

TIOGA COUNTY DEPARTMENT OF MENTAL HYGIENE

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

Pending Approval

Subcommittee meeting date: May 3rd, 2024

Via Hybrid

Member Attendance: John Bezirganian, MD
Nadia Constant
Donna Corbin
Carolyn Galatzan
Tina Lounsbury

Guest Attendance: Amanda Howlett

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 2024 – Approved as written

Topic: Director's Report – Lori Morgan

Discussion: Updates:

- **Waverly Site**
 - Leased signed
 - Work on site started
 - Estimated to be ready January 1st, 2025
- **Tioga Central School District Contract**
 - No movement to date
 - Meeting held with State, School & Lori
 - Program must be sustainable after grant expires
 - Site shut down is a possibility
 - Situation is in the hands of the State currently
- **New County Administrator**
 - Lori was involved in the interview process
 - Person has been chosen but not announced to date
 - Individual would be involved in the budget process
- **State Plan**
 - Plan done every 5 years

- 4 years left on current plan
 - Goals & needs remain the same
 - If anyone sees changes, please let Lori know
 - Due by June 1st, 2024
- Mobile Crisis
 - Meeting held with the State regarding the funding
 - No designation right away
 - Must get program up and running first
 - Plan is to hire a Social Worker, Peer, and purchase a vehicle with the funding.
 - Funding received would last 1 ½ - 2 years
 - Will not be manned 24/7 as there aren't enough people to do so
 - Plan is to take calls and therapist to go out in the morning
 - Sheriff may be open to having an iPad for telehealth with a therapist
 - Sustainability is unclear at this point
- State Budget
 - Do not believe the 730 issue was accepted
 - Good for Mental Hygiene otherwise

Status: Informational – Complete

Topic: Deputy Director - Sarah Begeal

Discussion: Updates:

- May is Mental Health Awareness Month
- Proclamation being done

Status: Informational - Complete

Topic: Clinical Program Director – Cathy Healy

Discussion: Updates:

- Staffing
 - Hired a co-occurring Social Worker
 - Currently in their second week
 - Interviewing for Social Workers
 - Seeking CASAC applications
- Tabling Events
 - Strawberry Festival
 - Tioga County Fair

- Veteran's PTSD Day

Status: Informational - Complete

Topic: Other Business

Discussion: Amanda Howlett from Catholic Charities, Cortland County regarding the SOS Grant.

- In partnership with RSS
- Team will consist of 2 Care Managers, 1 Licensed Social Worker, and 1 Peer
- Amanda is the Team Lead
- Background reviewed
- Seeking leads with resources for the homeless (e.g. free meals, AA meeting locations, etc.)
 - Suggestions from the group:
 - DSS
 - Porshea Moore, Peer Advocate
 - Mental Hygiene
 - Tioga Opportunities
- SOS Grant has been awarded but no funding given to date
 - Catholic Charities is floating funding for two positions
 - 5-year grant - \$5 million total for 3 counties
 - Tioga County just starting
- Using the Critical Time Intervention Model (C.T.I.)
 - Meeting today's needs – what do you need today to be safe
 - Build relationships (3 mo.)
 - Get individuals into supportive housing
 - Teach how to integrate into the community (9 mo.)
 - No diagnosis needed to be eligible for the program
 - Need to be homeless
 - 9 months starts once the individual has moved into housing
 - Does not have to be a licensed facility
 - Goal is to keep individuals local if that is where they would like to be
 - After the 9-month period, should the individual become in danger of becoming homeless again, contact Amanda before the eviction occurs

Amanda's email address: AHowlett@ccocc.org

Hea Hea Updates– Nadia Constant

- Completed the Performance Improvement Plan
 - Submitted on time
 - Learned a lot
 - Taking courses to develop rules and regulations for OMH compliance
- NIMRS
 - Needing to purchase computer with Microsoft as Mac Books are compatible with the NIMRS system
- Continuing to obtain insurance credentialing
- Contacted by Binghamton University requesting students going to Hea Hea for treatment
 - Need to expand licensure to include individuals over 18 years old
 - Currently licensed to treat 11–18-year-olds
 - Letter of support given by BU
 - Hoping to be credentialed for expanded service for ages 18+ soon.
- Learning the grant application process
 - Have applied for 4-5 grants to date

Status: Informational - Complete

Adjournment: There being no further business, the meeting adjourned at 9:57am

April is Alcohol Awareness Month

CONTRIBUTED BY
TIOGA COUNTY
MENTAL HYGIENE
ALCOHOL AND DRUG
SERVICES

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 U.S. 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 of 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 make it hard to deal with stress, and natural emotions.

With April being recognized as 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!

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 supporters. Minimize temptation. Engage in social outings and events that do not encourage or are centered on alcohol.

Seek additional support. Connect with trained medical professionals for additional help, resources, formalized treatment options, and counseling.

You can contact Tioga County Mental Hygiene Alcohol and Drug Services, located at 1082 State Route 38 in Owego, by calling (607) 687-4000 for confidential assistance and support.

Price Chopper / Market 32 raises more than \$192,000 to benefit the Muscular Dystrophy Association

Price Chopper / Market 32 customers and teammates raised \$182,990 to benefit the Muscular Dystrophy Association (MDA) during its annual March fundraiser, where customers were encouraged to round up their change at the register. Combined with a \$10,000 corporate match, the total gift of \$192,990.96,

nearly \$78,000 more than last year's campaign, directly benefits MDA's mission to empower the people they serve to live longer, more independent lives.

The Muscular Dystrophy Association is committed to saving and improving the lives of kids and adults living with muscular dystro-

phy, A.L.S., and related life-threatening neuromuscular diseases that take away physical strength and mobility. MDA specializes in providing funding for research, improving access to advanced care and resource centers, offering educational programs for the community, clinicians

and specialists, and advocating for policies and programs that support families with neuromuscular diseases.

Over the past 40 years, Price Chopper / Market 32 has raised nearly \$31 million for MDA through various events and campaigns.

"Our company, custom-

ers, and teammates are committed to our communities," said Pam Carrone, Price Chopper / Market 32's director of community relations. "We're thrilled with these results and proud to be able to support MDA's research efforts and provision of care and assistance to children and adults who

are impacted by muscular dystrophy and other related diseases."

items

The Tioga Outreach Center of Catholic Charities recently announced the receipt of a grant from the Mildred Faulkner Trueman Foundation in the amount

