

ASA SUBCOMMITTEE
of the
Tioga County Community Services Board
June 14th, 2022
10:30am
Hybrid

AGENDA

- **Review and approval of meeting minutes**
- **Presentation**
 - *AIR Recovery Program – Sean Smith. CASA Trinity*
- **Reports:**
 - *Mental Hygiene Director's Report*
 - *ADS Clinical Director's Report*
 - *Trinity Report*
- **New/Other ASA Subcommittee Business**
 - *July Meeting?*

Next meeting: TBD

TIOGA COUNTY DEPARTMENT OF MENTAL HYGIENE
ASA SUBCOMMITTEE MEETING
OF THE TIOGA COUNTY COMMUNITY SERVICES BOARD

PENDING APPROVAL

Meeting date: May 10th, 2022

Via Hybrid

Member Bob Williams
Attendance: Kylie Holochak
 Teri Rosenberger

Guest Judy Aupont
Attendance: Erica Robinson
 Melinda Hester

Mental Lori Morgan, Director of Community Services
Hygiene Sarah Begeal, Deputy Director of Community Services
Staff Sue Graves, Secretary to the Director (minutes)

Attendance:

Meeting called to order at 10:33am

Category: Meeting Minutes

Topic: Review and approval of the April 2022* Minutes

Discussion: Minutes approved as written

Category: Reports

Topic: Director's Report – Lori Morgan

Discussion: Updates:

- OASAS Workforce Funding
 - Resolution presented to Legislature
 - Portion of funding to be distributed to employees
- Dwyer Grant
 - Working on contract to pass funding thru to Vets
- Club House
 - Details forthcoming
- Opioid lawsuit monies
 - Waiting on information
- Staff
 - Anthony Hill, CASAC starting in July
 - Danielle Febregas, Supervising Social Worker started in Owego Clinic 5/9/22
- MAT Program
 - Making good progress
 - Trinity will be supplying counseling & prescribing in the jail

- Potentially starting in October 2022

Status: Informational - Complete

Topic: Deputy Director's Report – Sarah Begeal

Discussion: Updates:

- Census for April
 - ADS – 63 admitted, 23 Continuing Care, 11 Peer only
 - MH – 524 admitted

Status: Informational - Complete

Topic: Probation – Teri Rosenberger

Discussion: Updates:

- Fully staffed
- Peers coming in
- Caseloads down

Status: Informational - Complete

Topic: ACBC – Judy Aupont

Discussion: Updates:

- Groups at Probation
 - Men's group graduated, women's starting
- Attending courts in Tioga County
- Looking for Peers

Discussion ensued regarding groups. Sarah received an email from Mary Ellis at OASAS regarding Peers running groups. The clinic had wanted Porshea to run groups but the email stated Peers are not allowed to as it is outside of their scope. Sarah to forward email to Probation and ACBC and clarify with OASAS.

Status: Informational – Complete

Topic: Helio Health – Erica Robinson

Discussion: Updates:

- Detox beds are open
- Broome County has had OD Spike alerts – purple Fentanyl
- Seeing a lot of Meth & Cocaine in Detox
- Housing projects coming next year to Broome County
 - More information to follow

Status: Informational - Complete

Topic: COTI Program – Melinda Hester

Discussion: Updates:

- Josh in Tioga County only on Fridays
- Jackie, clinician on Monday, Wednesday & Fridays
- Megan on Tuesday & Thursdays
- No new clients since the beginning of the year

Status: Information – Complete

Topic: EMS & Coroner – Bob Williams

Discussion: Updates:

- Home COVID tests and masks available
- LEPC - great meeting last week – well received

Status:

Informational - Complete

Topic:

Public Health - Kylie Holochak

Discussion:

Updates:

- Shifting out of the COVID world
- No longer issuing formal isolation orders
- See NYS or County website for attestation for isolation forms

Status:

Informational – Complete

Adjournment:

There being no further business, the meeting adjourned at 10:57am. The next meeting is scheduled for Tuesday, June 14th, 2022 at 10:30am.



