

**COMMUNITY SERVICES BOARD**

- ✚ Mental Health Subcommittee**
- ✚ Developmental Disability Subcommittee**
- ✚ Chemical Dependence Subcommittee**

**OF CORTLAND COUNTY**

**Meeting Minutes: December 17, 2019**  
**3:00 P.M.**  
**Cortlandville Fire Department Meeting Room**

**Members Present:** Douglas Bentley (CSB, CD, Legislator), Martha Bush (CSB), Kimberly Corbett (DD), Elizabeth Haskins (CSB, DD), Christopher Hyde (CSB, MH) Michael Johnson (CSB, CD), Elizabeth Larkin (CSB, MH), Timothy Lockwood (CD), Donald Noble, Ph.D. (CSB), Tiffanie Parker (CSB, CD), ReBecca Smith (CSB, CD), Matthew Whitman (CD), Leslie Wilkins (CSB, MH) and Ken Woodman (DD) (14)

**Others Present:** **Mark Thayer (Director, Community Services)**, Margaret Thon (CACTC), John Lenhart (OPWDD, DDRO), Mia Christopher, Amy Button (Columbia University), Kathleen Taylor (NAMI), Jeanette Dippo (AFSP), Emily Quinlan (SUNY Cortland), Renee Hettich (Adoptive Family Coordinator), Jon Crandall (NY Council on Problem Gambling), Teresa VanHeusen (CCDMH), Pam Lackner (Peer Specialist), Anne Seepersaud (LifePlan CCO), Angela Helms (Beacon Center), Catherine Wilde (SVHC), Lindy Glennon (CAPCO), Annmarie DiGiorgio (PPCA), Amanda Stout, Alexandra Mikowski (F&CCS, COTI), Michele Gravel (JM Murray), Deena Dombroske (Helio Health), Mary Wright, Lisa Roos, Myriah Dolson (GCMC), Tom Lipa, Sara Watrous (TC3), Kurt Warner (CCOCC), Carey Peters (Southern Tier Connect), Patty Schaaap (CCDMH, SPOA/PSY) and Gail Spitzer (Secretary) (30)

**Call to Order:** By Chair of Community Services Board, Tiffanie Parker, at 3:07 p.m.

**MINUTES**

**Agenda Item:** Welcome / Introductions Tiffanie Parker welcomed and thanked everyone for attending today

**Agenda Item:** HEALing Communities – Kick-Off Mia Christopher and Amy Button, Columbia University

Amy thanked everyone for invitation to attend meeting – excited for this community in joining the study and thanks to all who will be participating – Power Point presentation to include overview, timeline, data collections and logistics of administrating project – get to know community better and understand what is happening in Cortland County – test impact of implementing integrated evidence based interventions across multiple service delivery settings to treat opioid abuse – data driven study of local interventions / Goal to reduce opioid related deaths by 40% in 3 years (Power Point will be made available for specific details upon request) / emphasis on participating in surveys which takes about an hour to complete, with gift card as incentive to complete

**Agenda Item:** Approval of Minutes – October 22, 2019 (by CSB Membership) Chair, Tiffanie Parker asked for a motion to approve  
 ✓ Motion made by ReBecca Smith, seconded by Leslie Wilkins – no further discussion – minutes were unanimously approve

**Agenda Item:** Membership / Organizational Meeting plans Secretary, Gail Spitzer

DD Subcommittee will be full board beginning 1/1/2020 – MH Subcommittee, CD Subcommittee and Community Services Board will all have two vacancies – some recommendations have been made – anyone interested in membership encouraged to contact Tiffanie Parker, Mark Thayer or Gail / January 28 will be the CSB Organizational meeting; membership nominations will be made, officers will be elected – Mark: meeting schedules for the year will be set at this meeting, also – always encourage anyone interested to attend meetings and participate in the process, regardless of membership

