

TIOGA COUNTY COMMUNITY SERVICES BOARD
MH – ASA – OPWDD Subcommittee Meeting

PENDING APPROVAL

April 1st, 2025

9:30 a.m.

Via: Hybrid

Member Attendance: Sue Medina Sarah DiNunzio
Larissa Brower Sidney Blinn
Nadia Constant Evelyn Vavra
Tina Lounsbury Gayle Pado
Renee Nuzek Kylie Holočhak
Bob Williams Trevor Yaeger
John Crosby Gabby Ayers
Laura Smith Kim Warfle

Guest Attendance: Teresa Edwards
Mackenzie Myers

Mental Hygiene Staff Attendance: Lori Morgan, Director of Community Services
Sarah Begeal, Deputy Director of Community Services
Danielle Fabregas, Clinical Program Director
Angelica Deyo-Cruz, Corporate Compliance Officer
Porshea Moore, Peer Advocate
Sue Graves, Secretary to the Director

Meeting called to order at: 9:32am

Topic: Review of the March 2025 – MH & ASA approved as written. OPWDD approved with changes

Topic: Director's Report – Lori Morgan

Discussion: Updates:
• Staffing
 ○ CASAC hired and starting on 4/21/25
 ○ Alot of money is being spent on recruitment
• Executive order for HH Services
 ○ STOP Act grant may be at risk
 ○ Lori will keep the group posed
• County Plan
 ○ Lori will be discussing the County Plan at the next meeting
 ○ A copy will be sent out beforehand
 ○ Please contact Lori with any changes
 ○ The plan is due to the state by June 1st.

Status: Informational – Complete

Topic: Clinical Program Director Report – Danielle Fabregas

Discussion: Updates:

- Census
 - Mental Health – 604 admitted clients
 - ADS – 98 admitted clients, 27 continued care, 16 peer only
- Assessment numbers continue to remain very high

Status: Informational - Complete

Topic: ASA Report – Kylie Holochak, Chair

Discussion: Trinity - Laura Smith

- Hired a Newark Valley/Candor/Community person
- Met with Waverly & Spencer VanEtten to discuss contracts
 - Full year services for Waverly
 - Spencer VanEtten would like summer programs too
 - Both wish to continue contracting
- Spencer VanEtten holding Restorative Justice Trainings
- Waverly School added “Preventure” Program
 - Program has 4 different curriculums
 - Want to do a mental health month with weekly topics

Sheriff's Office – Trevor Yaeger

- OD spreadsheet updated
 - January – 3
 - February – 6
- Awareness and Narcan availability has really had a positive impact. Great job everyone.
- Jail SUD Program
 - Unclear if OASAS is sending more funding to support this program
 - The process explained and current issues discussed

EMS – Bob Williams

- Open House May 17th from 10:00am – 2:00pm at the Public Safety Building

TAM Program – Bob Williams

- Training was held yesterday (3/31)
- 1-3 day course coming up May 13th -15th
- New – can be available to do trainings for individual organizations

Coroner Report – Bob Williams

- One potential overdose death – waiting on toxicology report
 - State gives counties a set figure per incident to assist in covering the expense

Peer Advocate – Porshea Moore

- Seeing more ADS people contemplating this time of year
- Connecting with people at the Renewal Ranch
- Participating in more tabling events
- Handing out higher volumes of Narcan
 - Leaving business card with Narcan
 - Have gotten a few individuals reaching out
 - Porshea would like to see a better way of reporting Narcan usage

ASAP Coalition – Kylie Holochak

- April is Alcohol Awareness Month
 - Billboards up
- Drug Take Back Day
 - April 26th at the HHS location
 - Accepting meds and sharps
 - Flyers to be sent out
- Education regarding nicotine pouches being done at schools
- Black Balloon Day was a success
- Sector Rep meeting held last month
- Kylie presented at the Safety Symposium at Spencer School
 - KLYDE information shared
- KLYDE Survey is coming back out in the fall
 - Candor schools doing survey through TST BOCES
- Compliance Checks
 - Partnering with the Tioga County Sheriff's Office
- Continuation applications have been submitted for the three grants
 - STOP ACT grant for underaged drinking – LGBTQ removed
 - Unclear how many identify in Tioga County
- Two districts struggling with vaping
 - “In-depth” 4-part educational program for those who get caught vaping

