

TIOGA COUNTY COMMUNITY SERVICES BOARD

MH – ASA – OPWDD Subcommittee Meeting

June 2nd, 2026

9:30 a.m.

Via: Hybrid

- **Review and approve May 2026 meeting minutes**
- **Director's Report**
 - **No July Meeting**
- **Clinical Director's Report**
- **ASA Report - Kylie Holochak, Chair**
 - Trinity Report
 - ASAP Coalition Report
 - Coroner/EMS Report
 - Sheriff's Office Report
 - Additional Updates
- **Mental Health Report – Angel Deyo-Cruz, Chair**
 - A New Hope Center Report
 - RSS Report
 - Public Health
 - HeaHea Report
 - Additional Updates
- **OPWDD Report – John Crosby, Chair**
 - DDSR/DDRO Report
 - Achieve Report
 - FSS Report
 - CCO Reports
 - Racker Report
 - Catholic Charities Report
 - Self-Advocacy Report
 - Other Business
- **Additional Group Discussion**
- **Adjournment**

Next meeting: August 4th, 2026

TIOGA COUNTY COMMUNITY SERVICES BOARD

MH – ASA – OPWDD Subcommittee Meeting

Pending Approval

May 5th, 2026

9:30 a.m.

Via: Hybrid

Member	Tina Lounsbury	Colleen Arnold
Attendance:	Anne Seepersaud	Laura Smith
	John Crosby	Karen Warfle
	Renee Nuzak	Shannon Westbrook
	Kristin Russell	Sarah DiNunzio
	Tricia Tomm	Jennifer Payne

Guest Kari Nichols

Attendance:

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

Meeting called to order at: 9:36am

Topic:

Review April 2026 Minutes

- MH Subcommittee – Approved as written
- OPWDD Subcommittee – Approved as written
- ASA Subcommittee – Approved as written

Topic

Director's Report – Sarah Begeal

Discussion:

Updates:

- Local Service Plan
 - Top Needs for OPWDD, MH and ASA Subcommittees
 - Housing
 - Prevention Services
 - Residential Services
 - Transportation
 - Work Force
 - Please email or call Sarah with any further additions or changes
- Mobile Crisis Campaign
 - Katie Mikulski is in meetings with law enforcement, schools, hospitals, and DSS regarding Mobile Crisis Services
- May – Mental Health Awareness Month
 - Article in Pennysaver- attached
- Staff
 - Louise Henley resigned effective 5/15/26
 - MH Intern graduating on 5/7/26

- Kirsten VanSlyke, LMSW starting 5/18/26
- New MH Intern starting on 5/18/26
- Suicide Prevention Grant
 - Requested permission to apply for grant
 - Partnering with Public Health
 - Up to \$ 132,000 over 30 months (state aid)

Informational - Complete

Status:

Clinical Program Director Report – Danielle Fabregas

Topic:

Updates:

Discussion:

- Census
 - ADS
 - 83 Admitted
 - MH
 - 581 Admitted

Status:

Informational - Complete

Topic:

MH Subcommittee – Angel Deyo-Cruz, Chair

Discussion:

A New Hope Center – Sarah DiNunzio

- Rubie Jubilee – 40th Anniversary
 - June 10th, 2026, at the Owego Elks
 - Tickets available on ANHC website
 - Ads for the program book available for purchase- link on site
 - Deadline is 5/15/26
- 2025 Annual Report Completed
 - Averaged 1,200 people per year
 - Domestic violence
 - Sexual violence
 - Youth – Safe Harbors
 - Lengths of stay increased due to housing crisis
 - 2016 average stay – 24 nights
 - 2026 average stay - 60 nights
 - Number of calls
 - 50% of people calling for shelter
 - 61% couldn't be accommodated

Rehabilitation Support Services – Colleen Arnold

- Openings in all housing options
- New supervisor hired
- Social Club attending “Take My Hand” event on 5/17/26

Public Health – Kristin Russell

- Working on Suicide Prevention in the community & schools
- Katie Wait returning in May
- CLYDE data being presented to Mental Health

