

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

**August 4<sup>th</sup>, 2023**

**9:00 a.m.**

**Hybrid**

- **Review and approve June 2023 meeting minutes**
  
- **Director's Report**
  
- **Other Business**
  
- **Conferences/Workshops**

*Next regular meeting: September 1<sup>st</sup>, 2023 at 9:00am*

TIOGA COUNTY DEPARTMENT OF MENTAL HYGIENE

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

**Pending Approval**

**Subcommittee meeting date: June 2<sup>nd</sup>, 2023**

***Via Hybrid***

**Member Attendance:** Fran Bialy  
Larissa Brower  
Tina Lounsbury  
Carolyn Galatzan  
John Bezirganian, MD  
Sue Medina  
Donna Corbin

**Guest Attendance:**

**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:** The group welcomed Sue Medina, Deputy Director of Public Health to the Subcommittee. Sue will be representing Public Health going forward.

**Category:** Minutes for May 2023 approved as written

**Topic:** Director's Report – Lori Morgan

**Discussion:** Updates:

- Staffing
  - Lori will be asking the Legislature for a new headcount in order to fill the School Based Supports request for Tioga Central & Waverly School Districts
- County Plan
  - Draft emailed to Subcommittees and the Board
  - Plan mirrors last years
    - Goals & needs the same
  - Please send all adds/changes to Lori via email
  - Plan due to State by 6/30/23

- Staff
  - Jason Seidel, CASAC started
  - Received two resignations –
  - Vacancies to fill
  - Staffing issues part of the County Plan
- Exit interviews
  - Process explained & discussed
- Treatment Plans
  - Brief discussion ensued
- CLMDH Spring Conference
  - Funding being allocated for Mental Health
    - Housing
    - Crisis Services
    - Inpatient Beds
  - Amount unclear for each area
- Waverly
  - Negotiations continue for a new Waverly Clinic site

**Status:** Informational - Complete

**Topic:** Deputy Director Report – Sarah Begeal

**Discussion:** Updates:

- Corporate Compliance
  - New Corporate Compliance Regulations
  - Annual trainings will continue to be a requirement
  - Plan/Policies approved by Community Services Board
  - Staff taking training
  - Program on the County website
  - Auditing program started
    - All charts are reviewed
    - Random charts selected for Corporate Compliance
    - Auditing and criteria for medical necessity explained
  - Wendy Arnold will be training the CSB in June
  - Conflict of Interest & Attestations currently due
  - Note: the clinic was already operating with the previous requirements which have been modified to include the new regulations/protocols

**Status:** Informational - Complete

**Topic:** Program Director's Report – Cathy Healy

**Discussion:** Updates:

- Interviewing for various vacancies
- DPT Staff training in July
  - Goal is to have a DPT group co-facilitator at both clinic locations
- Transportation Issue
  - Owego Taxi has been sold
  - No transports for the past 3-4 days
  - New owners in process of obtaining Medicaid Certification.
  - Tioga Opportunities to be contacted
    - Volunteer transportation program
      - ❖ Note: Add lack of cab companies (transportation providers) to the County Plan
    - Discussion ensued regarding transportation barriers
  - May have to pursue more Telehealth to cover the gap in transportation in the meantime

**Status:** Informational - Complete

**Topic:** Articles

**Discussion:** Updates:

- May – Mental Health Awareness
  - Appeared in the May 14<sup>th</sup> Pennysaver
  - Excellent article - copy attached
- June – Trauma/PTSD Awareness Month
  - Article written by Cathy Healy
- July – Going Back to School
  - Combine Wendy Arnold & Sarah's articles
- August – Dating Abuse
  - Fran to have written by staff at New Hope
- September – Suicide Prevention & National Recovery Month
- October – Holiday Anxiety
  - Submit to Pennysaver before November & December

