

**MENTAL HEALTH SUBCOMMITTEE**  
**CORTLAND COUNTY**  
**COMMUNITY SERVICES BOARD MEETING**

**Meeting April 18, 2023 – 3:00 P.M.**  
**Guthrie Cortland Medical Center**  
**134 Homer Avenue, Cortland NY**

**Chair: Elizabeth Larkin**

**Vice Chair: Ellen Wright**

**Director: Sharon MacDougall**

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**Members Present:** Elizabeth Larkin (Chair), Ellen Wright (Vice Chair), Julie Partigianoni and Jennifer Sylstra

**Members Absent:** Christopher Bergene, Alexandra Mikowski, Richard Shaw and Susan Thomas

**Others Present:** Sharon MacDougall, Patricia Schaap (Deputy Director of Community Services), Lisa Roos (Guthrie Cortland Medical Center), Donovan Garcia (Clear Path For Veterans), Jeannette Dipppo (American Foundation for Suicide Prevention), Kelcie Hofmann (Family Health Network), Kathy Taylor (National Alliance on Mental Illness), Haile Cutter (Health Department and SPEAKUP Cortland), Matthew Cranson (Family & Children's Counseling Service), Robert DaVia (Liberty-Mobile Crisis), Nicole Adsit (Children's Home Of Wyoming Conference), 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**

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**Agenda Item:** Introductions – Introductions around the room

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**Agenda Item:** Approve minutes from March 21, 2023 No quorum

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**Agenda Item:** Update Ad Hoc Committee Sharon MacDougall / Elizabeth Larkin

Local Services Plan – SMARTIE (Specific, Measurable, Achievable, Realistic, Timely – Inclusive and Equitable) four year cycle for the first time – how to format, how to structure – include voice of peers – began by looking at National behavioral health trends; last 3 to 5 years – then looking at Statewide data and finally, County data – there are clear trends – plan to finalize by June – County plan should align with the State – helps to maximize resources for Cortland

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**Agenda Item:** May is Mental Health Month

MHA – Jennifer Sylstra: Dinner is May 18, request reservations by May 1 – Cortland Elks Club – 4:30 to 7:30 / Patty Schaap: MH Walk – May 4 – first 200 receive shirts, proclamation at YMCA at noon – big focus on self-care this year / Julie Partigianoni: Food for thought event in evening – discuss alternative resources for youth – Wednesday, May 10 – Cortland Elks Club – email Julie for reservation [jpartigianoni@ccocc.org](mailto:jpartigianoni@ccocc.org) / Kathy Taylor – NAMI walk in Ithaca, May 6 – also tabling event – met goal for fund raising – registration starts at 11:00 a.m.

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**Agenda Item:** Home Based Crisis Intervention (HBCI) Teams Sharon MacDougall

Grant opportunity – unique change to add crisis intervention – intended to be emergency room diversion for youth – this RFP is Regional – 5 to 6 counties – beyond the scope of one provider – Liberty Resources provides crisis support at night and on weekends – funding may not cover all that needs to be done – it would help Guthrie / RFP trending towards Regional grants – CACTC may be able to help coordinate multiple agencies in applying

Lisa Roos: Guthrie renovations have been paused – cost doubled from initial funding opportunity – looking for other options for funding – goal to increase crisis services – Sharon advocating with OMH on behalf of Guthrie in budget

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**Agenda Item:** Community Partner Updates and Reports

Cristin Marshall (SPOA Coordinator) - [SPOA \(Single Point of Access\) | Cortland County, NY \(cortland-co.org\)](https://www.cortland-co.org/spoa) virtual office has been updated with links to services and forms

Lisa Roos (Guthrie Cortland Hospital) – Nightingale concert – Center for the Arts on May 12 – fund raiser – jazz concert with cash bar and hors d'oeuvres – coordinates with Nurses Week – by Cortland memorial foundation – will be an annual event

Donovan Garcia (Clear Path for Veterans) – great event held at the Living History Center – Mobile Canteen – weekly luncheon open to all veterans, family members at no cost

