

MENTAL HEALTH SUBCOMMITTEE
CORTLAND COUNTY
COMMUNITY SERVICES BOARD MEETING

Meeting Notes – April 8, 2019 – 3:00 P.M.
Room 302 – County Office Building

Chair: Shari Weiss, Ph.D.

Vice Chair: Ellen Wright

Director: Mark Thayer

- Members Present:** Ellen Wright (Vice Chair), Christopher Hyde and Leslie Wilkins
- Members Absent:** Shari Weiss, Cynthia Guy, Elizabeth Larkin, Darlene Latten and Susan Thomas
- Others Present:** Mark Thayer (Director), Jesse Belton and Brittany Van Winkle (Catholic Charities of Cortland County), Michael Barylski and Cathy Bischoff (County Legislator), Douglas Hart (Hillside Children’s Center), Myriah Dolson (Guthrie Cortland Medical Center), Jamee Sobko (CCDMH FSS), Patty Schaap (CCDMH SPOA Coordinator) and Gail Spitzer (Secretary)
- Call to Order:** 3:00 p.m.

Meeting Notes – No Quorum

Vice Chair Ellen Wright led the meeting

- Agenda Item:** Introductions
- Agenda Item:** Approve Minutes of March 11, 2019 No quorum
- Agenda Item:** Wishing Wellness Center – update / progress (Calendar and literature provided) Jesse Belton

Jesse, Senior Peer Specialist – passed out some literature – will discuss outreach programs and after a brief history/description of WWC - located on Central Ave – everyone employed by the CCOCC WWC is a peer with life experience in either mental illness or substance abuse / Jesse is an MSW, CASAC II, AAS in Chemical Dependency Counseling and will be taking license test for social work and an NYCPS (NY Certified Peer Specialist) – five of seven working at WWC are NYCPS; certification training (Academy of Peer Services) recognized by OMH – other 2 are new-hires and working to become certified / WWC “distributor of goodwill, hope and services” – people in need of service are either walk-ins or referrals from a multitude of sources / last July, WWC began outreach program; program manager Julie Partigianoni – work in collaboration with Jail Captain and Forensic Counselor – in-reach programs to reduce recidivism among those leaving jail / program began in July – WWC becomes first stop when inmates are released from Jail; help get connected to services – offer a variety of programs in the Jail; built curriculum based on preliminary survey results / Jesse provided statistics: average age/gender, number of times incarcerated, reasons for incarceration, reason for recidivism, etc. / the people in the Jail are enthusiastic and participatory – all have a chance to succeed given the proper information and tools

Based on the success in the Jail program, WWC has begun providing similar service in two CCOCC halfway houses, Riverview Apartments and 1E (psychiatric part of GCMC) – GCMC has requested this more frequently – working to accommodate

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

Mark described the fundamentals of this annual process and a copy of last year’s working plan with updates, provided – (**homework**) everyone asked to review the priorities and strategies as related to OMH (**bolded in document**) to discuss in more depth at May 13 meeting – review to determine relevance of priorities – any goals achieved – move up in priority – remove from document if complete or unachievable / as a subcommittee, there is the responsibility to meet the needs of individuals in Cortland County – Plan is approved by Community Services Board at the Joint meeting May 28 and submitted to the State by June 3 / the document is then used to guide the work of the subcommittees during the year / **Mark asked everyone to keep this packet and bring to next meeting with your comments** / room on last page to list any areas of unmet needs – new or previously unaddressed topics / OMH and CLMHD websites offer a myriad of information – breakdowns and comparisons by county vs. State; resources you can access / NYS Prevention agenda survey available to share – the more feedback the better

Comment: Cathy Bischoff – Bail Reform has passed – someone awaiting trial, may not be sent to jail depending on the type of charges – many patterns and behavior affect decision-making – will need supports in community; to follow through and to appear in court as required – financing will be made available / Mark: example of an unmet need that was not previously an issue – work on what supports will be necessary, who would provide, what is cost associated, etc.

- Agenda Item:** Agency/School Updates and Report

Myriah Dolson (GCMC) – hope to start renovations in Psychiatric Unit (1-E) by Fall / plan to implement ECT in June

Jamee Sobko (Family Support Services) – back up to full staff – will begin working through waiting list

Brittany Van Winkle (CCOCC) – beginning some transitioning and anticipate some bed availabilities

Cathy Bischoff (County Legislator) – just beginning to attend these meetings – have attended several; very impressed by the professionalism and enthusiasm around the table – “thank you”

Doug Hart (Hillside Children’s Center) – Predecessor, Elaine Conway, shared that this was a very powerful meeting in and of itself and also compared to other counties, in which they serve – transitioned Hillside families from waiver, successfully, for those who recertified, majority – now in CFTSS (Community and Family Treatment Support Services) now looking at the options to best serve families – under new waiver, family peers now have to be credentialed (by Families Together NYS) separate from DOH – all staff current are provisional or fully credentialed

Leslie Wilkins (FCS, CPR, LGBT) – will be going to Syracuse for OASAS based CRAFT (Community Reinforcement and Family Training) training in Syracuse with Chris Hyde and Mike Johnson in May 6 through 8 – evidence based programs – extra support to families, ways to encourage loved ones to engage in treatment, harm reduction – directly addressing substance use problems / will begin pilot program as soon as possible – could be great tool in COTI

Mike Barylski (County Legislator) – Resolution by Health and Human Services subcommittee of the Legislature – this week to make Cortland an Opportunity Community – realize May 9 presentation co-insides with May is Mental Health Month / trying to reschedule H&HS meeting on May 8 meeting and encouraging Legislators to attend OC presentation

Patty Schaap (MHA, SPOA Coordinator, Youth Development Services Director-CCDMH) / May 16 MH Awareness walk – flyer out soon / Suicide Prevention Coalition kickoff meeting schedule for April 30 at Guthrie Cortland Medical Center Assembly Room / MHA Annual MH Dinner May 30 at the Cortland Elks Club – forum: panel of local providers / MH Calendar being developed – email any events to Patty or Gail Spitzer / met with Cincinnatus School – open and eager to services being brought into their community as transportation is a tremendous issue – many issues; i.e., mobile food service – will attend CSB meeting in April

Agenda Item: Director’s Report Mark Thayer, Director Community Services

- Cortland County awarded as part of the CHASE grant – should be a press release soon, by Columbia University once public on the Federal Registry – four year grant cycle: enhance access to medically assisted treatment in hospital, jail, etc., and expand and enhance many current programs
- ACES (Adverse Childhood Experiences Study) – local initiative; how to implement in a proactive way / also a Regional effort through Care Compass (DSRIP); working on developing training collaborations – work is trauma informed care and trauma informed practices – have had opportunities, but not cross-systems until now – research shows overwhelmingly that a huge percentage of people incarcerated have experienced childhood trauma – will be developing some Regional “tool kits” to help facilitate
- Development of Opportunity Community – CAPCO locally spearheading – Dr. Donna Beegle came to town to hold a workshop – focus helping people out of poverty – You Tube Dr. Beegle for more information – full day of training and recruitment of “navigators” (mentors) on May 9 – more information to come – building a community to provide supports

Agenda Item: Adjourn Vice Chair, Ellen Wright adjourned the meeting at 4:07 p.m.

Next Regular Meeting – May 13 2019

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