**Status:** Informational – Complete

**Topic:** Other Business

**Discussion:**

**Updates:**

- **RSS – Larissa Brower**
  - **No further updates on recalibration of Care Management**
- **A New Hope Center – Fran Bialy**
  - **New person hired for evenings in the shelter**
  - **NY Prevention of Domestic Violence**
    - **Regional councils established**
    - **Fran is the Co-Chair**
    - **Working with victims & offenders**
    - **Meeting at the Owego Methodist Church, Main Street, Owego on 6/14/23**
      - **Topics:**
        - **Accountability**
        - **Safe & Together Model**
    - **Open conversation with Southern Tier Region System Reps**
    - **Fran to forward information to the subcommittee**

**Status:**

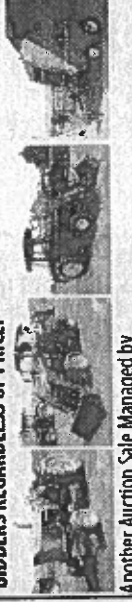
**Informational - Complete**

**Adjournment:**

**There being no further business, the meeting adjourned at 10:09am**

**The subcommittee will not meet in July. The next meeting is scheduled for Friday, August 4<sup>th</sup>, 2023, at 9:00am.**

signs posted. Lurch provided. (42) **BEEF CATTLE:** 21 +/- cow calf pairs: black & red angus/charolais/british white dams. ALL calves sired by top of the line Charolais bulls), sold in PAIRS. Calves 50/50 mix of bulls/heifers born between 4/10 & 5/20. Vaccinated. **TRAILERS:** 08' Featherlite 7'x20', 14k, cattle trlr. 1 owner, very little use. 02' Gorilla-lift 12' x 5.5' landscape trlr. 02' Anderson 12' x 6', 14k, tandem dump trlr. 7'x18' gooseneck flatbed trlr. **TRACTORS:** JD 4000 w/ 7.365 hrs., restored, syncro, 6.6 L 6 cyl. eng., 96 hp. 03' JD 5320 w/ 541 ldr., 1,277 hrs., 2.9L 3 cyl., 64 hp, cab, A/C, heat; 01' JD 5205 w/ 521 ldr., uko low hrs., 2.9L 3 cyl., 53 hp, sync reverser; 02' JD 5220 w/ 521 ldr., 1,706 hrs., ROPS, 2.9L 3 cyl., 53 hp, sync shuttle; 2020 MF 1755m w/ F/2814 ldr., 404 hrs.; cab, A/C, 484, heat, radio, 54 hp, 4 cyl., mild mount PTO.; MF 1433v w/ 1466 ldr., 1,570 hrs., 3 cyl., 33 hp, 4x4; Allis Ch D17 series llr., 4.31 6 cyl, **FARM EQ./TOOLS:** JD 456 silage round baler; Anderson RB-200 bale wrapper (low use); Bush hog HT 417H hay tedder (like new); NH 489 haybine; JD 450 sprdr; NH 676 sprdr; MI sprdr; NH 302 sprdr; JD 1018 rotary cutter; Woods 6' rotary cutter; Oliver 12' field disc; 20'x8' round bale carrier; MF 1507 snow blower; Anderson quick hitch hay squeezer; McHale BS bale cutter; NH 55 hay rake; JD 372 dolly hay rake; dbl. rake hitch; pto conc. mixer; Winco 12,000 Watt pto 115/230V gen.; JBM 24'x5' (42 cattle slat) hay feeder on wheels; quick hitch plates; quick hitch trlr. mover; quick hitch 3 pt. mover; forklift ext.; (4) bale spears; 8' snow pusher; 3 pt. bale carrier; quick attach plates; JD adapter plate (like new); air comp.; rock bucket; (5) ldr. buckets; 3 pt. calf catcher/pen; round bale feeders; misc. lumber; water tubs; 3 pt. weight box; king kutter 500 3 pt. seeder; Zimmerman FULL SIZE cattle chute; fencing supplies; elec. fences; brillion seeder; binders; water totes; wheel barrows; garden tools; chicken coop; carry all hitch; pto shafts; salamanders; oils, oil filters; chain saws; tire chains; dolly; fuel pumps; (3) 400 gal. fuel tanks; air nailers; 3/4" socket sets; breaker bars; wrench sets; chain saws NEW; large tool chests FULL; tools, tools, and more tools; elec. power tools; kobalt circ. saw; impact drills; bolt cutters; bolt bins; milwaukee cordless grease gun; hydraulic hoses/ tips; drill press; jacks; arc welder; tbl. saws; truck tool box; firmco 65 gal. drs; buckets; livestock supplies. **DUMP TRUCK:** 88' Volvo White/GMC, 432K total miles. Cat 3306 eng. replaced at 376K, hell 10' x 7.5' dump box. **STORAGE SHED:** newer 16' x 7.5'. **JOY TRACTORS:** collection of 1/16 scale vintage ERTL tractors w/ BOXES. **ANTIQUES/MISC.:** sleds; patio furn.; window glass blocks; milk cans; wagon; angus calf sign; JD collectibles/ signs/ cast toys; small barns; cow bell; farm signs; weathervanes and much, much more! Expect surprises. VISIT: [www.SDZauctions.com](http://www.SDZauctions.com) for pics./ terms/ details. Not going to want to miss this one, auction will move quick, plan to save time and money! **ALL SELLS AT ABSOLUTE AUCTION TO THE HIGHEST BIDDERS REGARDLESS OF PRICE!**



