

Tompkins County
COMMUNITY MENTAL HEALTH SERVICES BOARD

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

Mary Hutchens, Interim - Chair

Ellice Switzer, Vice Chair

Frank Kruppa, Commissioner

Harmony Ayers-Friedlander,
Deputy Commissioner/ DCS

Larry Roberts, Chair,
Mental Health Subcommittee

James Beaumont and Jeff Boles, Co-

Developmental Disabilities Subcommittee

Stu Bergman, Chair,
Substance Use Subcommittee

Chairs,

Tompkins County Community Mental Health Services Board

201 East Green Street, Ithaca NY 14850

Monday, December 5, 2022, 5:30 p.m. Meeting Minutes

Approved 1.9.2023

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

Present: Mary Hutchens; Jan Lynch; Stu Bergman (Zoom); Tom Lipa (Zoom); Sheila McEnergy (Zoom); Paula Winner; Travis Winter; Dr. Auguste Duplan; and Jessica Conner, PsyD., and Sally McConnell-Ginet

Excused: Ellice Switzer and Dorothy Lovelace; Larry Roberts

Unexcused: Sullymar Pena Vazquez

Legislature: Veronica Pillar

Guests:

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

The meeting was called to order at 5:30 p.m. by Ms. Hutchens. A quorum was not met, and the minutes could not be approved.

Privilege of the Floor: None.

Announcements: Mr. Kruppa announced that Cornell University hired David Reetz as the new Director of Counseling and Psychological Services and will start on December 19th

Interim Chair's Report: Ms. Hutchens recognized and thanked Paula Winner for her long-term commitment and years of service on the Community Services Board and Mental Health Subcommittee. Ms. Lynch also thanked Ms. Winner for her long-term commitment to the CSB and especially the MH subcommittee where her perspective on topics was always appreciated and respected as she gave her full attention in discussions and focused on key points to create more thought-provoking conversations. Ms. Winner said she enjoyed her time on the board and learned so much from the other members who have a wealth of knowledge and experience. She was presented with a certificate of service and a lovely plant from the CSB.

Commissioner's Report: Mr. Kruppa stated that they will launch the new name, "Tompkins County Whole Health" and logo at the All Staff meeting this Thursday and will provide an update to both Boards later this week. The All Staff Meeting will be held at the Mental Health Building to introduce the Public Health staff to the Mental Health building. Cohorts will be divided into four groups to participate in various activities in getting to know each other, getting to know what MH does for the people served, the strategic plan's accomplishments, and future plans.

The new name and logo will have press releases, bus ads, radio announcements, and media from the local newspaper starting January 2023. The communications team will inform the clients/individuals served by email and texts which will lead them to the new website.

Mr. Kruppa stated that Brown Road will soon have a licensed mental health space offering mental health services, on a smaller level by the end of 2023.

Opioid Task Force Update: Mr. Kruppa shared a PowerPoint presentation created by Public Health Fellow, Zoe Lincoln, who has been supporting the Opioid Task Force formed by the Legislature. Ms. Lincoln presented data to the Legislature in preparation for their review and planning on how to spend the opioid settlement funds. Mr. Kruppa will forward the PowerPoint presentation of Opioid, Substance Use, and overdose Data to the CSB members after the meeting.

The presentation provided recent local data on fentanyl-laced related drug overdoses in Tompkins County (which is in the low 20s) and state data. Tompkins County (TC) data is not enough to be identifiable based on state standards but is a major issue in the community as most drugs are now laced with fentanyl. Fentanyl strips are a harm reduction tool used for testing drugs for the presence of fentanyl but not the amount. The county wants the street drug users to have access to the fentanyl strips. REACH Medical, Cayuga Addiction Recovery Services (CARS), and Southern Tier AIDS Program (STAP) provide strips for the more active users that they interact with. Pharmacies, multiple community agencies, and the Tompkins County Mental Health Clinic dispense NARCAN. Discussions are underway on how to inform recreational users about fentanyl-laced drugs. Mr. Kruppa gave a brief overview of the presentation's data below and noted that a link is provided in the PowerPoint presentation for the data to be reviewed at one's convenience.

Local Data - The Tompkins County Health Department (TCHD) website is a good resource for the local opioid data. TCHD tracks and posts data monthly from the 911 Call Center. Upticks and spikes are focused on from a planning perspective.

