


Tompkins County
COMMUNITY MENTAL HEALTH SERVICES BOARD

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

Maria Morog, Chair

Ellice Switzer, Vice Chair

Frank Kruppa, Commissioner

Harmony Ayers-Friedlander,
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Mental Health Subcommittee

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Developmental Disabilities Subcommittee

Stu Bergman, Chair,
Substance Use Subcommittee

Tompkins County Community Mental Health Services Board

July 11, 2022, 5:30 p.m. Meeting Minutes

Via Zoom

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

Approved 9.12.22

Present: Dr. Maria Morog; Ellice Switzer; Stu Bergman; Jan Lynch; Mary Hutchens; Tom Lipa; Dr. Auguste Duplan; Paula Winner; Travis Winter; and Jessica Conner.

Excused Sheila McEnery; Larry Roberts; and Sullymar Pena Vazquez

Legislature: Veronica Pillar

Guests: Josephine Gibson, Executive Director at Mental Health Association and Matthew MacDonald

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

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The meeting was called to order at 5:30 pm by Dr. Morog. Introductions were made. Ms. Lynch moved to approve the June 2022 minutes and 2nd by Mr. Bergman with one edit; all were in favor.
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Privilege of the Floor: None

Announcements: None

Chair's Report: Dr. Morog had nothing to report.

Commissioner's Updates: Mr. Kruppa reported:

Community Health Assessment Survey - The anonymous 10-minute Community Health Assessment Survey for Tompkins County residents will be open throughout July. The survey will help to develop the community's 2023 improvement plan in partnership with Cayuga Health System and other local partners. The survey can be accessed online at <https://bit.ly/TCHDSurvey2022>. Both the Community Health Assessment Survey and the Community Health Improvement Plan are required by the NYSDOH. He said, since launching last Thursday there have been over 1900 responses and encouraged all to promote and share the link with others.

The legislature is hosting a joint meeting with Health and Human Services and the Public Safety Committee on Monday, July 18th to discuss a variety of issues including mental health services in the jail, opioids, and the impact on our community, forming an opioid task force, opioid settlement money, crisis stabilization and grants, etc. Mr. Kruppa encouraged the Community Services Board to attend or tune in on YouTube. Those interested in attending should contact Mr. Kruppa.

Virtual Meetings - On the 14th day of the month, the governor decides whether to extend the executive order which allows virtual meetings. The new local law passed by the legislature allows virtual participation during in-person meetings, but virtual participants won't be counted towards a quorum. The Board will be kept updated with any changes.

Branding Update – Branding consultants, Iron Design, provided many name options from the data collected and the workgroup decided on "Tompkins County Whole Health" as the proposed new name. A meeting is scheduled the first week of August to

review proposed logos. Mr. Kruppa reminded the Board that nothing is final until the legislature changes the charter and the process is complete.

Dr. Morog's feels the name may not identify as a government agency for people to address mental health and public health concerns. Mr. Roberts was concerned that mental health is not clear. Mr. Kruppa explained that de-stigmatizing was a key factor and these concerns will be addressed through branding, education, and outreach.

Mr. Kruppa confirmed that CSB meetings will continue to livestream and broadcast via YouTube and subcommittees are exempt from public meeting and can choose to be 100% virtual.

Deputy Commissioner's Report: Ms. Ayers-Friedlander reported on some recent grants of interest, Supportive Crisis Stabilization Centers (SCSCs) and Intensive Crisis Stabilization Center (ICSC). Both grants are designed to help support people who are seeking voluntary crisis services after going to the hospital. They both provide triage screening and assessment, therapeutic interventions, peer support services, ongoing observation up to 24 hours and care collaboration with friends, family or other providers with consent, discharge and after care planning. In addition, **ICSC** provides psychiatric diagnostic evaluations and planning psychosocial assessments, medication management and training medication for addiction treatment (MAT), medication therapy and provides mild to moderate detox services. Cayuga Medical Center submitted a grant proposal for the Intensive Crisis Stabilization Center and anticipates word from the State.

Mental Health Department Update: Staff trainings focused on four areas:

- Suicide Prevention – improving suicide prevention in our clinics
- Treatment of co-occurring disorders
- Addressing and improving diversity, equity, and inclusion in our work
- Trauma informed care – State recognized CCSI agency is providing a series of staff trainings

Office of Addiction Services and Supports (OASAS) identified goals:

- Expansion of opioid treatment programs across the State. Ms. Ayers-Friedlander said that methadone is a better treatment than buprenorphine with fentanyl being mixed in with stimulant drugs
- Ensuring residential programs have the capacity to coordinate and care for both substance use and mental health needs
- Workforce staffing challenges

Ms. Ayers-Friedlander said that fentanyl strips are available at REACH Medical, and STAP. NARCAN is available from any public building and substance use treatment providers. More discussions will be had at Health and Human Services and the Public Safety Committee's joint meeting on July 18th

Suicide Prevention Coalition (SPC): Ms. Ayers-Friedlander said that the SPC's strategic plan is now posted on Tompkins County's website. SPC has work groups to address the strategic planning goals.

