

TIOGA COUNTY DEPARTMENT OF MENTAL HYGIENE

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

Pending Approval

Subcommittee meeting date: April 5th, 2024

Via Hybrid

Member Attendance: Fran Bialy
John Bezirgianian, MD
Nadia Constant
Donna Corbin
Sue Medina
Carolyn Galatzan
Tina Lounsbury

Guest Attendance: Eric Mastrogiovanni

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

Category: Minutes for February & March 2024 – Approved as written

Topic: Director’s Report – Lori Morgan

Discussion: Updates:

- Waverly Site
 - Brief history reviewed
 - Project is moving forward
 - Hoping to occupy space by the beginning of 2025
 - 15-year lease was negotiated
 - Lease signed with Marte Sauerbrey expected to sign next
 - ADS will be back at the site as well
 - Lori will be attending works sessions to update on the Waverly site
 - Legislator Dale Weston, who was a big component in having a county office in the Waverly village space has passed
 - Thank you to all involved

- **DFC Grant**
 - Christina Olevano is no longer with Trinity
 - Trinity no longer wants to support the DFC Grant
 - Public Health will be running the DFC Grant
 - Hiring a Project Manager/Coordinator
 - Mental Health will continue to oversee and hold the funding
 - Money to be used for the Coalition
- **Tioga Central School District Contract**
 - History reviewed
 - Current steps shared with group
 - Meeting held with Albany, Lori, and the Tioga Central team
 - State made clear the spirit of the grant
 - Another meeting with all parties has been scheduled
 - Lori is looking internally for a part-time clinician for the school
- **SOS Meeting**
 - RSS contracting with Catholic Charities of Cortland, Tompkins & Tioga Counties
 - Catholic Charities has not received the funding to date
 - Project is in the planning stages
 - Team lead in Cortland County hired
 - Looking to fill Care Manager & Peer positions
 - Coordination challenges briefly discussed
- **State Plan**
 - Not developed yet
 - Lori is involved with the workgroup
- **Email from State received**
 - Stated: No releases needed
 - Clinic is still doing release and will continue to do so

Status: Informational – Complete

Topic: Clinical Program Director – Cathy Healy

Discussion: Updates:

- **Staffing**
 - Jeff Caris, LMHC has started in the Spencer Middle School
 - One clinician resigned
 - Continue to interview for MH & ADS positions
 - Accepting internships

- Staff Survey
 - Responses being collated
- Staff Wellness Day on 4/11/24
 - Held twice a year
- Workload
 - MH Open Access is extremely busy
 - ADS Open Access is picking up as well
 - Census continues to increase
- Treatment Plans
 - Conducting annual treatment plan reviews
 - Still auditing charts
 - Lori expressed concern with annual treatment plans but still auditing 100% of the charts every 90 days

Status: Informational - Complete

Topic: Articles

Discussion: Updates:

- April – Alcohol Awareness Month
 - Cathy to talk to Porshea regarding length.
 - Will be submitted to Pennysaver for April
- Feb 2025 – Eating Disorder Awareness
 - Nadia from Hea Hea to write

Status: Informational – Complete

Topic: Other Business

Discussion: Updates:

- Hea Hea – Nadia Constant
 - Finalizing the Improvement Report from the OMH audit
 - Due April 11th, 2024
 - A lot of training with MH Community Partner Grant
 - Binghamton University reached out to help implement a program to serve their students
 - Meeting today at 11am
 - Insurance Credentialing
 - Company hired to handle credentialing
 - Due diligence completed for software purchase
 - Fine tuning business model
 - Working on marketing

- Spoke with OMH about expansion to Intensive Outpatient down the road via on site and online
- Public Health – Sue Medina
 - Job post for Coalition Coordinator
 - Drug Take Back Day on 4/27/24
 - On site from 10a-2p
 - Accepting sharps as well as medications
 - Sheriff's Department on site to assist
- DSS – Donna Corbin
 - Almost fully staffed
- A New Hope Center – Fran Bialy
 - April Events
 - 4/14 – Smash Brothers
 - 4/16 -Hotline training via Zoom
 - 2x per week – 5 weeks = 30 hours with additional 10 hours within the year
 - Rape Counseling Certifications
 - Trying to recruit volunteers
 - 4/24 – Denim Day
 - Pass thru funding received for Survivors Financial Assistance - “Financial Empowerment” (emergency financial assistance)
 - CAC Open House postponed until possibly 6/26/24
 - Suicide Prevention Coalition kick off meeting 4/24/24

Status: Informational - Complete

Adjournment: There being no further business, the meeting adjourned at 10:28am.

Every month of the year has some sort of awareness attached to it. Bringing awareness to specific subjects and information is vital for living a healthy lifestyle. These months of awareness bring key information that may not be discussed otherwise.

One of the most important awareness months to me is April because it is Alcohol Awareness Month. Did you know that more than 140,000 deaths occur in the US due to excessive alcohol consumption every year?

In April, it's a time to raise awareness and understanding of alcohol misuse. Over time, alcohol misuse can cause the development of chronic diseases and other serious issues that affect your quality of life and physical and mental health. With continued consumption alcohol dependence can happen quickly. Symptoms of withdrawal can include sweating, anxiety, headache, insomnia, depression, etc. Different factors in a person's life may lead them to become addicted to alcohol. Heavy drinking can have detrimental effects on one's ability to maintain positive mental health and making it hard to deal with stress, and natural emotions.

April being Alcohol Awareness Month, if we all start to have conversations, educate ourselves, and openly make changes, we can work together to have a much healthier community. Together we can remove the stigma and bring awareness to everyone around us!

Porshea Moore, Certified Recovery Peer Advocate

Here are some steps you can take to ensure that alcohol doesn't become a problem for you or your loved ones:

- **Show compassion.** Share your concerns and support with loved ones. Have an honest, clear, and direct conversation about their habits and drinking patterns.
- **Understand alcoholism.** Educate yourself about the impact of alcohol consumption and discuss it with friends and family. Parents, talk to your children about the dangers of alcohol and drug use.
- **Limit alcohol consumption** It's a good idea to discuss different options with a healthcare professional, a friend, or someone else you trust. "Sober curious" is a new healthy goal.
- **Stay occupied in a productive way.** Get active by exercising or find enjoyment by learning a new skill or hobby that doesn't involve alcohol. Meet with sober supports.
- **Minimize temptation.** Engage in social outings and events that do not encourage or center around alcohol.
- **Seek additional support.** Connect with trained medical professionals for additional help, resources, formalized treatment options, and counseling.

Tioga County Mental Hygiene Alcohol and Drug Services

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