

CHEMICAL DEPENDENCY SUBCOMMITTEE MEETING
of CORTLAND COUNTY
COMMUNITY SERVICES BOARD

Meeting Notes – September 4, 2019 12:00 NOON
Room 304 – COUNTY OFFICE BUILDING

CHAIR: Matthew Whitman ~ VICE CHAIR: ReBecca Smith ~ DIRECTOR: Mark Thayer

Members Present: Matt Whitman – Chair, Jesse Abbott, Christopher Driscoll, Timothy Lockwood, Tiffanie Parker, Robert Pitman, Judy Riley and Douglas Bentley

Members Absent: ReBecca Smith and Michael Johnson

Others Present: Mark Thayer (Director), Jesse Belton (Catholic Charities of Cortland County), Thomas Lipa and Sara Watrous (TC3), Kim Nowakowski and Jonathan Crandall (Central PGRC), Angela Helms (Beacon Center), Amanda Stout (F&CCS), Deena Dombroske (Helio Health), Alex Mikowski (Liberty/COTI), Angela Sullivan (Alcohol and Drug Council of Tompkins County), Patty Schaap (CCDMH) and Gail Spitzer (Secretary)

Call to Order: 12:03 p.m. – by Chair, Matt Whitman

Minutes

Introductions

Agenda Item: Approval of Meeting Minutes May 1, 2019 Motion requested by Chair, Matt Whitman

✓ Motion made by Christopher Driscoll, seconded by Jesse Abbott – no discussion, minutes unanimously approved

Agenda Item: **Guests:**

Open Access Center – Alcohol Drug Council of Tompkins County – Angela Sullivan: July 31 notified of funding from Department of Health and OASAS of over \$7m to move forward with developing 40 bed open access center with medically assisted treatment (MAT) and stabilization beds – currently running open access center on Triphammer Road, in Ithaca (gave hours) for assessment and access to MAT and some limited physical health services / staff including medical personnel and substance abuse counselors – want to extend hours, currently struggling with staffing issue – advertising open employment on website and looking into other creative options to find staff / to date, facility is underutilized – have had approximately 24 people, 4 from Cortland / until everything is in place, references made to Helio in Binghamton or Syracuse / hoping to be fully open and functioning in 12 months / Angela thanked Helio for assistance / tours are available upon request

NY Council on Problem Gambling – Kimberly Nowakowski and Jonathan Crandall: Kimberly: represent the Central Region (13 counties, including Cortland) / funded by OASAS – offering trainings to clinicians to help understand the addiction of problem gambling – services offered are free; individual or family counseling can be billed to insurance, or cost covered by their program (Problem Gambling Central Resource Center) / Jonathan: Goal is to raise public awareness of problem gambling – differs in each community – understand how it effects each community – free trainings can be geared to specific groups of people / Shared statistic: over 70% of those diagnosed with problem gambling also have an alcohol abuse diagnosis / both presenters serve in capacity of on-call crisis – majority of calls are from family members – high volume of these calls / program began May 1, 2019 – working to spread word of the services and programs they offer / (provided handouts and promotional material)

Agenda Item: Agency / School / Coalition / Hospital Updates

Matt Whitman (CACTC) – wrapping up five year opioid prevention (Partnership For Success) – produced 28 page evaluation report (copies distributed); outlines five years of strategies, how implemented and outcomes – grant cycle officially ends September 29 / Upcoming Drug Take-back Event is Saturday, September 28 / CACTC were awarded the new SAMHSA grant, nearly \$1.5m over next 5 years to deal with underage drinking for ages 9 to 20 – targeting sub-populations – SBIRT will be part of this and continued Youth Survey every year for the next five years – two full time positions – more information soon / Drug Take-back events will be funded through original grant through 2020 but will have to look into other funding after that – will still continue work as before but funding intended focus underage drinking

Robert Pitman (Chief, Homer PD) – school back today – summer busy with IRT (Innovation Readiness Training) at the Homer school

Amanda Stout (Family & Children’s Counseling Services) – many staff changes – new person assisting with Jail services (beginning to establish programs and are currently providing treatment to incarcerated individuals) and getting caught up on inpatient referrals – current director of COTI services is taking a medical leave and will welcome him back when he is able – interim director will be Alex Mikowski

Tim Lockwood (Catholic Charities of Cortland County) – not many details available yet but CCOCC awarded grant \$300k per year for five years “Solutions to End Homelessness”; keeping people in their housing – begins October 1 – covers security deposits, first month’s rent, etc.

