



Tompkins County
COMMUNITY MENTAL HEALTH SERVICES BOARD

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

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Mental Health Subcommittee

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Developmental Disabilities Subcommittee

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Substance Use Subcommittee

Mental Health Subcommittee Meeting
Via Zoom
May 21, 2024, @ 1:00 – 2:30 p.m.
Meeting Minutes

Minutes Approved
June 18, 2024

Present: Larry Roberts; Ed Bergman; Jessica Conner; Tracy Decker; Ben Komor; Dan Doyle; and Susan Tabrizi

Excused: Mary Hutchens

Unexcused: Mary Orsaio

Guests Present: Briggs Seekins, Challenge; Roy Murdough, St. Johns' Community Service; Eli Baez, St. John's Community Services; Amanda Howlett, Catholic Charities; and Kristen Wilson, Unity House

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

The meeting was called to order at 1:04 p.m. by Larry. Introductions were made. Tracy moved to approve the May 21, 2024, minutes, second by Susan; all were in favor.

Privilege of the Floor & Announcements: Jessica shared that the Tompkins County Children's System of Care and the Collaborative Solutions Network will run a series of 10 focus groups to get youth and caregivers feedback which will help to update the Local Services Plan. Volunteers are needed. Susan encouraged all to participate in the local school board and budget voting currently going on. Dr. Conner noted that some of our schools have fallen below certain state qualifications and educational standards, with absenteeism being of concern as well. The MH subcommittee be mindful of following these school concerns.

Deputy Commissioner's Report/Update - Harmony shared her screen to give an overview of Tompkins County Whole Health's website highlighting key resources and other valuable information. The website includes information about all the advisory board meetings, agendas, approved minutes, and the Local Services Plan (LSP). The LSP, which is focused on mental hygiene services is linked to Public Health's Community Health Assessment (CHA) Plan where data is compiled from focus group information, listening groups, and surveys.

The LSP is a multi-year plan (2024-2028) but must be reviewed, evaluated, and updated where needed annually to be submitted to the State by June 28th. The CSB chairs and subcommittee chairs will meet to review the progress of the plan later this week. She provided highlights of the LSP to obtain the subcommittee's feedback on the status of where the plan may need modifications in the objectives of the plan.

Goal Areas

- Workforce
- Housing
- Crisis Services
- Cross System Services
- Non-Clinical Supports
- Adverse Childhood Experiences
- Transition Age Services

Mental Health Objectives 2024 - 2025

- Workforce -understand the scope of the workforce shortage, quantify the impact of the workforce shortage on clients to better serve them, and have a workforce that mirrors the community members. Contracted agencies now require quarterly reporting on workforce information.
- Housing – Better understanding of the interaction between homelessness and disability with a focus on supporting individuals with housing transition and loss of local residential housing. Reaching out to the Continuum of Care (COC) who collects data.
- Crisis Services – No objectives until 2025 but already started work in the area including non-law enforcement response for sub-acute situations in the future (a CCO response model) and CIT training for law enforcement and sequential mapping.
- Non-Clinical Supports - To improve access to quality mental hygiene services for minoritized populations. Complete and analysis of current state and local data to identify gaps in 2024; in 2025 provide outreach and support on best practice data collection, and better understand access in 2026.

Harmony shared to screen to briefly review and highlight sections of the Annual Report of State and Locally Funded Agencies in Tompkins County which can be found on Whole Health's webpage. She highlighted agencies Mental Health Association, Catholic Charities and Family & Children's Services, Lakeview, Unity House, and St. John's giving a brief overview of services and challenges some faced. The Mental Health Clinic (MHC) and PROS data have recently been added to the report.

Environmental Health issued a Notice of Violation to the City of Ithaca to clean up a section of the encampment due to environmental contamination of the waterways making them unsanitary.

Topics of Discussion - Ben Komor shared topics for discussion for future meetings.

- Epidemiology of addictions along with relatively novel application of harm reduction techniques
- Mindfulness Meditation
- Pharmacodynamics/Kinetics
- Psychedelic Treatment Options
- Kinetics and neurotransmissions
- Substance Use Treatment - Models that Reduce Stigma
- PROS Evaluation
- Managing Schizophrenia: Insider Options

Ben graciously shared his personal insights and life experiences on schizophrenia and psychedelic and group therapy.

Provider updates

Northeast Pediatrics – Jessica shared that they were awarded an OMH contract for the Healthy Steps Program.

Catholic Charities – Amanda shared that the SOS is a 9-member team that will provide services to homeless individuals without requiring them to agree to any specific goals or services, the only requirement is that you must be homeless. The team consists of care managers, LMSWs, and peers. The SOS team will work with individuals for 9-12 months, teaching them how to be good neighbors and navigate systems.

The meeting adjourned at 2:30 pm.

The Next Meeting is Tuesday, June 18, 2024 @ 1 pm