – May 11 end of Covid rules and flexibilities – telehealth and phones will remain as a permanent fixture – must have licensed approval from OMH / CDC Guidelines with mask regulations - / OPWDD administrative memorandums dropping and changing – very difficult for providers / 988 in Nation for a year – doing very well and talk of expanding its use / RFP for supportive crisis stabilization center / CACTC HEALing communities – last year for participating -

Agenda Item: Community Partner Update

Michele Gravel – Springbrook – new in Cortland – Oneonta based – office on Central Ave – providing pre-employment and employment support to individuals with disabilities – ACCESS VR funded and OPWDD funded – in the schools helping to give students access to benefits

David Guerrero (Deputy Chief, Cortland City Police Department) – CIT training this year without Eric Weaver – training one police officer and Patty Schaap to lead the training – looking for backup plan for someone who may have experience training CIT if they are not ready

Amanda Stout (F&CCS) – MAP training funding – evidence based training for youth – to help children with anxiety, disruptive behavior – training starting in May / Community Impact money from HEALing Cortland – to expand Outreach and Engagement (formerly called COTI) services and will give the opportunity to bring on an additional prescriber – on call per diem in the evening / applied for low threshold OASAS grant – expand to a large population – harm reduction / starting with offsite at Grace Brown house – identifying staff to provide mental health treatment to people housed at Grace Brown house / down 7 FTE between school based and clinic services

Matt Whitman (CACTC) – launching data epidemiology portal to access all reporting and data – dashboard to report to community – released data for youth survey on dashboard – sleep surveys included this year / HEALing Communities finally in implementation phase – ask Sara Watrous for more details

Christopher Moore (CSE – Homer School District) – Helping to create/coordinate Cortland County Olympiad – Special Olympics in Syracuse – at capacity – not officially affiliated with SO – partnering with SUNY Cortland – all five districts plus Tully and DeRuyter – there will be a simultaneous resource fair for anyone wishing to “table” – tables provided – June 5 (9:30 to 1:30) – 150 children participating – will have bands and cheerleaders – open to the public

Tania Lyons (Helio Health) – heavy recruiting – interviewing, hiring – onboarding earlier than the program roll out – to learn Helio way / will have 39 positions – lacking in licensed counselors – also certified peers – all shifts

Doug Bentley (County Legislator) – Elevator at the County Office Building, have been meeting at TC3 – Legislature is discussing the need to have an experienced nurse stationed at the 9-1-1 center to help triage and perhaps avoid the need for an ambulance responding

Jackie Leaf (Seven Valley Health Coalition) – self management program – received a grant and in April, will begin a new session – 6 week program – “Eat healthy – Be Active” followed by a second 6 week period – able to provide supports to remove barriers and achieve success – goal for 32 people to sign up – 1 hour per week

Dr. Janet Johnson (Retired MD) – checking out food pantries, donating eggs – it is a good location to leave literature to make people aware of County or local services

Haile Cutter (SPEAK up Cortland) – access to home medication lock boxes – contact him if there is a need – started surveys relative to the bridge safety signs

Cristin Marshall (SPOA) – Youth MH First Aid training – April 10 / will be partnering with Jennifer Sylstra to get into the schools over the summer to offer this training to anyone in the schools, food workers, bus drivers, teachers – flexible schedule for trainings

Sharon MacDougall (County Mental Health Department) – Interviewing to fill Clinical Director of Mental Health Programs position – hiring two Mental Health Rehabilitation Specialists for Family Support Services Program / January appointments actually seen, over 1,500 – stats are staying high

Alexandra Mikowski (Access to Independence) – OASAS grant with focus alcohol and marijuana use relating to individuals with disabilities / received 2,000 Covid tests from the State – will share / Small grant to help 10 individuals who struggle with technology – through Ithaca college

NEXT MEETING: April 19, 2023

Agenda Item: Meeting adjourned

Community Services Board members will remain for Executive Session – for Corporate compliance – January investigation - Patricia Schaap

Minutes submitted by Gail L. Spitzer
Inquires may be made to:
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