Status: Informational - Complete

Topic: MH Subcommittee – Larissa Brower, Acting Chair

Discussion: A New Hope Center – Sarah DiNunzio

- 2024 Annual Report completed
 - 1,200 people served
- Domestic Violence shelter at capacity for many months
 - Housing struggles
- Safety Symposium
 - 2 Advocates attended as well
- Sexual Violence and Dating Abuse Education at Spencer VanEtten
 - Grades K-12
- April is Sexual Assault Awareness & Child Abuse Prevention Month

- “Chalk the Walk” event April 13th-19th (see flyer)
 - Positive messaging for youth
- Wear the Color Event (see flyer)
- Billboards up for Child Abuse Prevention Month
- Child Advocacy Center Open House April 25th
- April 30th is Wear Denim Day – selling stickers

Public Health – Sue Medina

- “Credible Minds”
 - Training this afternoon
 - Learning how to update the website
 - Draft promotional press releases

Hea Hea – Nadia Constant

- Three team members hired
- Looking for an additional LCSW
- Networking with referral partners

RSS – Larissa Brower

- Housing is currently full
- SOS - working with the homeless
 - Care Manager hired for program
 - Clinician hire in process

Status:

Information – Complete

Topic:

OPWDD Subcommittee – John Crosby, Chair

Discussion:

DDSO/DDRO Report – Renee Nurek

- EFR awarded to region 2
 - Language Access Program
 - 2 yr funded program
 - 136 individuals enrolled

Achieve – Shannon Westbrook (via email)

- Tioga Day Hab is at capacity
 - 3 individuals on waitlist for Site Based Day Hab
- DHWOW (Day Hab Without Walls) program
 - 7 enrolled with 1 starting by the end of the month
 - 2 referrals in process
 - Continuing to build the program
 - Seeing a lot of interest in the program
 - Families receiving site tours
- Looking to rehab the old workshop
 - Recertifying for a higher capacity once completed

FSS Report – Gayle Pado

- RFP was supposed to be released in March
 - Not released to date

- Going through the state funding system
- Should be released next week or the

Racker – Gayle Pado

- Activity calendar attached
 - Lending Libraries explained
- Self-Direction & Traditional Supports Agency Programs
 - Both have openings and are accepting referrals
- Base rate for Direct Support Staff is being increased

CCO Reports – Not Present

Catholic Charities – Gabby Ayres

- Accepting new referrals
- No waiting lists
- 3 new staff hired
- “Enchanted Ball” dance to held at the Nichols location in May
 - Open to the public

Self-Advocacy – Karen Warfle

- Attended numerous events
 - GiGi’s Dinner Dance
 - Quarterly FFS Meeting
 - Attending Action Club meeting today
- Actively seeking new participants to represent at this meeting
 - Asked John about Special Olympic Athletes
- Updating list of dental providers who offer sedation
- Experiencing difficulties enrolling in CDPAS services
 - Deadlines being extended due to the roll out issues
 - Tina Lounsbury stated only portions have been extended

Lori stated that what Karen brings to the table is very valuable and the subcommittee has the ability to advocate at a higher level. Karen is a perfect example of whatt the coalition should be working on that they are not. Karen’s input is invaluable. John thanked Karen for all her efforts.

Status: Informational – Complete

Other Discussion: The MH Subcommittee needs a new chair, and Larissa Brower has been nominated to fill the position. The subcommittee voted unanimously for Larissa to be the new chair for the MH Subcommittee.

