



Tompkins County
COMMUNITY MENTAL HEALTH SERVICES BOARD

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

Jan Lynch, Chair

Sheila McEnery, Vice Chair

Frank Kruppa; Commissioner

Harmony Ayers-Friedlander,
Deputy Commissioner/Director of Community Services

Larry Roberts, Chair,
Mental Health Subcommittee

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

Marley Brooks and Jacob Parker Carver, Co-Chairs,
Substance Use Subcommittee

Tompkins County Community Mental Health Services Board
55 Brown Road, Ithaca NY 14850
Monday, April 1, 2024, 5:30 p.m. Meeting Minutes

MINUTES APPROVED
5/6/2024

<https://www.youtube.com/channel/UCkpJNVbpLLbEbhoDbTIEgSQ>

Present: Jan Lynch; Mary Hutchens; Sheila McEnery; Jessica Conner, Psyd; Dr. Auguste Duplan; Sally McConnell-Ginet; Howard Reid; Khaki Wunderlich; Nicole Zulu, PhD; Stu Bergman; Alaina Zapf, Psyd. ; and Larry Roberts (Zoom)

Excused: Anna Tamis, Psyd; Travis Winter; and Deb Barber

Legislature: Randy Brown

Guests:

Staff: Frank Kruppa, Commissioner; Harmony Ayers Friedlander; and Karan Palazzo, LGU Administrative Assistant

The meeting was called to order at 5:30 p.m. by Ms. Lynch. Introductions were made. Ms. McEnery moved to approve the February 8, 2024, minutes, seconded by Mr. Bergman; all were in favor with one abstaining.

Privilege of the Floor & Announcements: Dr. Conner shared her concerns on a recent incident that involved some communication gaps and suggested inviting representatives from Project Lifesaver to give an update on their programs and services and possible hospital representatives.

Mr. Roberts thanked Dr. Conner for organizing a productive roundtable with school districts at the March Mental Health Subcommittee meeting to identify problems and discuss students' mental health needs and concerns and next steps. Topics of discussion (below) were led by Dr. Conner:

- What are the gaps in mental health support for youth?
- What patterns of mental health concerns have you noticed lately?
- How well-equipped are school staff to support youth with various mental health concerns?
- How is school staffing lately? If you could have more boots on the ground, what roles would they fill?
- What would help facilitate ongoing conversation and communication?

Deputy Commissioner's Report/Update: Ms. Ayers-Friedlander shared:

- The Suicide Prevention Coalition is planning a fall event focused on young people and their mental health needs
- The Ithaca Police Department and Sheriff's Office CARE Teams are in operation
- Thomas Kelly is the new IPD police chief and is interested in mental health programs
- The mental health clinic has a peer-related program through OMH called PEER TAC (brings peers into the clinic)
- April's Substance Use Subcommittee meeting will present newly released data on opioid overdose deaths and local NARCAN distributors will discuss their programs

She said that although the multi-year local services plan was for five years the CSB will need to form a group to review and update the plans' progress.

Discussion of County funds for housing support services included funding for staff members to help residents with behavioral issues, prioritizing support for short-term residents over long-term residents, and addressing underlying issues in individuals receiving housing support. As per Randy Brown, the housing coordinator position (an OTR) that Tammy Baker previously held is being re-examined by the legislature. He suggested adding homelessness as an agenda topic for one of the meetings. The county is having conversations around homelessness and is interested in building/funding a homeless shelter this year but has concerns about many other aspects such as accountability that must be considered.

2023 Annual Report on State and Locally Funded Agencies: Ms. Ayers-Friedlander revamped her report where each funded agency was broken down into six categories of services, with some offering multiple services. The report included breakdowns of the agencies allocated funds from the State and County, impact statements, service descriptions, and program highlights. Each agency provided data figures on how much, how well, and how better off they were with the services offered. The full report can be found at <https://tompkinscountyny.gov/health/csb#fundedagencies2023>.

Service Highlights:

Adult Recreational Services - Provided by the Ithaca Youth Bureau for adults with mental disabilities. More recreational opportunities for people with disabilities are needed, but staff shortages are a challenge.

Children's Services – Two agencies ADC and TST BOCES provided OSASA prevention services. Although ADC recently closed its offered evidence-based primary prevention programs, their pre-and post-test measures proved effective and served 50 more students than the 30 anticipated. OASAS, Stacy Cangelosi, ADC's Executive Director, and Brandi Remington, TST BOCES were consulted for the redesign of services that will include in-home services for children in the RFP that was put out. TST BOCES surveyed more than doubled the number of youths served (75 anticipated and serviced 177) with the help of being fully staffed.

Mental Health Association – Executive Director, Josephine Gibson shared that MHA struggled to find families for their family peer support program. There is a need for more services for children services especially respite services and hospitalization care.

Ms. Ayers-Friedlander noted that the Children's ACT program is operational. The staffing shortage remains an issue in schools, particularly in special education settings, and the impact on children's care.

Employment Services – Access VR, Office of Mental Health (OMH), and providers Challenge and Catholic Charities met to discuss the absence of referrals in the County. The Transitional Employment Services program, which is flexible, accommodates individuals with varying levels of stability and allows successful clients to progress to the Ongoing Integrated Support or Assisted Competitive Employment program for more intensive employment services.

Housing & Social Support Services – Ms. Ayers-Friedlander shared some highlights. There were improved numbers for housing programs despite waitlists and struggles with mental health needs, there are extensive waitlists for all housing programs, 8 treatment apartment beds for rehabilitation support services were approved, and the supportive housing services received a single-room occupancy (SRO) award. The Safe Options Support (SOS) services will be provided by Catholic Charities which has an intensive case management team that will partner with housing programs for those with mental health, substance use, and developmental disabilities.

Mental Health Services – The Elder Mobile Mental Health Program through Family & Children's Service will identify the service needs of the elderly. The Mental Health Association's peer support and adult advocacy services are making a significant impact. Suicide Prevention & Crisis Service has expanded into 17 counties providing 988 services, established a Warm Line, working on establishing a Text Line, and has a 24/7 crisis service.

Substance Use Services – The Alcohol & Drug Council, an independent non-profit organization, permanently closed due to struggling with staffing issues and financial challenges. With the RFP process underway, OASAS gives guidance with approved templates and must give final approval to get services up and running. Although partnering with Cayuga Health Services, CARS served less than half anticipated, which could be due to staffing challenges, competitive wages, and high client needs.

REACH Medical's OTR created a behavioral outreach team that included an outreach worker, nurse, and physician assistant prescriber. REACH will update its numbers.

The meeting was adjourned at 7:00 p.m.



**The Next Community Mental Health Services Board Meeting is
Monday, May 6, 2024, at 5:30 pm.**