Tom Lipa (TC3) – beginning Fall semester – Tom’s programs help people get CASACS degrees – people need to be encouraged to enter these fields of study as there are shortages in the profession / Mark: going around the table, discussion often focuses on professional staff shortages – are there other ways to encourage people to enter these fields, i.e., job fairs, etc.

Sara Watrous (TC3) – Addiction Specialist from TC3 has been attending work fairs, etc. encouraging people in recovery to go back to college with support to help individual apply to college – November 2018, awarded \$20k mini-grant from OASAS – opened a Recovery Center in January – hired two part time recovery specialists, extending the project past May and the grant for those positions ended in August – were able to create “live on campus” (TC3) non-traditional student, currently attending SUNY Cortland after graduating from TC3 – space open Monday through Friday from 8:00 a.m. to 5:00 p.m. / Prevention grant utilizing SBIRT (Screening, Brief, Intervention, Recovery, Treatment) goal to universally screen all students at the end of the five years – last semester screened about 100 students and referrals made where appropriate

Jesse Abbott (Community Oriented Police Officer, City PD) – Substance use fluctuates between bath salts and heroin, based on what is available – summer has been busy / today, someone overdosed on heroin but was revived with narcan; it was his second time in just a few days – same thing happened to another individual recently / two recent assaults on Main Street – both instances involved people familiar with one another / Michigan is the first State to ban e-cigarettes / Event – 911 Ceremony at Courthouse Park, begins at 8:30 A.M. – Church Street will be closed – recognizing four individuals who died, on that day, that had connections to Cortland – expect a very large turnout

Doug Bentley (County Legislator) – SUNY hosted the next Opportunity Community Round Table discussion this morning – record number of people attended – will be followed by training Thursday and Friday for volunteer Navigators – other Department Heads and Legislators are also involved

Angela Helms (new program director at Beacon Center) – people testing positive for heroin are also testing positive for fentanyl / a client in treatment at Beacon, with a diagnosis of Opioid use disorder, medical marijuana is now offered / Molly (a version of meth) use increasing / lots of changes and have been very busy

Deena Dombroske (Helio Health) – merger with CNY Services still being processed, should be final by end of year / Binghamton location; approved to have 20 of the 50 withdrawal and stabilization beds to become dual purpose beds – can keep people longer for inpatient rehabilitation / Elements program in Liverpool (820 site) being delayed – hoping to open in December / next year’s behavioral healthcare conference dates set for June 2 and 3; Hotel Syracuse with theme Recreating Recreation, still planning key note speakers

Tiffanie Parker (DSS) – working on budget for next year – looking ways to cut positions; losing three support positions due to attrition – three positions recently approved are being defunded – will have more detail next month

Judi Riley (Cortland School District) – two elementary schools closed at end of last school year – spent summer trying to reconfigure – school opening delayed one day to meet and make sure they were ready / new contact information is available / working with CPR (Cortland Prevention Resources) developing public relations campaign as an outreach to parents “Talk to Prevent”

Alex Mikowski (Mobile Crisis) – 45 calls in August – stats will be done by next week and forwarded – great success stories in partnering with police – also DSS calls – looking forward to making service available 24/7 – hope to remain per diem after taking position with Family and Children’s Counseling Services COTI program – new contact information will be provided

Jesse Belton (CCOCC – Wishing Wellness Center) – Reopened August 12 after repairs from water pipe break – referrals higher than usual in August – speakers lined up in September 2019

Patty Schaap (SPOA Coordinator – Cortland County Department of Mental Health) – Co-Chair of new Suicide Coalition: SPEAK UP Cortland (Suicide Prevention, Education, Advocacy, Knowledge, Understanding and Perseverance) / September is Suicide Prevention Awareness Month – Coalition working to enhance efforts – meeting monthly to be strategic in planning – large cross section of the public represented – next meeting is September 25 from 8:30 to 10:00 a.m. at a location to be determined / NY Connects Resource Fair: September 26 from noon to 3:00 in the Gymnasium of the COB – theme of “self-care”

Agenda Item: Director’s Report (copy provided) Mark Thayer

CHASE (Federal) Grant – Basic structure rewritten by National Institute on Drug Abuse (NIDA) wanting all states to conduct same research; delays in roll out – now called HEALing Communities – hire two positions; project manager and an epidemiologist – will partner processes with Matt and CACTC – waiting for contracts and start date – hope to have more to report next month / Contact Mark with any questions or if you would like to know more about the items on the Report

Agenda Item: Adjourn Director, Mark Thayer ended the meeting at 1:15 p.m.

Next Regular CD Subcommittee Meeting October 2, 2019

Questions about meeting minutes contact Gail Spitzer – gspitzer@cortland-co.org – 607-428-5482