



Tompkins County COMMUNITY MENTAL HEALTH SERVICES BOARD

Tompkins County Whole Health
201 East Green Street
Ithaca, New York 14850-5635

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Mental Health Subcommittee

Via Zoom

May 16, 2023, @ 1:00 pm
Meeting Minutes **Draft**

Approved 6.20.23

Present: Jan Lynch; Jessica Conner; Beth McGee; and Dan Doyle

Excused: Larry Roberts; Ed Bergman; Tracy Decker; Mary Orsaio; and Mary Hutchens

Guests Present: Briggs Seekins, Challenge; Helen Kaplan, ADC; Rupert Robbins, ADC; Tiffany Bloss, SPCS; John Stenson, OMH

Staff Present: Harmony Ayers-Friedlander, DCS; Rich Shaw, TCWH; and Karan Palazzo, LGU AA

The meeting was called to order at 1:02 pm by Jan. Introductions were made. A quorum was not met, and the April 2023 minutes could not be approved.

Privilege of the Floor & Announcements: Jessica suggested a presentation or more data from the MH clinic about waitlists, medication management data, and processes.

Local Services Plan: Harmony stated that the Community Services Board (CSB) Chair, Ellice Switzer, will have all subcommittee chairs represent their perspective subcommittee during the 2024 – 2027 Local Services Plan (LSP) planning. Each subcommittee will have smaller groups of subcommittee members and guests highlighting their issues of concern in the planning process through their Chair (Larry Roberts for MH) who will then bring them to the CSB. A Needs Assessment Survey will go out to provider agencies, board/subcommittee members, guests, and the community to solicit more information and expand on what was done last year.

Harmony shared a PowerPoint presentation on the LSP for Mental Health and will email it to all to reference. OMH conducted listening tours around the state in every county to gather information from the public on what the needs are; how to identify priorities; and look for themes of where to invest dollars across the state. They combined information from the LSPs from every county and NYC and analyzed it.

Identified themes from the OMH Listening Tours

- | | |
|-----------------------------|--|
| *Expansion of Peer Supports | Policy/Regulations (streamline documentation requirements) |
| *Workforce | *Crisis Services |
| Funding | *Diversity and Inclusion |

*Priority needs in our current LSP aligns with what OMH is providing.

OMH's Strategic Plan Goals:

- Promote Wellness and Prevent disease
- Provide Housing for individuals with mental illness
- Improve Safety, Re-entry, Recovery, and Health Care Workforce
- Raise Awareness and Reduce Stigma
- Advanced IT Infrastructure and Quality Management
- Advance Research and Evidence-Based Practices
- Make Community-Based Recovery a Reality

Mental Health Subcommittee's current Local Service Plan:

Priority Needs Identified in LSP

- Workforce Shortage
- Limited access to affordable emergency and supportive housing
- Additional Crisis Services
- Nonclinical Services focusing on prevention, early intervention, address mental health-related social determinants of health through peers through a healthy equity lens.

Mental Health Areas of Focus:

- Implement at least two activities designed to improve relationships between law enforcement departments and mental health
- Explore options with community stakeholders on ways to address gaps in current crisis services offered that are financially stable
- Prevention/Early Intervention in Children's Services
 - Support implementation efforts of the Action Plan approved by the Collaborative Solutions Network for Children's Services (CSNCS) to improve access to care through program expansion and improved communication/coordination of services.

Jessica shared that she is leading a group focused on prevention services for youth in the county who meet monthly. The group partnered with Tompkins County Youth Services to create a tangible resource for families and identified the various available services. She asked those interested in joining the group to reach out to her. Harmony added that they look at the needs of families and children from a broad spectrum in a holistic-minded approach recognizing all the various needs.

CSNCS is writing two grants that will be available on the website. 1. A home-based community services grant to provide intense home services and support for children which are not based on whether you have Medicaid (open to private insurance); 2. A grant for children's services in partnership with Tioga County and like the adult ACT services which incorporates psychiatric services.

- Establish the next steps to promote a greater understanding of the impact of ACEs and the importance of early intervention

Areas of Focus for All Mental Hygiene Subcommittees:

- Workforce Shortage
- Housing
- Crisis Services
- Non-Clinical Supports

The Conference of Local Mental Hygiene Directors worked with OMH to develop a survey that focused on racial equity and the County will be providing that again this year; what are the needs that people see; what work agencies are doing; and how can the County improve health equity?

2024 – 2027 Planning Process

Working Groups will be formed of the CSB Chair and Subcommittee Chairs to write the 2024 -2027 plan.

- Build on the 2023 Local Service Plan
- Informed by OMH Strategic Plan and 2022 Listening Tour
- Informed by the State and County Data provided by OMH
- Inclusive of the local survey data from provider agencies, board/subcommittee members, and the community
 - Priority Needs and Agency efforts on Health Equity

Harmony further explained the importance of the Needs Assessment Survey that will be going out next week and encouraged all to share and complete it.

Discussions:

Workforce Shortage:

Jessica suggested building stronger relationships with area colleges and universities for internships, training opportunities, or the development of consortiums to attract more workers. Helen suggested collaborating with agencies and providers on staffing needs. Harmony added that a Provider/Job Fair will be held on June 5th at the YMCA which should be helpful to learn about jobs, services, and resources. OPWDD will be in attendance.

Jan suggested reaching out to the new interim director at TC Workforce Development. Harmony agreed that there needs to be a better understanding of the value of human service agencies and the number of jobs they produce and the money that comes into the community because of those services. Jan suggested credentialing direct support providers to make it more attractive and more of a career. Briggs suggested better incentives and wages would be helpful.

Provider Updates:

Suicide Prevention & Crisis Service: Tiffany shared they opened a 24/7 warmline; built partnerships throughout the community; contracted with Guthrie Health Systems to train all their fellows and residents on suicide prevention for the next three years; hosted ASSIST monthly;

ADC: Helen shared that there was a ribbon cutting at the new Detox Center on Triphammer Road, but more nurses are needed to meet regulatory requirements.

Challenge: Briggs shared they are recruiting to fill their roster; more referrals but not many; ACT seems to be more in the community.

FLIC: Jan shared that Kevin Nickerson of the National Disability Institute will be giving a session on a Ticket To Work program called AIDEN on May 28th to encourage more people to explore it as part of going back to work. He is accepting referrals.

TCWH: Rich shared that he is providing mental health first aid training in the county and surrounding counties. He has trained the police and fire departments and the general public. The training is 7.5 hours and can be broken down into two days.

OMH: John had nothing to share.

The meeting adjourned @ 2:22 pm