

**TIOGA COUNTY COMMUNITY SERVICES BOARD
MENTAL HEALTH SUBCOMMITTEE**

October 6th, 2023

9:00 a.m.

Hybrid

- **Review and approve August 2023 meeting minutes**

- **Director's Report**

- **Other Business**

- **Conferences/Workshops**

Next regular meeting: November 3rd, 2023

TIOGA COUNTY DEPARTMENT OF MENTAL HYGIENE

**MH SUBCOMMITTEE MEETING
OF THE TIOGA COUNTY COMMUNITY SERVICES BOARD**

Pending Approval

Subcommittee meeting date: August 4th, 2023

Via Hybrid

Member Attendance: John Bezirgianian, MD
Fran Bialy
Tina Lounsbury
Carolyn Galatzan
Sue Medina

Guest Attendance: Wendy Deis

Mental Hygiene Staff Attendance: Lori Morgan, Director of Community Services
Sarah Begeal, Deputy Director of Community Services
Cathy Healy, Clinical Program Director
Sue Graves (minutes)

Introductions: Introductions made around the table to Wendy Deis, Rotary District Governor representing District 7170.

Topic: Resource Guide Presentation – Wendy Deis

Discussion: Wendy is in the process of creating a Resource Guide for Tioga County and requested assistance from the various departments represented at the table

- Pamphlets are the Rotary’s project for this year
- Review of the Otsego County Brochure (attached)
- Ideas for Tioga County shared
 - Add QR code for updates
 - Add a date
- Distribution ideas shared
 - Police stations, pantries, grocery stores, laundry mats, possible school nurses office
- Please send any additional ideas to Wendy

Status: Informational - Complete

Category: Minutes for June 2023 approved with changes

Topic: Director's Report – Lori Morgan

Discussion:

Updates:

- **Budget**
 - The proposed budget presented to Legislature on 8/2/23
 - Budget neutral except for salary and fringe
- **Helio Health**
 - Helio requested contract termination on 12/31/23
 - Dr. Webster, Pati Zalewski-Gibson, NP, and Wendy Arnold are contract employees
 - Most of the other contracted positions are vacant
 - Wendy Arnold is retiring at years end
 - Working with another agency to contract for the remaining two
 - The other positions would change to county positions
 - Plan on how Wendy's position will be covered discussed
 - Childrens SPOA & Corporate Compliance Officer
 - Hiring a Social Worker to fill
 - Suicide Coalition
 - May contract out part time
- **Waverly**
 - In negotiations with new location
 - Cannot discuss at this time
- **School Based**
 - Have candidate for the Elm Street position in Waverly
 - Reaching out to Principal for a meet & greet
 - Need to obtain pictures of space for licensure
- **Vacancies**
 - A lot of openings in the clinic
 - Continue to struggle to fill
- **New Vehicles**
 - Resolution to be presented for 2 new vehicles for Mental Hygiene
 - Denis McCann is assisting with the resolution
- **Round Table Meeting with Congressman Molinero**
 - Lori Morgan, Sarah Begeal, Cathy Healy, Wendy Arnold attending
 - Meeting at 1:45 today at 56 Main Street

Status:

Informational - Complete

Topic: Program Director's Report – Cathy Healy

Discussion: **Updates:**

- Staffing remains a concern
 - Looking to fill school positions quickly
- Client Satisfaction Surveys under way
- Gearing up for the Waverly move
 - Additional space obtained from the Veteran's previous office
 - Telehealth is available
- DBT Staff training
 - 21 clinicians attended

Status: Informational - Complete

Topic: Public Health – Sue Medina, Deputy Director

Discussion: **Updates:**

- Organizing "Save a Life Day" in September
 - Kylie Holochak & the ASAP Coalition organizing Narcan trainings over the course of two days

Status: Informational - Complete

Topic: Articles

Discussion: **Updates:**

- June – Healing from Trauma (article attached)
- July – Going Back to School
 - Combine Wendy Arnold & Sarah's articles
- August – Dating Abuse
 - Fran to have written by staff at New Hope
 - Fran to send to Wendy Post at the Pennysaver
- September – Suicide Prevention & National Recovery Month

Suggestion: Put the authors names in the articles

Status: Informational – Complete

Topic: Other Business

Discussion: **Updates:**

- September's meeting

- Sue to poll the subcommittee on whether to have a meeting due to the holiday

Status: Informational - Complete

Adjournment: There being no further business, the meeting adjourned at 10:08am

DRAFT

Guest Editorial: Teen Dating and Violence and Abuse

WRITTEN BY SARAH DINUNZIO

A New Hope Center, on behalf of the Tioga County Mental Health Subcommittee of the Community Services Board

Adolescence is a time of exploration and seeking independence. This often includes youth developing dating relationships. As adults, we may minimize these dating experiences, thinking of teen relationships as minor crushes and "puppy love." In reality, sometimes these relationships involve very serious elements of abuse and control.

Both adolescents and adults are generally

unaware of how regularly teen-dating abuse occurs. Teen dating violence occurs as frequently as domestic violence in adult relationships, with one in three high school students having been involved with a partner who is abusive.

Dating violence occurs when one partner attempts to gain power and control over the other by using various forms of abuse. This can include emotional, verbal, physical, and/or sexual abuse. Controlling and isolating behaviors may be rationalized by the abusive teen as "just" jealousy.

The partner may disrespect and disregard the other's feelings, goals, pri-

orities, and interests. The use of technology to control, monitor, or harass a dating partner are tactics frequently used. This includes behaviors such as sending excessive, unwanted texts; humiliating or threatening their partner on social media; sharing intimate photos or videos with others; and demanding access to their partner's phone communications.

Teen dating violence can have short- and long-term effects on a developing youth. Teens who are abused by a partner are more likely to experience depression and anxiety symptoms, engage in

unhealthy behaviors like using drugs and alcohol, and to think about suicide. Abuse in an adolescent relationship can be a precursor for intimate partner violence in adulthood; an abusive person's pattern of controlling behaviors can span a lifetime and multiply victims.

As adolescence is a time of growth and exploration,

it is also an opportunity for adults to support the development of healthy, respectful intimate partnerships. It is a critical time for youth to develop skills to create and maintain healthy relationships. As adults, we can model and support relationships based on trust, honest communication, shared power, and control over decisions, and control over decisions.

Control, intimidation, and isolation are not parts of a healthy relationship.

If you recognize elements of control in your teen's relationship, A New Hope Center offers free and confidential support. Our 24-hour Hotline and Textline is (607) 687-6866.

Community forum to address questions about Alzheimer's disease and dementia

The Central New York Chapter of the Alzheimer's Association will host a community forum in Tioga County from 12:30 to 2 p.m. on Aug. 23 so residents can learn more about Alzheimer's disease and dementia, share their experiences, and learn what support is available to them.

The Alzheimer's Community Forum is presented in partnership with Tioga Opportunities and will take place at the community action agency's office, located at 9 Sheldon Guile Blvd. in Owego.

"We want to give residents of Tioga County the

opportunity to tell us their concerns and share their thoughts about how the Alzheimer's Association can better serve them, either as people living with or caring for someone with Alzheimer's disease or dementia," says Jessica DesRosiers, senior program director for the Central New York Chapter.

In addition to a community-focused listening session, participants can learn more about the free resources offered by the Alzheimer's Association including support groups, educational programs, safety services, and care consultations.

"We are here to make sure no one is alone after a dementia diagnosis," said DesRosiers, adding, "Call our free, confidential 24/7 helpline at 1-800-272-3900 anytime, day or night, to speak to a dementia specialist or master's-level clinician."

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