TIOGA COUNTY COMMUNITY SERVICES BOARD

MH Subcommittee Meeting
December 1st, 2026
10:30 -11:30am

- **2027 LSP Goal Areas**
  - Increase Workforce
  - Increase Affordable Housing
  - Access to Transportation
  - Increase Prevention
  - Residential Treatment

- **Review and approve November 2026 meeting minutes**

- **Director's Report**

- **Clinical Director's Report**

- **Mental Health Report – Angel Deyo-Cruz, Chair**
  - A New Hope Center Report
  - RSS Report
  - Public Health

- **Additional Group Discussion**

- **Adjournment**

Next meeting: February 2nd, 2027

TIOGA COUNTY COMMUNITY SERVICES BOARD

MH Subcommittee Meeting

Pending Approval

November 3rd, 2026

10:30am

Via: Hybrid

Mental Hygiene Staff Attendance:

Sarah Begeal, Director of Community Services Danielle Fabregas, Clinical Program Director
Sue Graves, Secretary to the Director

MH Members Present	Absent	Guests
Angel Deyo-Cruz	Tina Lounsbury	Colleen Arnold
Sarah DiNunzio	Nadia Constant	Kari Nichols
Katie Wait	Carolyn Galatzan	
Kristine Maslin		
Porshea Moore		
Pat Gillule		

Meeting called to order at 10:34am

Topic: Review of the October 2026 Minutes

- Motion to approve Kristine Malsin, seconded Porshea Moore, approved as written

Status: Informational – Complete

Topic: Director's Report – Sarah Begeal

- Federal Update House Democrat ENC Medicaid
  - Updates & impacts on local counties discussed
  - There is CMS scrutiny over the New York program
  - Could be looking at financial pressure with Tioga County programs
  - Could reduce services available and access to care for individuals
  - County fiscal impact
  - Could see an uptick in Emergency & Crisis services
  - Could affect continuity of care
  - Estimated $ 7.7 billion annual reduction in funding for New York State
  - Unclear what this will look like for Tioga County
- Staff
  - Brenda Fazio, PT Account Clerk Typist starting 11/30/26
  - Becky Mosier, Accounting Associate II starting 11/30/26
- AOT Coordinator
  - Position offered and individual is in the background check process
  - Currently have 6-7 individuals on the AOT- significant increase from previous years
  - Hospital screening everyone to see if an AOT is needed

- ACT Team is currently at capacity

Status: Informational – Complete

Topic: Clinical Program Director Report – Danielle Fabregas

- Census is 570 for Mental Health
- 198 are ages 17 and under

Status: Informational – Complete

Topic: Agency Reports

A New Hope Center – Sarah DiNunzio

- Workforce – struggling to hire
- Had people connected to Access-VR for support
- Affordable Housing
  - Catholic Charities received rapid rehousing funding
  - Pays 6 months of rent but with numerous limitations
  - Must be an apartment with a signed lease
  - Very strict guidelines
  - Sounds very similar to a HUD program
- Shelter is currently full
  - A number have moved to the transitional housing in Waverly
- SAFE Funding (flex money)
  - Used for safety assistance
  - Funds are being used up quickly
- Prevention
  - Safe Harbor advocates in full swing at schools (Spencer Van Etten, Candor & Newark Valley)
- Housing continues to be a major issue with why people don't leave their abusers
- Financial & economic issues continue

RSS – Kristine Maslin & Colleen Arnold

- No Facebook responses for hiring – using Indeed
- The Community Residence is full as well as the Apartment Program
- Supported Housing has 2 openings with all Long Stay beds open
  - Location of apartments are important – walking distance to the office
- Medicaid Transportation issues
  - Must have a standing order to use the Medicaid cabs

Public Health – Katie Wait

- Building Capacity for Rural Suicide Prevention Grant
  - General messaging – billboards going up
  - Trying to engage older men
  - Focusing on increasing prevention services

- Safety Kits – reaching out to Lock-N-Load, Tioga County Sportsmen's Club, Sheriff's office
    - Kits contain medication lock boxes, Credible Minds cards, and brochures with suicide prevention resources for the home

Certified Recovery Peer Specialist – Porshea Moore

- Dealing with a lot of grief
    - Uptick in suicides in recent history – 4 attempts and 1 completion
    - Currently have a grief group in the clinic and another in the community
    - Resources being provided
- Housing
    - Have schizophrenic individual struggling to find housing
    - Sometimes symptoms are too intense to live alone
    - Social Security was obtained

Colleen may be able to assist

- Seeing a lot of homelessness – families with children
    - Kids going to school periodically
    - At school kids are warm and fed

Katie shared that Public Health could vaccinate at no cost, but they would need to come to the clinic.

Status: Informational – Complete

Topic: Additional Discussion

- Articles for Pennysaver
    - October – Domestic Violence Awareness Month – Porshea Moore (published article attached)
    - November – Men's Mental Health Awareness Month – Porshea Moore
- Subcommittee is recruiting for current openings:
    - 1 consumer
    - 1 Parent or relative of MH services

Status: Informational – Complete

Adjournment: The meeting adjourned at 11:15am. The next meeting is scheduled for Tuesday, December 1st, 2026, at 10:30am

Men's mental health matters: Breaking the silence, building stronger communities

BY PORSHEA MOORE
FOR THE PENNYSAVER

November is a time to bring attention to men's health, including an issue that too often goes unspoken: mental health. While conversations surrounding mental health have become more common, many men continue to struggle silently with depression, anxiety, trauma, substance misuse, and emotional distress.

For generations, men have often been taught that strength means remaining tough, hiding emotions, and handling problems independently. Unfortunately, these expectations can create barriers to asking for help. The truth is that seeking support is not a sign of weakness. It is an act of courage.

It is a key factor to recognize the importance of meeting individuals where they are, providing compassionate support, and reminding our community that nobody should have to navigate life's challenges alone.

Mental health and substance misuse are often connected. Some individuals turn to alcohol or other substances to cope with emotional pain, stress, or unresolved trauma. While substances may temporarily numb difficult feelings, they can ultimately create additional challenges and never treat the underlying issues. Recovery and healing become possible when individuals have access to understanding, evidence based treatment, peer support, and meaningful connections.

Supporting men's mental health does not always require having the perfect words. Sometimes it begins with a simple conversation. Checking on a friend, listening without judgment, encouraging someone to seek professional support, or reminding them that they matter can make a meaningful difference.

We must also challenge the belief that men need to carry every burden themselves. Strength can mean acknowledging pain, expressing emotions, establishing healthy boundaries, and accepting help when life becomes overwhelming.

At Tioga County Mental Hygiene, we remain committed to promoting mental wellness, reducing stigma, supporting recovery, and connecting individuals and families with resources throughout our community.

This November, I encourage everyone to check on the men in their lives. Ask how they are truly doing, create space for honest conversations, and remind them that their mental health matters. Because every man deserves to be heard, supported, valued, and reminded that hope and healing are possible.

If you are anyone in your life who needs mental health or substance misuse treatment and support, or resources, please do not hesitate to reach out! Together we can remove stigma and allow everyone to live happy and healthier lives!

Porshea Moore, CRPA, CASAC, CJSR works with Tioga County Mental Hygiene. Call Tioga County Mental Hygiene at 607-687-4000 and for after-hours Crisis Services, 607-687-1010.



- Save Money - Wood is a renewable, inexpensive and often free energy source.
- Peace of Mind - Keep the fire outside and eliminate the dangers associated with indoor wood heating.

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