

COMMUNITY SERVICES BOARD
 **OF CORTLAND COUNTY**

Meeting Minutes – September 24, 2019 – 3:00 p.m.
Room 302 – COUNTY OFFICE BUILDING

Members Present: Tiffanie Parker (Chair), Shari Weiss (Vice Chair), Jesse Abbott, Jeff Beal, Doug Bentley, Martha Bush, Christopher Driscoll, Christopher Hyde, Elizabeth Larkin, Donald Noble and Leslie Wilkins (11)

Members Absent: Elizabeth Haskins, Michael Johnson, Kathy Reynolds and ReBecca Smith

Others Present: Mark Thayer (Director Community Services), Matt Whitman (Cortland Area Communities that Care), Kathy Taylor (NAMI Finger Lakes), Lindy Glennon (CAPCO), Sam Adams (F&CCS, LGBTQ Center), Lisa Roos (Guthrie Cortland Medical Center), Schaap (CC Department of MH – SPOA Coordinator), Michele Gravel (Director, Vocational Services – JM Murray), Aaron Hammond (MC ARC), Jeanette Dippo (Community Advocate, former Board member), Timothy Lockwood (CCOCC), Jennifer Talarico (Family & Children’s Counseling Services), Michele Hochstetter (Adoptive and Foster Family Coalition), David Phetteplace (High School Principal – Cincinnatus Central School District) and Gail Spitzer (Secretary) (15)

Call to Order: Welcomed by Tiffanie Parker, Chair at 3:02 p.m.

Agenda Item: Introductions During introductions, Vice Chair, Shari Weiss announced that this would be her last meeting of the CSB, as she has accepted a position with Cayuga County – will be here for the for the next MH Subcommittee meeting – last day October 18, 2019 / Mark Thayer thanked Shari for all the great work done on this Board, the Subcommittee and in the community – among many other things, has brought many resources to this county with her skill as a grant writer – “will certainly miss you but look forward to working across county lines”

Agenda Item: Approval of Minutes – June 25, 2019 Chair, Tiffanie Parker, asked for a motion to approve minutes

✓ Motion made by Shari Weiss, seconded by Jesse Abbott – no further discussion – minutes were unanimously approved

Agenda Item: SPEAK UP Cortland – Suicide Awareness Coalition Co-chairs: Patty Schaap and Sam Adams

Patty Schaap (Handout provided): Began working to develop Coalition last Spring – began with a name – Suicide Prevention, Education, Awareness, Knowledge, Understanding and Perseverance – SPEAK UP, empowering and help to guide the goals / Identified goal, mission and work together collaboratively in our community / attended conference in Albany, Annual Suicide Prevention – the conference provided a multitude of resources; statistical, informative websites, networking opportunities – organizations, processes and progress in other counties

Sam Adams: Looking for ways to collect data, locally – can start to track for changes in trends – sources include: Mobile Crisis, Police Departments, CACTC, County Health Department – to get the most up-to-date statistics / gathered information can be an future advantage in receiving grants, etc. / list of agencies, departments, schools, etc. involved, to-date provided / a graduate student from SUNY Cortland, specializing in data collection as it relates to health – will be working with Coalition for the coming semester; helping to analyze and explain

Patty: Mission and goal complete – surveys will be sent soon to better understand existing services versus gaps – existing trainings, trainers – target audiences, etc. – are people interested in being trained – what services are in place within schools, businesses, etc. / first training brought by Coalition was held September 10 AFSP training “Talk Saves Lives” / future trainings: ASIST (Applied Suicide Intervention Skills Training), Safe Talk and QPR (Question, Persuade, Refer) to County / Patty discussed some of the unique ideas discussed at the various presentations in Albany, which she will be presenting at the next Coalition meeting (i.e., “comfort packets”, filled with various local resources for funeral directors, law enforcement, etc. to give to family members / training postmen and utility workers to be more keenly aware of the areas they service – more aware of normal homeowners’ activities, etc., would notice something out of the ordinary) / discussed means and gun safety / Putnam County’s peer (retired officers) operated “First Line” created by law enforcement, for law enforcement – not a crisis line but a person to talk with

Sam: Free training available for primary care providers, training staff to identify warning signs among their patients or caregivers / training for school staff (suicide awareness and prevention) – teaching different grade levels / Future steps; expand the representation of those on the coalition, include previously un (or under) represented groups such as farmers / create logo for SPEAK UP Cortland – high school graphic design or similar resources

Meetings are the last Wednesday of each month – tomorrow will be from 8:30 to 10:00 in the back conference room of the Cortland Prevention Resources – 165 Main Street, Suite B / Leslie Wilkins expressed thanks to Patty and Sam – “it’s been a long time coming”

