

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

June 2nd 2023

9:00 a.m.

Hybrid

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

- **Director's Report**

- **Other Business**
 - July Meeting?

- **Conferences/Workshops**

Next regular meeting: TBD

TIOGA COUNTY DEPARTMENT OF MENTAL HYGIENE

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

Pending Approval

Subcommittee meeting date: May 5th, 2023

Via Hybrid

Member Attendance: Fran Bialy
Larissa Brower
Tina Lounsbury
Carolyn Galatzan

Guest Attendance: Gabriella Ayers

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)

Category: Minutes for April 2023 approved as written

Topic: Director's Report – Lori Morgan

Discussion: Updates:

- School Based Social Worker - Waverly School District
 - Eric Knolles, Superintendent has agreed to one Social Worker for the Elementary School for now
 - A resolution to increase the headcount will be presented to the Legislature.
- Waverly Clinic
 - Will be temporarily moved to the Owego clinic once lease has expired
 - Vacant Veterans being utilized to expand the Owego site
- Lori & Sarah are attending the Spring CLMHD Conference May 10-12, 2023
- Corporate Compliance
 - Policies to be finalized at the CSB meeting
- Staff
 - Jason Seidel, CASAC starting 5/8/23
 - Recruiting continues to be challenging

Status: Informational - Complete

Topic: Articles

Discussion: Updates:

- May – Mental Health Awareness
 - Pennysaver needs by 5/10/23
 - Send to Courier as well
 - Posting on Facebook page
- June – Trauma/PTSD Awareness Month
 - Article written
 - Sending to group to review
- August – Going Back to School
 - Article written
- September – Suicide Prevention & National Recovery Month
- Sue will send the article file to the subcommittee

Status: Informational – Complete

Topic: Other Business

Discussion: Updates:

- RSS – Larissa Brower
 - Recalibration of Care Management is in the state budget
 - \$1000million cut from state budget over the next couple of years
- A New Hope Center – Fran Bialy
 - Waiting to see what funding the will be getting from the state as well

Status: Informational - Complete

Topic: Other Business

Discussion: Gabriella Ayers from Catholic Charities shared:

- Care services offered for OPWDD & OMH individuals in Tompkins & Tioga Counties for eligible individuals
 - Must come thru a Care Manager & referred by Health Home
- Trying to get HCBS vocational services up and running
- Habilitation
- Supportive and Intensive Employment Services

- Education – GED's and college courses
- Contact info:
 - Work Cell – (607) 223-2698
 - Office – (607) 272-5062 ext. 306

Lori shared there is a state RFP for Youth ACT Team

- Tioga, Tompkins, Cattaraugus Counties
- Lori writing a letter of support for two counties

Discussion on homeless situation ensued

- PIT count held in January 2023 – 1 individual found
- Most went to shelters over the winter
- Hotels utilized during Code Blue
- A lot of movement now
 - Evictions allowed leaving more apartments open
 - Owego Square is opening
- COVID funding is over
- People are needing to recertify
- HUD rate increased to over \$800/month – utilities included
 - Challenges – extremely high rents
 - Affordable rents are in awful shape

Status: Informational - Complete

Topic: Workshops & Trainings

Discussion: Updates:

- Pesi Training in July with Dr. Simpson
 - DBT skills for all clinicians
 - May have a couple of openings for others to attend

Status: Informational – Complete

Adjournment: There being no further business, the meeting adjourned at 10:11am

The next subcommittee meeting is scheduled for Friday, June 2nd, 2023, at 9:00am.

5/14/23

May is Mental Health Awareness Month

**CONTRIBUTED BY
STAFF MEMBERS OF
TIOGA COUNTY'S
MENTAL HYGIENE
DEPARTMENT**

Many people of all ages in our communities in Tioga County have been affected by challenges related to mental health including anxiety, depression, and bipolar or other mental health issues. Some people experience thoughts of suicide.

According to the National Alliance on Mental Illness (NAMI), one in five adults in the United States experienced some sort of mental health issue in 2021.

It is a brave and sometimes necessary action to reach out for assistance

with mental health issues. Mental health professionals understand, and are here to help.

If you are concerned about a family member, friend or neighbor, or if you need to reach out for assistance yourself, there are several private providers in Tioga County, as well as the supports listed below in our County.

Tioga County Department of Mental Hygiene is open for in person or telehealth visits. Individuals can call (607) 687-4000 or walk in to the Owego Clinic located at 1062 State Route 38 in Owego, N.Y. Open Access hours are available daily. Open Access times may vary, and you can call ahead to verify hours. There is no waitlist for services at this

Clinic.

Mental Health Crisis services are available through this Clinic by calling (607) 687-4000 Monday through Friday, from 9 a.m. to 5 p.m. There is also an Alcohol and Drug Services (ADS) Clinic co-located there. Call the same number for ADS services.

Tioga County Crisis services are also available afterhours by calling the Sheriff Dispatch number at (607) 687-1010 evenings after 5 p.m., weekends and holidays, and ask for the on call mental health worker.

The 24/7 Suicide and Crisis Lifeline is available; call or text 988 to connect to a crisis prevention counselor. For Deaf or Hard of Hearing individuals who use TTY service:

Use your preferred relay service or dial 711 then 988. A person doesn't have to be suicidal to contact the 988, but may need support.