NY State Data – State data can be found on the NYS Department of Health website. Tompkins County is lower compared to other areas in the State but is higher than what we would like.

Opioid Overdose Death Rate - In 2020, the Tompkins County opioid overdose death rate was lower than the rest of the State. Between 2017 and 2020, the rate of opioid overdose deaths decreased in Tompkins County.

ED Visit Rate - In 2020, the Tompkins County opioid ED visit rate was lower than the rest of the State. Between 2017 and 2020 the rate of opioid ED visits decreased in Tompkins County.

Drug Arrests – In 2020, The Tompkins County drug arrest rate was lower than the rest of the State. Between 2016 and 2020, Tompkins County saw a decrease in the rate of drug arrests.

Publicly Available Data - The State compared the historical data and data points on heroin which are now used to measure opioid overdoses and Mr. Kruppa referred to the source data link in the presentation.

Admissions Data - Deeper investigations are to be done on low admissions data.

Drug-Related Deaths – Data was obtained from the medical examiner's program where the numbers reported low. Ms. Lincoln will go back through a 10-year period to pull demographic data to give a better picture of what is happening. There was a crackdown on prescribing opioids in 2018 and 2019 and Mr. Kruppa recognized REACH Medical's influence in getting NARCAN in the community which positively impacted the community.

Annual drug-related deaths - Data through 2021 rose with some fluctuation. Data on the administration of Naloxone by EMS agencies in Tompkins County increased from 2019 – 2020. A deeper investigation of the data will be carried out.

Harm Reduction Strategies

- PROJECT COPE (Community Overdose Prevention Education/COPE) – Offering virtual or in-person overdose prevention training, overdose prevention kits, Deterra bags, and fentanyl test strips
- SAFE DISPOSAL OF MEDICATIONS WITH DETERRA BAGS – safely and conveniently disposal of unused medications

Partner Updates and reporting opportunities

- Alcohol and Drug Council Partner – The 40-bed, 24-hour walk-in detox and stabilization center opens in January 2023. The medical stabilization and detox center will get people into the appropriate level of treatment.
- Cayuga Addiction & Recovery Services (CARS) - Offers individual and group counseling, peer support services, MAT Services, and medical services. Currently, there is no waitlist. The 25-female bed unit is experiencing construction

delays, but the State is still committed. CARS recently entered into an affiliation with Cayuga Health Systems and continues its support as well. Methadone OTP services increased to 150 people.

Reporting Opportunities

- Suicide, Overdose, and Adverse Childhood Experiences Prevention Capacity Assessment Tool (SPACECAT) - Helps local, state, and territorial health agencies better understand their capacity to address suicide, overdose, and adverse childhood experiences (ACEs). Prevention of these health issues involves cross-sector collaboration targeting factors at the individual, relationship, community, and societal levels.
- Suicide Fatality Review Teams – A new and emerging approach to better understanding the circumstances leading up to a particular type of fatality (overdose). A postmortem to see if something could have been done differently to improve the system.
- Opioid Settlement Funds – The committee will discuss how the monies are spent on opioid-related issues; the Legislature gave direction that all of the opioid settlement money be directed towards addressing the opioid issue with the \$700,000 in one-time funds.

The presentation ended with providing several resource links for more data and information.

Opioid Taskforce Update: Mr. Kruppa stated that the Opioid Taskforce’s meeting tomorrow will review the framework put out by the State Opioid Board and their recommendations of how to spend their share of the funding which aligns with what the community is interested in. The harm reduction method is strongly recommended and will be brought to the Legislature’s attention at tomorrow’s meeting.

Slate of Officer Nominations for the Community Services Board - Mr. Bergman made the announcement of nominations.

Ellice Switzer for Chair of the CSB
Jan Lynch for Vice Chair of the CSB

Mr. Bergman asked if anyone was interested in the seats, and to please reach out within the next 30 days. A vote will be held at the January 2023 meeting.

A straw poll was had to move forward the re-application of Allison Weiner Heineman to the Developmental Disabilities Subcommittee and the application of Jessica Connor to the Mental Health Subcommittee.

Seven in-person members and two online members recommended the approval of the applications; all were in favor.

Motion to adjourn at 6:55 pm; Ms. Lynch 1st/ Ms. Winner 2nd.

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**The Next Community Mental Health Services Board Meeting is
Monday, January 9th, 2023, at 5:30 pm.**