Implementation of Zero Suicide model – A public health fellow from the Tompkins County Health Department will coordinate zero suicide efforts. A presentation "A Discussion of the Best Practices and Suicide Prevention" will be held on July 20th hosted by TCMH and the Sophie Fund and moderated by Jenna Heister, Director of Suicide Prevention Implementation of New York.

Over Target Request (OTR) to Support a Peer Based Drop in Center – Josephine Gibson, Executive Director of the Mental Health Association shared a PowerPoint presentation on the Peer Based Drop in Center. MHA is looking to expand psychosocial services. The Mental Health Association is a peer-run, non-for-profit agency with NYS certified peer staff specialists, and one of 200 chapters focused on mental health education, peer support and advocacy services.

The Peer Outreach Center is a psychosocial drop-in program (formerly the Jenkins Center, a safe psycho-social club) offering community education/training space, peer led support group meetings, special event/community presentations, and a place for community agencies to meet participants and share information about their services. The 1800 sq. ft. space on the Commons offers offices for one-on-one peer counseling and a large room that can accommodate 50-70 people for workshops, trainings, activities, fundraising events/campaigns. The pure outreach center will be a place where outreach workers and agencies have a safe place to meet participants, inform participants of available programming and services and offer collaboration with other agencies. The Center's projected opening date is September 2022 and will be open on weekends.

Matthew McDonald, a former MHA client spoke on the impact MHA services had on his life. He said that MHA's wraparound services through their drop-in center was the turning point in his recovery since being diagnosed with schizophrenia spectrum disorder a decade ago; and has been asymptomatic for the last 4 ½ years and navigating a decade-long path toward recovery.

He is a New York Certified Peer Specialist (NYCPS) and a Certified Recovery Peer Advocate (CRPA), with his lived experience providing him necessary and profound insights into myriad systems of care, as they exist in New York State. He interacts with hundreds of certified and prospective peer specialists across New York.

MHA's Jenkins Drop-In Center helped guide Mr. McDonald a progressive rewarding career within 5 years:

- Volunteer position progressed to part-time at the Jenkins Center
- Full-time peer specialist position at Unity House-Ithaca in crisis respite
- Certification Coordinator with NYS Peer Specialist Certification Board in Albany, NY
- Direct Support Assistant with NYS Office for People with Developmental Disabilities in Syracuse NY
- Currently a remote consultant at Academy of Peer Services (operated by Rutgers University) to educate people to become certified peer specialists under the educational efforts behind the certification process

Mr. McDonald gave MHA's Jenkins Center praise for his success.

Ms. Gibson's OTR request is \$170,000 for a year but strongly feels more funding will be secured due to the value of peer services in mental health during the COVID pandemic. Mr. Kruppa noted that the actual ask of the county is \$86,000. He asked the CSB for their consideration in support of an OTR of a peer-based drop in center.

Mr. Bergman moved to support the OTR for a peer- based drop in center and 2nd by Ms. Hutchens; all were in favor.

Ms. Gibson thanked the CSB for their support and will keep them updated on the September opening.

Bylaws and Charter Discussion: Mr. Kruppa referred to an email sent out earlier today to workgroups of both Boards working on the bylaws and charter to schedule a joint meeting for the first week in August to review the proposed changes and look for areas where consistency is needed. He noted a few topics to be addressed; quorums, attendance rules, and term limits. Both the BOH and CSB workgroups will come together in August with the final draft going before the August BOH meeting and September CSB meeting which will then move to the legislature for their decision.

Ms. Lynch noted it is challenging to find committed individuals regarding term limits.

Mr. Kruppa read an appreciation letter to Dr. Morog, as she is stepping down as chairperson and this will be her last meeting. Ms. Lynch and the Board thanked Dr. Morog for her time on the Board and appreciated the many contributions to discussions.

There being no further business, Mr. Bergman motioned to adjourn, 2nd by Dr. Duplan; all in favor. The meeting was adjourned at 6:50 pm.

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**The Next Community Mental Health Services Board Meeting
is September 12, 2022, at 5:30 pm.**