Status: Informational - Complete

Adjournment: The meeting adjourned at 10:33am. The next meeting is Tuesday, May 6th, 2025, at 9:30am.

Prescription Drug Take Back And Sharps Disposal Event for Tioga County, New York



Saturday, April 26, 2025

10:00am - 2:00pm

Health & Human Services Building

1062 State Route 38, Owego, NY 13827



This is a drive thru event. Please stay in your vehicle and staff will assist with collecting medications and sharps!

Items Approved for Disposal:

Over the counter and prescription:

- Medication tablets
- Capsules
- Patches
- Other solid forms of prescription drugs

Sharps: syringes, needles, & lancets:

- Must be in a sealed sharps container
- We cannot accept "loose" sharps

Unallowable Items:

- Liquids of any kind
- Illegal drugs
- Medical devices and batteries
- Aerosol cans and inhalers
- Mercury-containing devices
- Radioactive drugs
- Chemotherapy drugs

Have questions? Please contact
Tioga County Public Health: 607-687-8612



New Product, Same Harmful Effects!

Know the Truth About Nicotine Pouches

Nicotine pouches (including Zyn™, On!™, FRE™, Zone™, Rogue™) are small, powder filled pouches, that are placed in the mouth, similar to chewing tobacco and Snus (tobacco filled pouches), that contain nicotine salts instead of leaf tobacco. Nicotine salts have higher concentrations of nicotine than traditional cigarettes, delivering more intense and rapid effects.

Pouches are sold in many different flavors like coffee, mint, and berry. They do not burn the throat, eliminating the need to spit during use, making them more appealing for youth to use and easier to conceal.

- Nicotine pouches are most commonly tucked between the gums and the upper or bottom lip.
- The nicotine is then absorbed through the cheek directly into the bloodstream.
- Some use pouches through "toe-packing" which involves placing the pouches between one's toes or under toenails. This method has been reported among Tioga County youth!

Talk With Your Teens

Make sure your teens know the risks of using nicotine products, including pouches. Discourage the use of all nicotine products including cigarettes, e-cigarettes, pouches. Nicotine products are extremely addictive and can harm brain development.

Using nicotine products, including pouches, carries potential side effects and risks:

- Nicotine dependence and addiction
- Nausea
- Allergic reactions
- Mouth and gum irritation
- Gum recession or tooth decay
- Increased risk of oral cancers
- Increased blood pressure
- Increased risk of heart disease and stroke



Did You Know? Too much nicotine, especially in young children, can cause life-threatening health effects! Keep these products out of reach from children and pets.



Tioga County Advocacy, Support, and Prevention (ASAP) Coalition

TiogaASAP.org | TiogaASAP@tiogacountyny.gov | 607-687-8600 | Like Us On Facebook!



TIOGA COUNTY CHALK THE WALK



APRIL IS CHILD ABUSE
PREVENTION MONTH. TAKE A
LOOK AT OUR AWESOME
SIDEWALK APRIL 13TH - 19TH!



Tioga County
Child Advocacy Center

POSITIVE
VIBES



anewhopecenter.org

APRIL IS

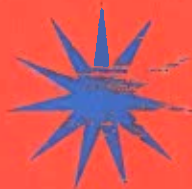
SEXUAL ASSAULT AWARENESS & CHILD ABUSE PREVENTION MONTH

Join A New Hope Center in activities all month long!

APRIL 1

Wear Teal Day *

Show support to Survivors of Sexual Violence by wearing Teal



APRIL 4

Wear Blue Day *

Stand in solidarity with Child Abuse Prevention efforts, wear Blue



APRIL 13 -19

Chalk the Walk Week

Check out local sidewalks in your community decorated with fun designs and kind messages of support for kids



APRIL 25

Grand Opening of The CAC
The Child Advocacy Center of Tioga County will be holding a celebration and ribbon cutting