**Agenda Item:** 2019 Annual Report Director, Mark Thayer

At the end of every year, Mark sends County agencies a request to report on programs; who and how many individuals they serve, some of the barriers, successes, large number employed in behavioral health field – information is put together, creating an informational reporting (Don Noble set up the original reporting grid) / final report used to help inform County Legislature of the huge enterprise; how many lives are impacted with services and multiple programs – this information is also used as the foundation for the preparation of the next year's County Annual Plan that is due in June / this reporting also reveals how barriers change, some not even reportable just a few years prior and some falling off the grid entirely; staffing was not an issue prior to 2016 and has grown to be the largest issue/barrier / DSRIP funded cohorts specifically dealing with workforce; one collaborating with BOCES to add resources to start – DSRIP is also funding cohort to work with TC3 to work on training, encouraging and supporting people entering behavioral health field – will have people present in coming months to report initiatives and progress – full program reports available electronically on request / Don Noble, Ph.D. (CSB past Chair and member for almost ten years) noted the overall increase in number of programs available compared to years ago – Mark: although extremely difficult to access, most of these increased services are for children / Mark thanked all the participating agencies for providing this important information each year as it is crucial in using the data to map the work for the coming year

**Agenda Item:** New This Year

- Solutions To End Homelessness – Tim Lockwood from Catholic Charities of Cortland County – awarded a five year grant preventing someone from becoming homeless or housing someone who is homeless – “rapid rehousing” eligibility: meet one of two “homeless” criteria – pay for rent (first, last, security), utilities (arrears, ongoing) – moving expenses, legal expenses – whatever they need / there is a minimum requirement monthly meetings, for six months of case management – there is an income limit if they receive services for more than a year – intended to get the person stable and independent – referrals through COCC office / Second part, to keep people housed, requires meeting an income limit of 30% of the area medium per month – meet definition of “on the verge of or homeless” – other similar requirements as above, and rent in arrears / funding renewed every year from the next five years / Applied for and awarded Mother Cabrini funds, assisting people coming out of jail to get settled – very few details, to date
- Betty Hathaway Fund – Mark Thayer thanked board members, Jeannette Dipppo, Kathy Taylor, Doug Bentley and Betsy Larkin – set up in 1995, became difficult to manage – with assistance from County Attorney’s office put trust board back together to give out just over \$12,000 quickly and with respect to the original purpose; mental health education in Cortland County – group has met several types – application created – will be discussed at Organizational Meeting in January, applications submitted by February with a decision made by March – goal to give all the money out and close account – applications should be kept simple
- Justice League – Mark Thayer: next meeting January 8 at 2:00 – will cover similar topics as CSB but expand with emphasis on Bail Reform, transitioning people out of the criminal justice system, especially when they have behavioral health needs – also discussing how to redo Justice League, going back to the SIMS model (original creation meeting) – what are the possibilities when considering the impact of Bail Reform and how to continue successfully making referrals to individual in need of services – reorganize and reorient services / Betsy Larkin: affect Bail Reform will have on the current decreasing trend of opioid use; attributed to community provided services received while in the jail or prison system – Mark explained that will be new Vera proposal; to follow its effect, on the current positive trend, along with overdose rates, etc.
- SPOA (Single Point of Access) – Patty Schaap: Children’s SPOA actively up and running – Medicaid has redesigned children’s programs over the last few years – SPOA transitioning to adapt to changes – currently meeting only once per month / new this year is the collaboration of all five school districts; has been very helpful – anticipate an increase in higher level of care as options decrease / also new for 2020, revamp joint services referral – unique in Cortland County; Tier 2 meetings which include all children’s services providers – Tier 2 developing a referral guide of all services available for children / since case managers are now determining level of service needed, SPOA can focus on complex care meetings and problem solving / Adult SPOA is not as formalized a process, but it is an option; utilizing Mobile Crisis and EDPRT – transitioning from just OMH services to include OPWDD

Don Noble raised discussion of NYS’s promised efforts to increase crisis and respite services to individuals with developmental disabilities – Mark: ongoing discussion, waiting for an RFP – does intervention really have an impact / Anne Seepersaud, LifePlan, CCO – may be more State paid dollars than a waiver service – need more behavioral support for people with developmental disabilities in Southern Tier; looking at what other regions are finding successful, what other resources are available – Mark: CNY Planning Group continue to meet with State representatives (commissioners of both OMH and OPWDD) with proposals to prevent weeks’ long stays in emergency rooms – inflexible model requiring change

