

TIOGA COUNTY COMMUNITY SERVICES BOARD

MH Subcommittee Meeting

November 3rd, 2026

10:30 -11:30am

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

- **Review and approve October 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
 - HeaHea Report

- **Additional Group Discussion**

- **Adjournment**

Next meeting: TBD

TIOGA COUNTY COMMUNITY SERVICES BOARD

MH Subcommittee Meeting

Pending Approval

October 6th, 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

Angel Deyo-Cruz
Sarah DiNunzio
Katie Wait
Kristine Maslin
Porshea Moore

Absent

Tina Lounsbury
Nadia Constant
Carolyn Galatzan

Guests

Colleen Arnold

Meeting called to order at 10:36am

Topic: Review of the September 2026 Minutes

- Motion to approve Angel Deyo-Cruz, seconded Porshea Moore, approved as written

Status: Informational – Complete

Topic: Director's Report – Sarah Begeal

- Budget tracking well except for Criminal Psych
 - 1 individual in until April 2027 with a second admission most likely forthcoming
- State Aid received for Assisted Outpatient Treatment (AOT)
 - Looking for a coordinator
 - Some funding to be used for vehicle purchase as well as start-up equipment
- Additional funding received for Children's SPOA
- Staffing
 - Emily Parsons started 10/5 – Co-occurring Clinical Social Worker
 - MH Intern withdrew internship in September
- DSS taking the lead in creating an Affordable Housing Coalition
 - LSP (Local Service Plan) indicated a high need
- Subcommittee meeting separation
 - Goal is to have more meaningful meetings
 - Report outs should be related to the LSP & Goals
 - Increase Workforce
 - Affordable Housing
 - Access to transportation
 - Increasing Preventative Services

- Residential Treatment

Status: Informational – Complete

Topic: Clinical Program Director Report – Danielle Fabregas

- Census is 538 for Mental Health only

Status: Informational – Complete

Topic: Agency Reports

A New Hope Center – Sarah DiNunzio

- Housing challenges continue
- A New Hope Center is part of the Affordable Housing Coalition
- Prevention focused on School-based Safe Harbor & Child Advocacy
 - Program for all grades in Newark Valley, Spencer VanEtten, Candor & Waverly Schools
 - Obtained two advocates and getting a third through DSS for Safe Harbor & Child Advocacy
- Position open in the office for a Counselor Advocate for Adults
 - Employment advertising ideas shared
- October is Domestic Violence Awareness Month
 - Wear purple day is Thursday 10/15
 - Court House lit up in purple
 - “Let’s Ghost DV” at the Owego Elks on 10/17
- Open House held this past Friday

RSS – Kristine Maslin & Colleen Arnold

- Connecting individuals with services
- Facing hiring issues – using Facebook to find employees
- Transportation - additional challenge - received a call from a couple needing car repair
- Seeing increase in homeless referrals which are being referred to the SOS Team
 - Working with Catholic Charities to keep these individuals in county to make it easier to work with them
 - Funding to help is drying up
- Medicaid - unclear on what is happening on 1/1/27
- Supported Housing has 2 openings with no wait list

Public Health – Katie Wait

- Focusing on increasing prevention services
- Attended the Suicide Prevention Conference last week (500-800 in attendance)
- Receiving World Suicide Prevention Grant funding (\$132,000 over 30 months)
 - Incentives this year
 - Implementation next year
 - Areas of focus are undecided at this point

- Suicide Safety Planning for Schools
 - 4–6-hour course
 - In Conference Day/Training Day
 - School to be approached

Status: Informational – Complete

Topic: Additional Discussion

- Articles for Pennysaver
 - October – Domestic Violence Awareness Month – Porshea Moore
 - November – Men’s Mental Health Awareness – Porshea Moore
 - December – Seasonal Depression – Angel Deyo-Cruz
 - January – Human Trafficking Awareness – Sarah DiNunzio
 - February – Emotional Awareness – Porshea Moore
 - March – Black Balloon Day – Porshea Moore
 - March – Problem Gambling – Angel Deyo-Cruz
 - April – Alcohol Awareness – Porshea Moore
 - Articles are due to the Pennysaver on Thursdays by noon
 - Please forward to Sue Graves who will send to the group for review
 - Sue will send articles on the Subcommittee’s behalf
 - Articles will be posted on Facebook
- Subcommittee is recruiting for current openings:
 - 1 consumer
 - 2 Parent or relative of MH services
 - Attendance is being kept for members
- Large, combined Subcommittee meetings possibly once or twice a year to work on the LSP
 - Meeting time: 9:30-11:30am
 - Possibly April or May 2027 & November 2027 & April 2028

The group thanked Sarah Begeal for the in person individual group meeting. Meeting was more personal and productive.