APRIL 30

Wear Denim Day *

Est. 1999, Denim Day protests victim blaming and sexual violence



A NEW HOPE CENTER

Crime Victim Services
20 Church St. Owego, NY
(607)-687-6866
24/7 Hotline & Textline



*Make sure to take a picture in your Teal, Blue, and Denim and #tag ANHC on Facebook!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 SPEAK Ithaca Board Game Night	3 FIDGET LAB Selective Eaters Discussion	4	5
6	7 Cokeville Group Book Club	8 JOIN CHRIS IN OUR NEW OWEGO LIBRARY @ 146 CENTRAL AVE OWEGO NY 3-6PM	9 BINGO	10 FIDGET LAB OTHER WORLD	11	12
SPRING WEEK						
13	14 Book Club	15 LAST CHANCE 411 SCHOOL	16 BINGO Ithaca Board Game Night	17 FIDGET LAB OTHER WORLD	18	19
20	21 Book Club	22 Virtual Story Time	23 BINGO	24 FIDGET LAB OTHER WORLD	25	26
27	28 Book Club	29 Virtual Story Time	30 BINGO Ithaca Board Game Night			

SPIRIT WEEK @ Racker

April 7-11, 2025

Monday April 7 th	Tuesday April 8 th	Wednesday April 9 th	Thursday April 10 th	Friday April 11 th
				
Sweet tooth? Dress like your favorite candy!	Did you love the 80's? Miss the fashion? Not born? Back to the 80's!	Happy holiday! Dress like your favorite holiday!	Crazy hair don't care!	Wear gear from your favorite sports team! Go sports!

Stop by the library during spirit to show off your cool looks!

More information about events can be found below:

Family Board Game Night

An adaptive board game night where we will learn about adapting rules to address feelings of anxiety or struggles with engagement to encourage family unity and situational flexibility all while practicing fine motor skills. Light refreshments will be served



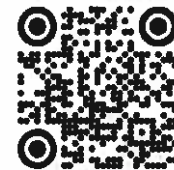
Bi-Weekly Wednesdays
5pm - 7pm

3226 Wilkins Road Ithaca, NY 14850



- *OPWDD Diagnosis
- *FSS Eligible
- *Enrolled in the Lending Library

Scan to Register:



This program is made possible through Family Support Services grant from the Office for People with Developmental Disabilities

Click here to sign up for Game Night: <https://forms.office.com/r/6TMC6e2Qzk>

A Weekly "Build Your Own" Fidget Workshop

FIDGET LAB

Every Thursday
4pm - 5:30pm



All supplies will be provided,
The whole family is welcome,
No registration needed!

Questions? Contact: LendingLibrary@racker.org (607) 529-0142

3226 Wilkins Rd.
Ithaca, NY 14850

This program is made possible through Family Support Services
grant from the Office for People with Developmental Disabilities

PARENT NETWORK

CAREGIVER GROUP

CAREGIVERS OF THOSE WITH DEVELOPEMENTAL
DISABILITIES (OF ALL AGES) ARE INVITED TO JOIN
THIS MONTHLY PEER-DRIVEN GROUP,
WHERE YOU CAN MEET OTHER CAREGIVERS, SHARE
RESOURCES, OFFER ADVICE, & FIND KINDNESS.

COME ONCE, COME OFTEN,
STAY FOR A MINUTE OR STAY FOR MANY.

1ST MONDAY OF EACH MONTH

5:00-6:30PM VIA ZOOM

TO SIGN UP: CONTACT (607) 529-0224 OR
LYNDSEYP@RACKER.ORG



EVENTS & TRAININGS ARE MADE POSSIBLE BY FAMILY SUPPORT SERVICES GRANT
FUNDING FROM THE OFFICE FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES.

Click here to sign up for Caregiver Group: <https://forms.office.com/r/nxpACG3bD7>

Adaptive BOOK

CLUB

Mondays 6:30-7:30pm

882 NY-13, Cortland, NY 13045 & Zoom

LendingLibrary@racker.org

Join us as we explore the world of books
& how they can be adapted for all to enjoy.
Book club is an excellent way to experience new topics
together and make friends.

