



**Tompkins County**  
**COMMUNITY MENTAL HEALTH SERVICES BOARD**

Tompkins County Whole Health  
201 East Green Street  
Ithaca, New York 14850-5421

Ellice Switzer, Chair

Jan Lynch, Vice Chair

Frank Kruppa, Commissioner

Harmony Ayers-Friedlander  
Deputy Commissioner/DCS

Larry Roberts, Chair,  
Mental Health Subcommittee

James Beaumont and Jeff Boles, Co-Chairs  
Developmental Disabilities Subcommittee

Stu Bergman, Chair,  
Substance Use Subcommittee

---

**Substance Use Subcommittee Meeting**  
**January 11<sup>th</sup>, 2023, 12:00 pm Via Zoom**  
**Meeting Minutes**

**Approved 3.8.23**

**Present:** Stu Bergman; Tom Lipa; Ron Schoneman; Jacob Parker Carver; and Marley Brooks

**Excused:**

**Unexcused:** Molly Murphy

**Guests:** Carmen Guidi, Second Wind Cottages; Scott Sherwood, ICR; and Stacy Cangelosi, ADC;

**Staff Present:** Harmony Ayers-Friedlander, DCS; Zoe Lincoln, TCPH; and Karan Palazzo, LGU-Administrative Assistant, TCMH

.....  
The meeting was called to order at 12:03 pm by Stu. Introductions were made. Tom moved to approve the October 2022 minutes 2<sup>nd</sup> by Ron; all were in favor. Tom moved to approve the November 2022 minutes 2<sup>nd</sup> by Ron; all were in favor. Tom moved to approve the December 2022 minutes, 2<sup>nd</sup> by Jake; all were in favor.  
.....

**Privilege of the Floor:** None

**Announcements/Correspondence:** Ron shared that the Men’s Group is restarting meetings at the First Unitarian Society of Ithaca. Scott shared that IRC meet the fund-raising goal at the annual Chill Challenge in January. Harmony shared that the SU work being done around the treatment needs of people with developmental or intellectual disabilities was discussed at the Developmental Disabilities meeting and it was found a need for a stronger linkage for those with co-occurring disorders of mental health and substance use. She asked if anyone in the group could make a presentation of any opportunities for services or gaps to the DD subcommittee.

**Presentation by Carmen Guidi, Founder of Second Wind Cottages:** Carmen shared that a women’s and children’s shelter is being built in Dryden at 35 W. Main Street. The four-unit apartment house will have two, (1) bedroom apartments and two, two(2) bedroom apartments and should be completed, (mostly by volunteers), by summer 2023. David Shapiro from Family & Children’s Services was hired as Executive Director in July 2022. The shelter will be run similarly to the cottages, meeting them where they are.

Carmen reported that David submitted a grant for 25 cabins on 7 acres of used land behind the cottages in Newfield. There is some pushback from the community. He was excited to report that Mike Foster is the community manager at the cottages and will be able to assist residents in various areas.

Carmen said the 320 sq. ft. studio-style cottages, with front and back porches can be open for tours. A 4,000 sq. ft. community center opening in spring 2023 will have a computer room, pantry, laundry room, recreational area, and a commercial kitchen. It is a low-barrier intake that only requires being a good neighbor and one can apply on their website. He noted there is a waitlist. Waitlist times data is not available as it changes. Length of stay can vary from 6 months to 11 years; residents can stay indefinitely.

Jake thanked Carmen and agreed that regardless of where someone is at in their experience of addiction they are deserving of respect, dignity, and safety. Carmen said they do need volunteers, and an initial organic meeting making a connection with the guys is suggested. Scott added that incorporating webcams for hybrid meetings can open up more connections.

**Provider Updates**

ADC- Stacy shared that the detox center has not opened as yet but is in the process of hiring key staff positions. The clinic is offering more in-person groups; community messaging prevention work about marijuana; brief intervention vaping at schools; and restarted community NARCAN trainings.

2023 Agenda Topics to Discuss: Stu asked the group for agenda topics to discuss this year. Stu suggested inviting the OASAS director to discuss housing. Harmony said the OASAS director would need a broader audience, but possibly be invited to a CSB.

The meeting was adjourned at 12:52 p.m.

.....

**The next Substance Use Subcommittee Meeting  
will be held on February 8, 2023, from 12 – 1 pm**