Tioga County has a Suicide Prevention Coalition with a mission to connect those affected by suicide to helpful resources, increase public awareness about suicide, and increase effective prevention. The Coalition members offer any group, such as agencies, businesses or churches, free suicide prevention training and resource connections.

The Suicide Prevention Coalition can be reached by calling the Tioga County Mental Hygiene Department at (607) 687-4000 and asking to speak to the Suicide Prevention Chair.

WHAT'S HAPPENING

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more. Visit www.ovfish.org for all the details.

MAY 21

Southern Gospel Group "The Millers", 11 a.m. and during the worship service, East Smithfield Federated Church, Corner of Church and Main Streets, East Smithfield, Pa. A love offering will be collected during the service.

MAY 22

Newark Valley Central School District Board of Education Meeting, 5:30 p.m., District Office at the High School, 68 Wilson Creek Rd., Newark Valley.

Spalding Memorial Library Senior Series: Mary Frisbie / Sayre Healthcare Personal Care, 1:30 to 3 p.m., 724 S. Main St., Athens, Pa.

Ahwaga Canoe and Kayak Club Meeting, 7 p.m., Central United Methodist Church, 17 Nanticoke Ave., Endicott. Presentation by Mike Nutter, Lieutenant with the Broome County Technical Rescue Team. Free and open to all.

MAY 23

Polio: My Life Experience presented by Rev. Rob

1371, 207 Main St., Owego. Lessons start at 7 p.m. and are \$10 per person.

Bread of Life Food Pantry, 3 to 5:30 p.m., 1 Water St., Candor.

Apalachin Lions Walk-Up Mobile Food Pantry, 10 to 11 a.m., St. Margaret Mary's Church, 1110 Pennsylvania Ave., Apalachin. Register before May 23 at 8:30 a.m. or until full. Pre-registration is required. Phone: 2-1-1 or visit www.foodbankst.org/cfd

MAY 25

ACT Free Community Dinner, 5 to 6 p.m., First Baptist Church, 228 Main St., Owego. Takeout only.

Clean Up and De-clutter Your Computer, 11 a.m., Broome West Senior Center, 2801 Wayne St., Endicott. No registration.

MAY 26

Book Club Friday: The Informant by Kurt Eichenwald, 1 p.m., Van Etten Library, 6 Gee St., Van Etten.

MAY 27

Park Terrace Food Pantry, 11 a.m. to 1 p.m., basement of the Park Terrace United Methodist Church

try, 3 to 5:30 p.m., 1 Water St., Candor.

Tips for Selecting and Managing Online Passwords, 3 p.m., virtual only and no registration. Visit tinyurl.com/GFJTC-class at the class time and enter your email. You will be directed to the class video call.

JUNE 2

Caroline Center Church Fish Fry, 4:30 to 6:30 p.m., 719 Buffalo Rd., Brooktondale. Eat in or carryout. Dinners are \$15 and will include fried fish, broiled fish of chicken, baked potato and roll, coleslaw or applesauce and dessert.

Depot Friday Nights: The Tarps, 7 p.m., Route 38, Newark Valley. Refreshments available. Bring a lawn chair.

JUNE 3

Memorial Motorcycle Ride for Life, registration from 8:45-8:50 a.m. at the Candor Town Hall. The ride will return to Punk's Place in Candor. The cost is \$10 per person to ride, and proceeds benefit the Team Timmy Scholarship Fund. For more information, contact Rick Neild at

The Watts will perform at Trout Ponds Park in the Village of Newark Valley, from 5 to 8 p.m. This free event is made possible with funding from the NYS Council on the Arts Re-grant Program.

Apalachin United Methodist Church Carnival, 10 a.m. to 2 p.m., 303 Pennsylvania Ave., Apalachin. For more information, call (607) 239-2537. Hosted by Brothers and Sisters for the Cross.

JUNE 12

Newark Valley Central School District Board of Education Meeting, 5:30 p.m., District Office at the High School, 68 Wilson Creek Rd., Newark Valley.

Spalding Memorial Library Senior Series: Kim Paul / The Bridge, 1:30 to 3 p.m., 724 S. Main St., Athens, Pa.

Berkshire Free Library Monthly Board of Trustees meeting, Berkshire Free Library, Route 38, Berkshire, or via Zoom. Contact Fran at BFL@htva.net for more information.

JUNE 14

Candor Free Library Board of Trustees Meeting

mass shootings and the U.S. has led 200.

ot vote for Donald (did not vote for cause he bullied politicians and leaders. I did not him because of personal trans- that had noth- with me. I did not him because of an connection, or otop, or the in phone call. I vote for him he moved out of ; to show them. I vote for him I liked Biden. I him because I see the U.S. con- path to prosper- ed for him so I ve money in my o afford lower oline, food, med- d a mortgage. I him because he he rest of the the U.S. was not d with, that we tect our citizens worthy of that e world. I voted o that I didn't onstantly read ths from drugs ds slipping into ry. Right now I of traveling to s. I pay exorbi- s to provide otel rooms and eals to people o business without apply- nship. I watch s slowly being y by Democrats et their own cit- er. I can't pur- appliance. My oes up to allow hat can't afford r interest rate. is making me l on the ballots ber and for as

AD If basic announcement or wish you need any objectionable material we will be glad to help. Mail to: Owego 4 pm. This is your opportunity to us, birthdays, births, low voyages, weddings, welcome homes, etc.