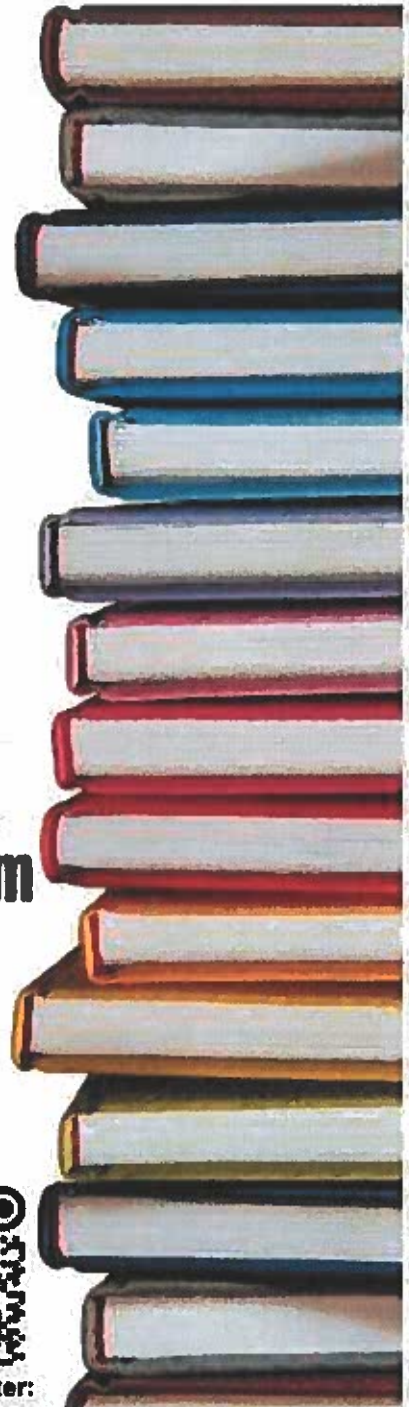


- *OPWDD Diagnosis
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Scan to Register:

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Every 3rd TUESDAY, 4-6pm

Join us on ZOOM every 3rd Tuesday from 4-6pm to learn more about different sensory needs and what is available in the library to help meet them.