Status: Informational – Complete

Adjournment: The meeting adjourned at 11:18am. The next meeting is scheduled for Tuesday, November 3rd, 2026, at 10:30am

Domestic Violence Awareness Month: Awareness, support, hope in Tioga County

**BY PORSHEA MOORE
FOR THE PENNYSAVER**

October is Domestic Violence Awareness Month—a time to honor survivors, remember those whose lives have been lost to domestic violence, and bring attention to an issue that affects individuals and families in communities everywhere, including here in Tioga County.

Domestic violence can include emotional and verbal abuse, threats, intimidation, sexual violence, financial control, stalking, isolation from family and friends, destruction of prop-

erty, digital monitoring, and controlling where someone goes, what they wear, who they speak to, or how they spend money.

"Why Don't They Just Leave?"

This is one of the most common questions asked about domestic violence—and one we need to reconsider.

Leaving an abusive relationship can be incredibly complicated and may sometimes increase danger. Survivors may be worried about their children, housing, finances, employment, pets, retaliation, or where they will go. Some

have been isolated from their support systems. Others have spent years being told they are incapable of surviving without their partner.

Instead of asking, "Why don't they leave?" Perhaps we should ask, "What barriers are preventing them from being safe, and how can we help?"

Domestic Violence, Mental Health and Substance Misuse

Substance misuse may also become another method of control within an abusive relationship. A person should never be denied compassion or safety

because they are struggling with substance misuse or mental health concerns.

Here in Tioga County, survivors have access to local support. A New Hope Center, located at 20 Church Street in Owego, provides services for victims of domestic violence, sexual violence, and other crimes and abuse. Its 24-hour hotline/text line is 607-687-6866.

Tioga County Mental Hygiene can also be reached at 607-687-4000 for mental health services, substance misuse services,

crisis services, including after-hour crisis services at 607-687-1010.

Also, offering peer services.

Awareness Must Lead to Action

Domestic Violence Awareness Month cannot simply be about wearing purple during October.

Awareness matters when it changes the way we respond to people. It means addressing the connections between trauma, mental health, substance misuse, housing, financial insecurity, and interpersonal

violence. And it means making sure people in our community know that help exists before the moment they desperately need it.

This October, let us do more than raise awareness.

Let us continue building a Tioga County where survivors are heard, supported, believed in, and reminded that they do not have to face abuse alone. Help is available. Hope is possible. And everyone deserves to feel safe in their own home.

Porsche Moore, CRPA, CASAC, CJSR works with Tioga County Mental Hygiene.

Gather & Give: A Fall Fundraiser & Rural Health Awards Celebration

BINGHAMTON — On Oct. 27, Rural Health Network of SCNY will celebrate its 28th year with Gather & Give: A Fall Fundraiser & Rural Health Awards Celebration. The fundraiser will highlight its mission to advance the health and well-being of rural people and communities. Proceeds

will support Rural Health Network's areas of focus: improving access to health services, education, food, transportation, well-being, and advocacy.

The event will feature cocktail-style appetizers and desserts, a basket auction, and the presentation of the Network's

annual Rural Health Awards.

Our 2026 honorees are:

- Rural Health Champion, DCMO BOCES School Lunch Management
- Rural Health Legacy, Wendy Hitchcock
- Rural Health Leader, Cathy Popp-McKenna
- Rural Health Partner, Glover

er's Transport

- Rural Health Practitioner, Michael Alo

This is the organization's seventh year of presenting Rural Health Awards in the weeks leading up to National Rural Health Day (recognized on the third Thursday of November). Event sponsors

include: Visions Federal Credit Union, Excellus BCBS, Guthrie, NBT Insurance

Agency, United Health Services, GHS Federal Credit Union, Nottingham Financial Group, Nate Rentals, Peoples Security Bank & Trust, Dianne & Jerry Albrecht, Foam It, and more.

Sponsorships are still accepted. More information about sponsorship opportunities and ticket sales can be found here: rhnsny.org. Event Details: Oct. 27, 6 to 8 p.m. at the SUNY Broome Culinary & Event Center, 78 Exchange Street, Binghamton, NY 13901.

Market 32, Price Chopper announce results of spring and summer hunger relief efforts Annual Fill a Glass with Hope/Fill a Plate with Promise campaign raises more than \$53,000 for regional food banks; baseball promotions provide almost 16,000 meals to local communities

SCHENECTADY — In recognition of Hunger Action Month, Market 32 and Price Chopper are proud to

serving their local communities.

"Through our partnership with American Dairy Associ-

change at checkout, resulting in \$53,776 in donations. Market 32 and Price Chopper contributed an additional \$10,000

including milk," said John Chrisman, CEO of American Dairy Association North East. "For more than a decade, we've

At Heritage Financial Park in Wappingers Falls, NY, 100 meals were donated every time the Hudson Valley Renegades

At Frontier League Tri-City Valleycats games, Market 32 and Price Chopper donated