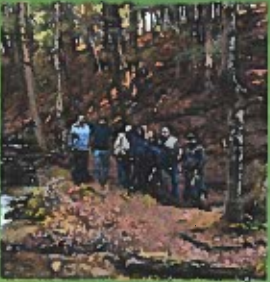
MISSION:

Southern Tier AIR is a community of sober individuals dedicated to providing connection, peer support, and healthy fun outlets for those in recovery, their family members, and those in the community that choose to live sober. We seek to empower those in recovery to build their community, discover their inner strength, and find their recovery path.



VISION:

To provide a safe, fun, and welcoming space for individuals in recovery to connect with peer supports through adventure, wellness and exciting sober events. A community built by peers for peers, their families, and those within the community that choose to live healthy sober lives. Camaraderie built through shared lived experience, positive connections, and fun sober events.



REQUIREMENTS:

The only requirement to attend any AIR event is 48 hours of continuous sobriety. Friends, family members, and those within the community are welcome to attend.

EVENTS:

You can find all of our upcoming events on the @AIRsoutherntier Facebook page. Simply click on the events tab and choose the event you wish to attend and select going or interested. We hope to see you out there!

CONTACT INFO:

AIR – Adventures In Recovery Southern Tier | ssmith@casa-trinity.org | [@AIRsoutherntier](https://www.facebook.com/AIRsoutherntier)
CASA-Trinity, Inc. | 134 Main Street, Dansville, NY 14437 | Phone: (585) 204-9003
Open Monday – Friday from 10:00am – 7:00pm | Weekend Events as scheduled



CASA
TRINITY



Adventures In Recovery



Mission

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What is AIR

AIR exists because of a **community need** to provide sober experiences and connections to other individuals working on recovery from drug and alcohol addiction.

The organization is made up of members who have **lived experience** with recovery from drug and alcohol addiction, have a sense of passion and service to give back to the community and are driven to make a difference to help combat current community trends.

Bridging The Gap

Increased participation and integration of rewarding social activities in recovery is associated with a **lower likelihood of relapse to smoking, drinking, and drug use**; individuals who are socially isolated are more likely to relapse. (Moos, 2007)

AIR offers individuals in recovery the opportunity to connect with others and build their community. Often times there is a gap between treatment and recovery maintenance programs. By offering social and fun filled events AIR helps individuals fill that “in between time” with productive and rewarding activities, positive and supportive people, and an opportunity to explore the multiple pathways to recovery.

Bridging The Gap

Individuals recovering from addiction need a

SAFE, NURTURING and HEALTHY

social setting where

they are allowed to grow and further

develop the skills they need to succeed and achieve long term
recovery from addiction.

Bridging The Gap

AIR offers a cost effective supplement to current treatment programs.

WE ARE FREE!

Our only requirement is 48 hours of sobriety.

We are introducing a safe, nurturing and healthy social outlet for those in recovery and their families.

Code Of Conduct

1. AIR aims to create a supportive sober community built around wellness and physical activity. Our only requirement for participation is 48 hours without a drink or drug. Everyone is welcome and encouraged to be active members of our community. Participants and supporters must be kind and courteous to one another at all times.
2. AIR ensures and strives to provide a physically and emotionally safe space. Behavior that is or could be perceived as negative, demeaning, discriminatory, violent or threatening will not be tolerated or accepted. Language or conduct that could be perceived as racist, sexist, homophobic, or otherwise inappropriate will not be tolerated.
3. AIR is not a dating site and discourages dating practices. We ask participants to refrain from viewing our events as a place to meet romantic partners. Unwelcome advances, physical contact, and/or sexually suggestive speech will not be tolerated. We ensure a safe place for all of our members.
4. AIR is for adults ages 18+. However, adolescents are welcome if they are accompanied by a parent or legal guardian. Please use your discretion when bring minors to AIR events. AIR staff and volunteers do not offer childcare and are not responsible for child care.
5. In the event of injury or an emergency, inform an AIR instructor immediately.

Rat Park Study

RatPark Addiction and Connection TED - Bing video

The major factors associated with sustained continuous recovery is **connection and connectedness or a cohesive and supportive social network**, mutual goal or purpose and monitoring. Thus, a social network that is clear and direct about the importance of maintaining abstinence. More so, engaging in rewarding activities other than substance use is another **key predictors of recovery** (McCraedy, 2004).