- SPEAK UP Cortland – Cortland’s Suicide Prevention Coalition – Patty Schaap: have been meeting since June, collecting data from Agencies to determine needs – data currently reflects needs on par with State information – goals to release strategic plan by June of 2020 and begin PSA’s – had first “Safe Talk” training in many years – trainings will be local and free / next meeting tomorrow, December 20 – still some gaps in representation / Leslie Wilkins: big need to train trainers
- Opportunity Community – Lindy Glennon, CAPCO – began working with Dr. Donna Beagle, “Communication Across Barriers” in March (2019) – Met again in May, approximately 250 people – educating population about what a community can do to help respond to the challenges of people living in poverty – recruiting and training approximately 75 Navigators, people willing to be mentors - in October, approximately 50 struggling neighbors gathered with Navigators – incredible experience / George Rivera attended (award winning Producer/Director) by request of Dr. Beagle to video tape during the whole day to be used as a training tool and example to other communities / Call or email Lindy for more information: 607-753-6781 [lindyg@capco.org](mailto:lindyg@capco.org)

**Agenda Item:** Announcements/Updates/Subcommittees

Tiffanie Parker – NY State is part of a Federal program called Families First Prevention Services Act – goal is to prevent children already in foster care from entering a higher level of care; i.e. residential and for children in foster care to be placed with other family or friends, whenever possible – funding has been made available to State, passed to communities – working with Onondaga County to help with strategic planning in areas find ways to reduce higher than Federal percentages – Tiffanie will begin reaching out others as there is more detail available

Kathy Taylor (NAMI) – first time Family to Family course will be made available, at no charge, in Cortland’s ATI – she trained by NYS NAMI to better understand mental illness – communication, self-care, empathy, medication, brain and advocacy – get together at classes and support each other each week; develop bonds and never judge – if you are interested in signing up for the course, contact Kathy: 607-835-6721

Alexandra Mikowski, Family & Children’s Counseling Services (COTI) – have been very busy over last quarter, 19 in December – expanding into Madison County, have had referrals from there already and one referral from Herkimer County – have assisted with three Angel referrals and aided in transportation to appropriate facility

Deena Dombroske, Helio Health – “Elements”, newest facility in Liverpool scheduled to open in the middle of January – 75 beds, new 820 regulations, stabilization, rehabilitation and reintegration, all at the same facility – still working out the nuances of referral process – will forward detail to Gail to share when ready / NE Behavioral Healthcare Conference scheduled June 2 and 3, still accepting requests for presenters – information and more detail on website <https://www.helio.health/training/northeast-behavioral-healthcare-conference/>

Matt Whitman, CACTS – results received from the 2019 Youth Survey (7<sup>th</sup> to 12<sup>th</sup> grade) – over 2,000 submissions – largest sampling to date, as this includes all five County schools for the first time / hired Margaret Thon, epidemiologist – primary function statistical and data analysis – will be running

reports to provide in February / Community Readiness Survey regarding underage working grant – survey short, approximately 10 minutes – sent out in January

Mark Thayer, CNY DPG will be hosting a “Tele-Health Symposium” including different regular – regulations for OMH and OASAS have changed significantly related to telehealth – agency representatives and a panel of four providers who are using this service now – SAVE THE DATE: January 24, 2020, 9:00 a.m. at Holiday Inn, Electronics Parkway, Syracuse

Also, want to thank Mike Johnson who has been a CSB and CD Subcommittee member for 8 years, two full terms, bedrock founder and implementer of some of the programs brought into Cortland County / and to thank our Chairs and Vice Chairs for all of their hard work, Tiffanie Parker, Ellen Wright, Jeff Beal, Kim Corbett (applause!!!)

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**Agenda Item:** Request motion to adjourn by Chair, Tiffanie Parker

✓ Motion made by outgoing member Michael Johnson, seconded by Martha Bush – meeting adjourned 4:49 p.m.

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**Next Meeting Dates: CSB – January 28, 2020 (3:00 p.m.) / MH Subcommittee – February 10 (3:00 p.m.) / DD Subcommittee – February 4 (1:00 p.m.) / CD Subcommittee – February 5 (12:00 noon) / Justice League – January 8, 2020 (2:00 p.m.)**

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**Approved minutes available on County Website:**  
[www.Cortland-Co.org/433/Mental-Health](http://www.Cortland-Co.org/433/Mental-Health)

Minutes submitted by Gail L. Spitzer  
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