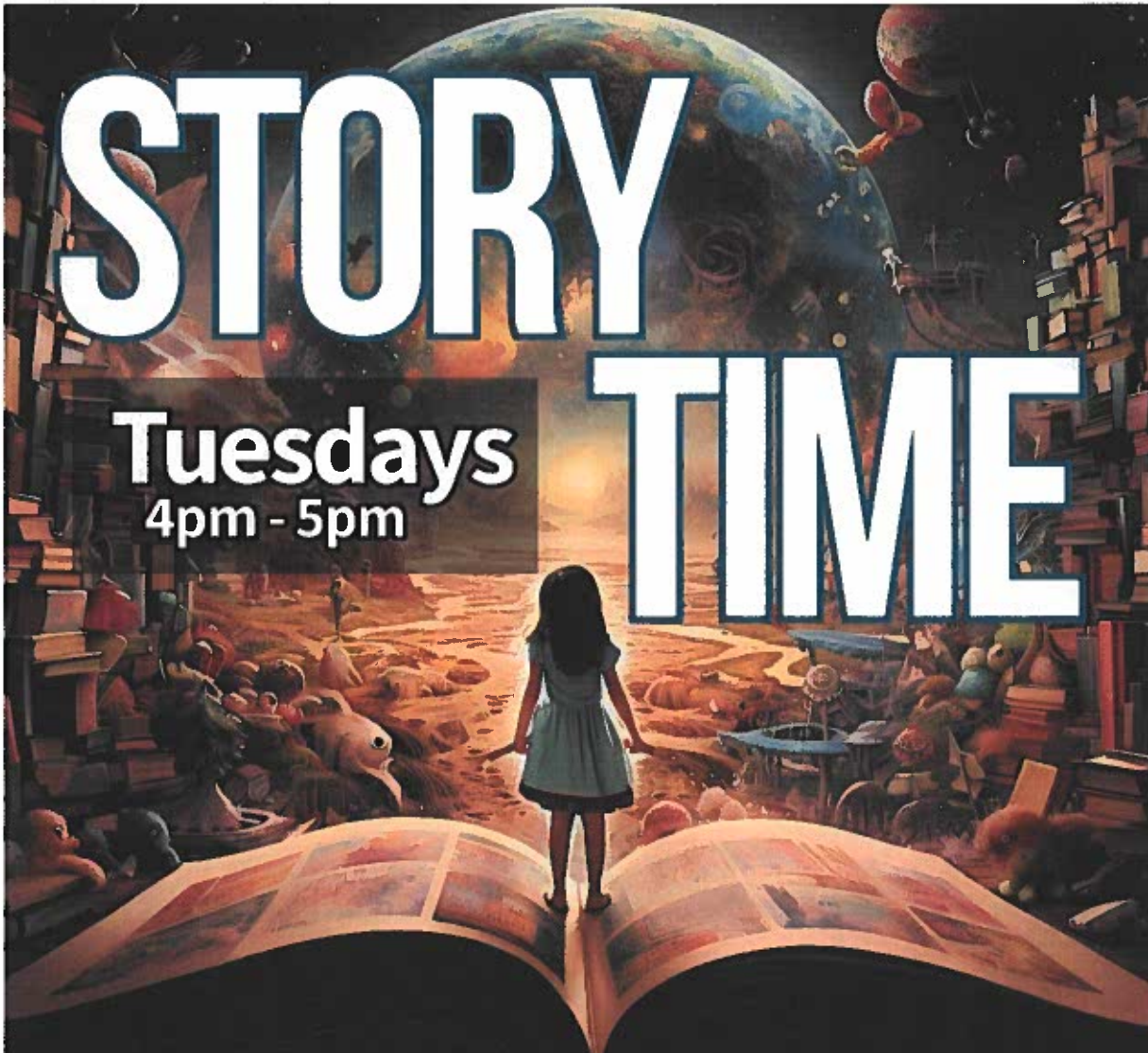


Beginning 04/02/2024
No registration necessary

Questions?
Contact: LendingLibrary@racker.org
(607) 529-0142

racker.zoom.us/j/82480943340

April's Sensory 411 will be the final one offered as we will be shifting to a new sensory series,
stay tuned!




STORY TIME

Tuesdays
4pm - 5pm

Join us for our weekly virtual story hour, thoughtfully crafted for individuals with developmental disabilities and their families. Each session will feature new stories for the young and the young at heart, exploring a wide range of topics such as life events, inclusion, advocacy, empowerment, and entertainment.

Lending Library events are made possible by the Family Support Services grant from the Office for People with Developmental Disabilities

Microsoft Teams:
tinyurl.com/3yd85xx2



No registration needed, use the above QR code to join or contact LendingLibrary@racker.org for calendar invite



Other Voices in the 607 is welcoming new members!

If you are an neurodivergent adult with a passion for advocating for those with disabilities, you're invited to join OVIT607's weekly meeting via TEAMS

6-7pm

Every
Thursday

SCAN
ME



To learn more, scan the QR code,
or contact LendingLibrary@racker.org

Tuesday
June 3rd
6pm-7:30pm

Speaking Out Against Bullying



with Attorney Lisa Krizman

Join us for an insightful presentation from Attorney Lisa Krizman on addressing bullying in schools & its impact on students with disabilities. Don't miss this empowering event to foster advocacy & inclusivity!

Registration Required

forms.office.com/r/9NEmrig4F6

For questions or help registering, please contact: LendingLibrary@racker.org
or Chris at (607)529-0142



ZOOM
Virtual Meeting