Peer to Peer

- Research shows that **the act of giving back or helping strengthens one's own sobriety** just as learning in a mentoring environment from those who have shared experiences strengthen others. (Pagano, Friend, Tonigan & Stout, 2004).
- Peers are encouraged to utilize their talents and interests to start and facilitate new groups
- Peers WILL make this program a success: In recruitment of members, development of programming, facilitating events, spreading the word, and building up momentum and positive energy about what this program is and has to offer those in our community
- Peers will encourage those within our community to build their recovery capital and become active AIR team members and leaders in their communities
- Southern Tier AIR is a peer led and peer driven organization. All events will be facilitated by people with lived experience in recovery or an affected family member.

The Phoenix/Roccovery

- The Phoenix is a national recovery community organization started by Scott Strode in 2006.
- The Phoenix is a sober active community that has had tremendous success in helping people find sobriety and maintain their recovery through peer led sober activities and events.
- Must watch is his Ted Talk: Finding Sobriety on a Mountaintop: <https://youtu.be/Wh903-ci0Ys>
- Roccovery Mountain Story

Programs Offered

- Hiking/Camping
- Biking
- Yoga/Meditation
- Open Art Studio
- Fitness Classes(All levels)
- Kayaking
- Music Groups/Open Mic Nights
- Mutual Aid Groups
- Gardening Club
- Book Club
- Holiday Gatherings
- Game and Movie Nights
- Family Support Groups
- Open Recreation
- Recovery Library/Quiet Space
- Peer Support
- Team Building
- Volunteer Opportunities
- Community Service Projects

*All events can be found on our facebook page at AIR Southern Tier Adventures In Recovery by clicking on the events tab

Center and Offsite Activities!



May 2022 - Weekly Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7PM-8:30PM Crystal City YZSR (Yoga for 12 Step Recovery) with Tonia. Online. Zoom Meeting ID: 988 9172 829</p> <p>2PM-4PM Open Mic Music Jam 1st, 8th, 22nd, 29th</p> <p>May 15th 1PM-4PM Robert Treman State Park Hike in Ithaca (Details on Facebook Page)</p>	<p>10AM-7PM Open Gym</p> <p>10AM-5PM Tarot Card Readings with Brandy by appointment only. Email bharrington@casa-trinity.org</p> <p>11AM-11:30AM Guided Meditation with Brandy</p> <p>5PM-6PM Game Night</p> <p>5:15PM-6:45PM Power Yoga with Tonia at Snap Fitness in Corning. 2nd, 9th, 16th, 23rd</p> <p>6PM-7pm MABA Medication Assisted Recovery Meeting in Person and Zoom. Meeting ID: 503 685 6737 Passcode: 123123</p> <p>6:15PM-8PM YZSR (Yoga for 12 Step Recovery) with Monica at 24 Commercial Street, Ithaca</p>	<p>10AM-8PM Open Gym</p> <p>12PM-1PM Veterans All Recovery Meeting. In person and over Zoom. Meeting ID: 894-3787-8799 Passcode: 415505</p> <p>1PM-2:30PM Open Art Studio</p> <p>4PM-5PM Kids Functional Fitness</p> <p>6PM-7PM Dave's Beginner Bootcamp</p> <p>May 10th 2PM-6PM Youth Clubhouse Community Service Project</p>	<p>10AM-7PM Open Gym</p> <p>??PM-??PM Arts and Creative Writing in the Youth Clubhouse</p> <p>5:30PM-6:30PM Mindful Yoga. In person and over Zoom. Meeting ID: 821 3372 8509 Passcode: 880564</p> <p>7PM-9PM Women's Recovery Meeting. In person and over Zoom. Meeting ID: 883 1808 8226 Passcode: 473777</p> <p>May 18th 4PM-6PM Painting with Dawn in the Youth Clubhouse! Only 12 spots open! Email Joyce at jmcnelis@casa-trinity.org to reserve your free spot</p>	<p>10AM-6:00PM Open Gym</p> <p>1PM-2:30PM Open Art Studio</p> <p>4PM-5PM Kids Functional Fitness</p> <p>5PM-6PM Couch to 5K Run/Walk Group</p> <p>6PM-7PM Dave's Beginner Bootcamp</p> <p>7PM-8PM AI-Anon Meeting in person and over Zoom. Meeting ID: 881 6632 4197 Passcode: 309304</p>	<p>10AM-7PM Open Gym</p> <p>12PM-1PM Buy The Book AA Meeting. In person and over Zoom. Meeting ID: 881 6632 4197 Passcode: 309304</p> <p>May 6th 4PM-6PM Floral Arrangement Class with Dawn in the Youth Clubhouse! Only 12 spots open! Email Joyce at jmcnelis@casa-trinity.org to reserve your free spot</p> <p>5PM-6:30PM Gardening Club</p> <p>May 13th & 27th 4PM-6PM Youth Clubhouse Movie Night</p> <p>May 20th 2PM-6PM Youth Clubhouse Tournament Day</p>	<p>9AM-10AM Saturday morning Bootcamp</p> <p>10AM-12PM Open Gym/Center Activities</p> <p>Personal training throughout the week by appt. only. Email Seen at ssmith@casa-trinity.org to set up an in person or zoom session.</p> <p>Weekly and outdoor events can be found on our Facebook at @MRSouthemier</p>