Ellen Wright – volunteering – working with Area Agency on Aging – spearheading training for Certified Nurses’ Aides – CAPCO partnering with TC3 – classes will start June 6 – Contact Teresa Radley 607-753-6781 – offering tuition assistance, transportation, child care, meal supports and more to qualified individuals

Jennifer Sylstra (Cortland Prevention Resources) – hiring a “prevention educator” – serving K to 12<sup>th</sup> grade

Kathy Taylor (NAMI) – updated information available – also, MHA still doing book sharing and have funds to purchase books for agencies – NAMI published its first book “You are not alone” can be found in the Cortland Library

Jeanette Dippo (AFSP) – discussed resource options – easy access to multiple connections – create one page with hyperlinks (mental health users’ manual) – also discussed, 2-1-1, 988 – existing resources for emergency and non-emergency – the little folded resource created by CCOCC years ago has been updated and needs another update for anyone wanting a paper resource – F&CCS has an intern working on similar project

\*\*presentation idea for future meeting – 2-1-1 (Seven Valley Health Coalition)

Patty Schaap (Board member CAPCO) – CAPCO is a non-profit organization – all projects supported by CAPCO (i.e., CNA Project above) are result of fund raising – golf tournament in May – huge source of revenue – also raffle baskets – see Facebook for more information / (Co-facilitator of System of Care) – meeting this morning focus on children and youth, systemic barriers continues to be crisis care – ending up in emergency room – DSS reported RTC (Residential Treatment Center) are declining children for workforce issues or behavioral issues and RTF, through OMH, has 4 month waiting list – presenters from Upstate DDP (Dynamic Deconstructive Psychotherapy) for teens that are high risk – also children’s ACT team for intensive care but also a waiting list

Sharon MacDougall (MH Clinic outpatient services) – demand not easing – all clinical staff close to 80 client caseload – screening and processing intakes as quickly as possible – numbers and complexity both higher than normal – may need to ask for Legislative approval to add another clinical staff / Horizon House (Continuing Day Treatment) very busy – considering expanding operation next year / Family Support Services – CFTSS (Children and Family Treatment Support Services) – hired new staff – currently going through orientation process – respite services available

Robert DaVia (Liberty-Mobile Crisis) – in March, MCT called out 22 times – 12 face to face – 8 responses by phone – no pick up orders

Matthew Cranson (F&CCS) – understaffed – recruiting at a tabling event / formerly COTI – OES (Outreach and engagement services) – expanding into evening hours – also will be extending hours at Clinic – working to get people back to in-person visits

Kelsie Hofmann (Family Health Network) – mobile medical unit – goes out 2 to 3 times per month – just started DPI (Dramatic Performance Improvement) – model; patients are only in the room for 10 minutes – has cut down no show rate by 75%



FHN DPI Overview  
4-2023.pdf

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**Agenda Item:**

Director’s Report

Sharon MacDougall



MH DCS report  
4-2023.docx

State budget has not passed – predicting May – holds up and delays funding streams – May 11 pandemic rules and flexibilities end – recommend reading through guidance documents / May is Mental Health Awareness month information in report / 988 information – tracking statistics – local data by county / telehealth policies handed down from OMH – best interest of the client

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**Discussion:**

Constitutional Audit

Elizabeth Larkin

As County Clerk and in all County (government) offices, an individual has the right to record a conversation – but they do not have the right to video tape in private, nonpublic areas – Mental Health Clinic is a department of the County but offers private services; would be a HIPAA violation – lobby is the only public area in the Clinic – therapeutic session can be recorded if it is their private session, involving no one else – therapist does not have to be made aware – have discussed with County Attorney and will be reviewed by the Attorney for the Conference of Local Mental Hygiene Directors

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**Agenda Item:**

Adjourn

Chair, Elizabeth Larkin adjourned the meeting

Meeting adjourned 4:22 p.m.

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**Next meeting: May 16, 2023 – 3:00 p.m.**

**LOCATION: County Office Building – Room 302**

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

**Approved minutes available on County Website:**