Agenda Item: Agencies / Coalition / Hospital / Departments / Schools Update

Chair Tiffanie Parker requested procedure change – Chairs and Vice Chairs of Subcommittees do not have to report their monthly meetings, as minutes are distributed and also available on website, in the interest of time – questions of the meetings can be brought forward to any CSB meeting

➤ Tiffanie Parker (DSS, Director of Services) – Elder Abuse training coming up, presented by “Lifespan” of Rochester – October 22 9:30 to 3:30 at the Cortland Regional Training Center – for law enforcement and all other interested – will send flyer to Gail to distribute (lunch provided by Guthrie Cortland Medical Center) – maximum 45 people

➤ Doug Bentley (County Legislator) – Budget time at County, discussing how to do more with less / one example: volunteer “Angels” with the new Angel Program, helping to expedite people getting into rehab – have yet to be activated – angels will undergo training to learn how to assist

- Lisa Roos (Guthrie Cortland Medical Center) – still don't have the ECT (Electroconvulsive therapy) treatment in use at the hospital yet – so many policies to have approved by the State – hope to have it in place soon / still planning on the renovation of the inpatient psychiatric unit; delayed about 2 years – the Cancer Center has a shorter deadline
- Christopher Hyde (F&CCS – COTI Program) – Director Michael Lanigan is on medical leave – Alex Mikowski will be the director and is transitioning – Herkimer County is slower in beginning – going to the Cortland/Chenango rural services to be available for people / number of calls vary – trying to help some regular callers resolve issues which have become barriers to treatment / the mobile treatment, telepsychiatry has not been utilized yet / will be bringing the larger mobile unit back to Cortland County, from Herkimer, for the winter / Mark: Integrated regulations will ease the limitations and increase the functionality of this, and other similar outreach programs
- Jesse Abbott (Community Oriented Policing Officer, Cortland City PD) – this is the third annual emergency services day – this year at Beaudry Park – combining with emergency services softball fund raiser for Special Olympics – beginning with a 5k run or walk – all local providers, police, fire, EMS, "Safe Child" identification program – Sunday, September 29
- David Phetteplace (Principal of Cincinnatus Schools) – over the summer, began "mobile library" – traveling to Willet, Pitcher, Cincinnatus, Freetown, etc. – donated books for children of all ages – were able to add a food component for half of the summer – still not at the point able to secure free breakfast and lunch for all children (Federal Program) – it is an under-reporting issue / have been able to connect and utilize some of the resources learned by attending this meeting ("thank you for that") / seeing mental health issues showing up in the classrooms – working to get staff trained in therapeutic crisis intervention; first session yesterday – three certified trainers on staff
- Jennifer Talarico (Family & Children Counseling Services) – School based counselors have stayed busy, even over the summer
- Lindy Glennon (CAPCO) – Opportunity Community in full swing – conference scheduled for Saturday, October 26 – hoping for 100 or more low-income individuals; development opportunity day – lead by Dr. Donna Beagle – currently recruiting and training "Navigators", i.e., neighbors, friends participate; helping to make connections – first training day is Tuesday, October 1 at 9:00 at CAPCO – will share contact information
- Leslie Wilkins (F&CCS – Cortland Prevention Resources) – finally up to full staff
- Matt Whitman (CACTC) – Drug Take Back Day, Saturday 28 – four locations / final week of the Partnership for Success grant (Opioid focused) – brief is a 28 page report on all the activities over the last five years – copies provided / Electronic Version can be shared / CACTC has been awarded a SAMHSA grant – New Partnership for Success grant - \$1.5 million over five years – targeting underage drinking in ages 9 to 20 year olds – follow trends and target specific interventions – SBIRT screenings / there were a total of 125 awards in the Country, 6 awards in NYS: Buffalo, New York City, 2 on Long Island, West Chester and Cortland County – will be hiring a full time epidemiologist (Public health professionals who investigate patterns and causes of disease and injury in given populations – evidence based practice by identifying risk factors)
- Jeannette Dippo (AFSP – American Foundation for Suicide Prevention) – Annual fund raising Walk scheduled each Fall was cancelled this year but another opportunity was presented – the Coach of the SUNY Cortland Hockey team offered to do a charity game for Suicide Prevention – Game will be held on Friday, November 8 against SUNY Potsdam – a resource fair will precede the game at 5:30 p.m., at the college and include raffle drawings, auctions to bid on jerseys – six foot tables available / will send registration forms and announcement to Gail to forward
- Michele Hochstetter, AGAPE (Adoption and Guardianship Assistance Program for Everyone) a program of Adoptive and Foster Family Coalition of NY – training 18 people, on September 25; Healing the Traumatized Brain (2 1/2 hours) – will be doing another training in the Spring - will notify with more advance notice to make future trainings available
- Michele Gravel (JM Murray) – JM Murray will be losing a contract service due to County budget cuts; case management at DSS - OMH is coming to tour facility – bought a new building on Bennie Rd – all programs housed at West Road will be relocated to Bennie Rd – building across from Walmart will remain
- Martha Bush (Parent advocate and longtime member of the CSB) – Thanks to everyone in this room (and their agencies) seeing young kids – mental illness was not discussed when she was raising her children, due to the stigma – it was almost impossible to find someone willing or able to provide help – now, parents are beginning to realize there is help and they are not alone / Mark: OMH is beginning to realize the need and encouraging the expansion of training and treatment in the birth to 5 year old population – Mark thanked Martha for continuing to advocate!
- Shari Weiss (CCOCC – Housing) – Have had wonderful opportunities at CCOCC / Housing is extremely busy – receiving many applications and building a waiting list – no openings in MH Housing currently
- Elizabeth Larkin (County Clerk) – Member of the Association of Counties – recently attended meeting – quite a few resolutions that address interests of this group – encourage county legislators to pass resolution on a county level – will forward to this group to ask for local legislative support
- Kathy Taylor (NAMI Finger Lakes) – NAMI untapped resource – will be at the NY Connects Resource Fair on Thursday – willing to meet with individuals or families to share experience and help navigate the MH system, connect to resources
- Christopher Driscoll (Coordinated Children's Services Initiative) – just received annual (Juvenile Justice) grant that pays for 1.5 positions / anticipating the next stage of the "Raise the Age" which will now include 17 year olds – will be interested in knowing how it will affect the process – it effected fewer 16 year olds than anticipated – Mark asked how the changes in PINS (eliminating placements) – trouble shooting would fall on CCSI / Chris: have been discussing changes – will be a shift but shifts of services has already begun – encouraging relative (family) care, support services to help remove need for placement, increasing community based services