Outdoor Activities!

May 2022 - Weekend Events

Stay up to date on all of these events and more by visiting our Facebook page! @AIRsouthernTier

ADVENTURES IN RECOVERY



MISSION:

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05/07 - STONY BROOK HIKE!!!

1pm Stony Brook State Park. We will hike over varied and sometimes wet terrain for approximately 2-3 hours. Email ssmith@casa-trinity.org if you are interested in carpooling from the center.

05/15 - ROBERT H. TREMAN STATE PARK HIKE!!!

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05/21 - SUMMER BBQ AND KAYAKING ON LOON LAKE!!!

1pm 160 Chapel Rd Wayland NY. BBQ, lawn games, and Kayaking. Families and friends are all welcome to attend. Email ssmith@casa-trinity.org if you are interested in carpooling from the center.

05/30 - MEMORIAL DAY BBQ AT THE CENTER!!!

12-4pm The Center 134 Main St. Dansville NY. A safe place to celebrate Memorial Day. Bring the family down for Burgers and Hot dogs and a great time!!! A dish to pass is appreciated but not required.

Email Sean at ssmith@casa-trinity.org or message us on the @AIRsouthernTier Facebook page to let us know if you are attending these events: If you're having a hard time finding the parking area or group before the hike, please message or call (585) 447 - 2282. Thank you and we look forward to seeing you!

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WALK THROUGH IT!!!

Join Us!!!

- Go to our facebook at AIR Southern Tier Adventures In Recovery and checkout all of our upcoming events. The only requirement to attend any AIR event is 48 hours of continuous sobriety. Anyone in the community is welcome to attend!!!
- Become a member and join us on all the adventures recovery has to offer!!!
- Volunteer your experience and talents by becoming an AIR team leader!!!
- Email ssmith@casa-trinity.org with any referrals or questions
- Message us on Facebook with questions about programming and events

Join Us!!!

As we create programs centered around **wellness** for individuals in recovery from addiction, their families and those who support our cause.

We are a social network built on the idea that people getting together and accomplishing a task leads to lasting, positive connections.

We aim to **REINTEGRATE** the recovery community and put a face to the devastating disease.

To **shatter the stigma**. To bring hope.

AIR Youth Clubhouse



Mission:

The focus of this program is to enable and empower youth by providing them with a safe and sober space to learn, grow, collaborate, and have fun!

Vision:

Provide a framework of tools for youth to build on for their future with a connection to their peers and positive community supports. Empowering youth to find their inner strength, and find healthy ways to manage their time and energy.

“The Center”

- Houses both AIR programs. AIR Southern Tier Adventures In Recovery and AIR Adventures In Recreation Youth Clubhouse.
- Adventures In Recovery hours of operation: 10am-7pm Mon-Fri 9am-noon on Saturdays.
- Adventures In Recreation hours of operation: 2pm-6pm Tues-Fri
- Children are allowed to attend Adventures In Recovery events if they are accompanied by an adult and have signed our waiver and code of conduct and the activity is suited for them.