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received from HUD to help support agencies to help individuals to have safe and affordable housing is

# Healing from Trauma

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

If you or a loved one experience or witness a life-threatening event, you may feel extremely upset or confused afterwards. Other effects can include: trouble concentrating or thinking clearly, feeling numb or angry, and sleep or appetite problems. You may think about what happened over and over at first.

Some examples of traumas include: natural disasters, first responder trauma, abuse, combat, serious accidents, or addiction related trauma.

Although your reactions are uncomfortable, feeling this way usually decreases over the next few days or months after the event. Our minds often need time to process what happened and to heal from it. Even after experiencing an intense trauma, many people recover well after two to three months.

Some people continue to feel upset or have mental health symptoms longer. They may need to seek help, such as with a licensed social worker, or mental health counselor or

**Trama**  
 FROM PAGE 20  
 for dealing with trauma. Download the free "App" called PTSD Coach from the Veterans Administration.

Call the Suicide and Crisis Lifeline at 988/ (Memorize those 3 digits and tell others about it, as it could be a lifesaver!)

Text the national crisis text line at 741741; text the word "HOME" to start.

Know that you are not alone with your feelings and your responses, and that help is available if needed. Healing from unexpected or tragic events is possible with time and/or some assistance.

## WHAT'S HAPPENING

FROM PAGE 4  
 531 East Berkshire Rd., Berkshire. Takeout only  
**JULY 5**

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

**JULY 6**  
 ACT Free Community Dinner, 5 to 6 p.m., First Baptist Church, 228 Main St., Owego. Takeout only  
 The Needhams, 7 p.m., Sayre Christian Church, 427 S. Keystone Avenue, Sayre Pa. A free will offering will be taken to support the ministry of The Needhams. Call (570) 888-2683 for more information.

psychologist.  
 Coping tips; Think in terms of being a normal person who is going through an abnormal event. It is understandable to feel upset after something bad happens. Try not to be angry with yourself for having feelings.  
 Try to maintain a normal routine as much as possible.  
 Seek out supportive people in your family who can listen, or just spend time with you.  
 "Ground" yourself to the present. For example, tell yourself that you are "safe now", use your five senses to take in pleasant experiences, or play a category game in your mind to help think about something else.  
 Spend time with a pet if this is comforting.  
 Try to avoid alcohol or other substance use, as it can delay mental healing or make matters worse.  
 Reach out for help if needed!  
 Call Tioga County Mental Hygiene at 687-4000 for assistance.  
 Check out the National Center for PTSD online for more helpful coping tips

Please see **TRAUMA** on page 30