- Sam Adams (F&CCS, LGBTQ Center) – New programs for adults (i.e., book clubs), new groups for teens and for youth – extending summer GSA (gay, straight alliance) through the Fall, meeting weekly – available to talk with clients, family members or any people struggling with their sexual identity
- Patty Schaap (CCDMH, SPOA Coordinator, PSY Director) – finally have commitments from all Cortland County schools to attend SPOA meetings / Post Trauma Response Team – 100% voluntary – activated after a traumatic event – teams dispatched to schools, store, agency, department, or to first responders, etc. to help debrief and help process event with ultimate goal to prevent PTSD (therapy and counseling is not part of the PTRT) – looking for additional volunteers – training and recruitment event October 4 – Leslie Wilkins: very rewarding work and have brought comfort to many people – does not require special training – Jen Talarico: signing on to volunteer does not oblige one to respond each time; multiple teams rotate and support one another

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

Will skip most in the interest of time – please ask or forward any questions not covered today

- Justice League of Cortland County (JLCC) met on September 18 – will meet again in January – focus on bail reform and anticipate some changes related – systems changing at the same time and determine what needs to be in place to support those changes – will redo or refresh Sequential Intercept Mapping System (initially developed into JLCC) / working with F&CCS and Jail – OASAS grant funding a staff person in the Jail to begin alcohol and drug treatment and evaluations – partnering with COTI and Wishing Wellness
- Care Compass Network: Care Management Program – F&CCS hosting ACES Cohort – goal to create services to support people with Trauma Informed Care – not just clinical intervention, rather environmental
- Betty Hathaway Foundation – grateful to those willing to sit on the board – have actual bank account – scheduling meetings to determine best way to utilize funds while keeping with the original intent of the funds – second meeting to be set in October
- CNY Directors Planning Group – Regional Planning Committee – purpose to gather information on a Regional level, to report areas in need of improvement to the State, meeting with heads (OPWDD, OASAS, OMH, OCFS, etc.) twice per year – memberships are expiring, looking for new members – elections being held October 10 in Liverpool, NY – anyone interested in participating can contact Mark
- **NEXT MONTH'S CSB MEETING:** Guthrie Cortland Medical Center's new President, Jennifer Yartum and presentation by DSS Director, Kristen Monroe regarding "Warming Centers"

Agenda Item: Adjourn Chair, Tiffanie Parker asked for a motion to adjourn meeting

- ✓ Motion by Shari Weiss, seconded by Martha Bush – meeting ended at 4:30 p.m.

NEXT MEETING: OCTOBER 22, 2019 – ROOM 302 OF THE COUNTY OFFICE BUILDING
****Electronic Packets of approved minutes and Director's Report available upon request****
 Minutes and notes submitted by Gail L. Spitzer
 Inquires may be made to:
gspitzer@cortland-co.org
 607-428-5482