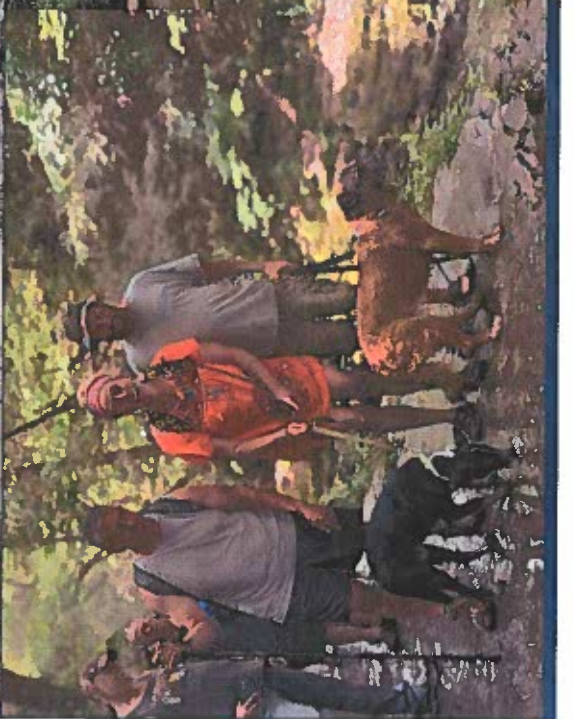
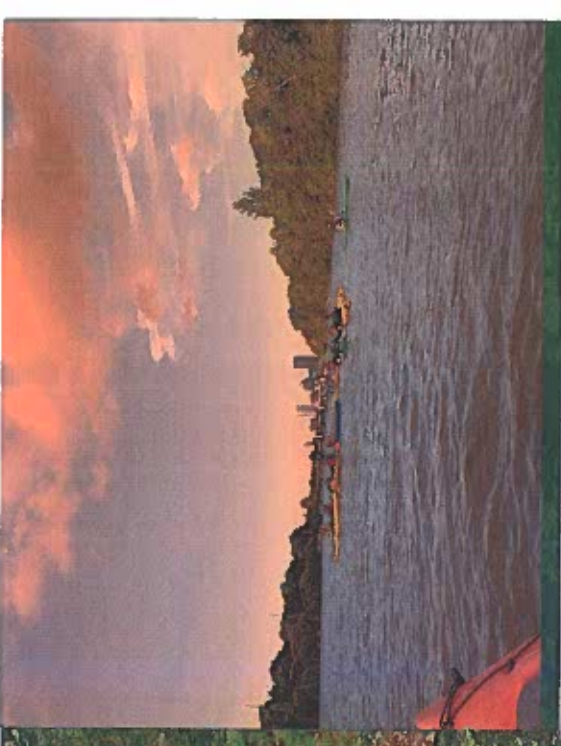
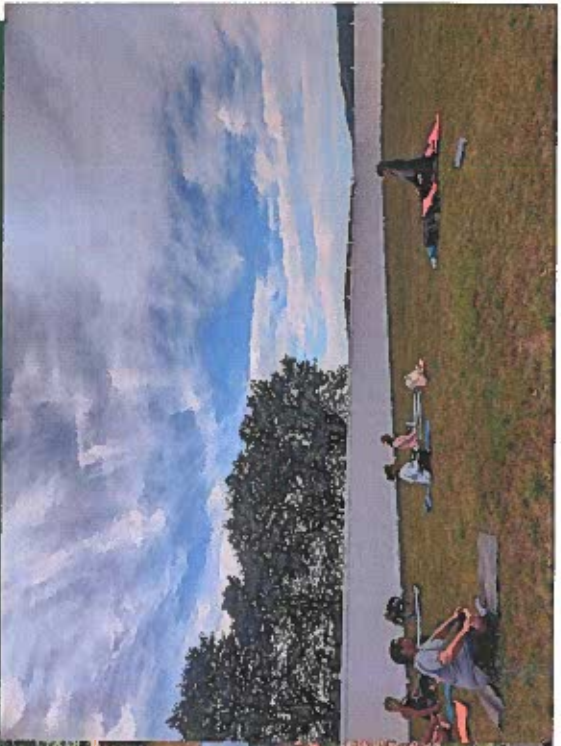
“The Center”

- 134 Main St Dansville NY
- 585-204-9003
- AIR Youth Clubhouse POC: Joyce McNellis
jmcnellis@casa-trinity.org
- Adventures In Recovery POC: Sean Smith
ssmith@casa-trinity.org

ADD A FOOTER

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