Hea Hea – Nadia Constant - Not Present

Status: Informational - Complete

Topic: OPWDD Subcommittee – John Crosby

Discussion: DDSO/DDRO Report – Renee Nuzak

- No new updates

Achieve – Shannon Westbrook

- At maximum capacity with wait lists
- Day Hab programs filling up

FFS Report – Gayle Pado - Not Present

CCO Reports

LIFEPlan – Anne Seepersaud

- Community Networking Event June 10th at Doubletree, Binghamton
 - Tina Lounsbury registered
 - Broome – Tioga Employment Center attending
 - A lot of professionals attending
- School Outreach
 - Tioga Central last month

John requested to know how many people leave the school system without being connected to supports. Can schools keep track of who left without the necessary contacts – who has fallen into the cracks? He would like to know if it is a measurable number and then need to know how to fix it.

Prime Care – Tricia Tomm

- 1 new enrollment for Tioga County
- Care Management position filled
- Fully staffed
- Focusing on preventative care
- Also doing program outreach in schools
 - Assessments & form completion to get individuals into services post school

ST Connects – Emily Jackson – not present

Rackers – Gayle Pado – Not present

- May's calendar & events emailed to the subcommittees

Catholic Charities – Jennifer Payne

- Dance June 11th from 4:00 – 7:00pm in Nichols
 - Prom themed
 - Flyer to be sent via email

- Posted on Facebook

Self- Advocate – Karen Warfle

- Advocating for son's services
 - On several wait lists
 - FFS services being received
 - Drawing from the same staff pool for self-direction services
 - Self-direction services are drawn from the same staffing pool

Status: Informational - Complete

Topic: ASA Subcommittee – Kristin Russell for Kylie Holochak, Chair

Discussion: ASAP Coalition – Kristin Russell

- Met with Tioga Central & Spencer VanEtten Schools
- Drug Take Back Day successful
 - 200 pounds of medications
 - 5 large boxes of sharps
- Spencer VanEtten Safety Symposium
 - Kylie presented CLYDE data
- Logic Models
 - Working on models this Thursday & Friday
- Listening Session at the Boys & Girls Club
- Sector Rep meeting at the end of May

CASA Trinity – Laura Smith

- Programs finished at Waverly Schools
- Spencer VanEtten 5th & 6th grade programs done
 - Group started
- “Shawna Has a Secret” & Narcan training at the SVE Safety Symposium
 - A lot of Narcan handed out
- Meeting with Tioga Central School to start Teen Intervene
 - 1 referral received
- Laura moving – Chemung Prevention taking over
 - Trinity downsizing staff to two educators for Tioga County

Tioga County EMS/Coroner Report – Bob Williams – Not Present

Sheriff's Office report – Trevor Yaeger – not present

Certified Recovery Peer Advocate – Porshea Moore

- Porshea Moore has an additional article for the Pennysaver for Mental Health Awareness month - emailing to Sue Graves for submission

Status: Informational - Complete

Adjournment: The meeting adjourned at 10:13am. The next meeting is scheduled for Tuesday, June 2nd, 2026, at 9:30am

May is Mental Health Awareness Month

BY KATIE MIKULSKI
ON BEHALF OF THE TIOGA
COUNTY MENTAL HEALTH
SUBCOMMITTEE

More often than we realize, mental health is one of the most significant challenges facing our county, our country, and communities around the

world. And now we have local data that shows what this looks like right here in Tioga County. Late last year, the Tioga ASAP Coalition completed the CLYDE Survey (Community Level Youth Development Evaluation), which included students in grades

7-12 from every school district in the county. Their responses gave us a clearer understanding of what our young people are experiencing. Here is what we learned: Many of our youth are struggling with their emo-

tional well-being. 35.6% reported feeling depressed most days. 36.7% said they sometimes feel they are "no good at all." And 28.8% shared that they have felt "life isn't worth it at times."

The survey also highlighted several major stressors. More than 47% of students reported stress related to schoolwork and understanding assignments. Bullying, relationship challenges, substance use, and difficulties at home were also contributors to youth distress in Tioga County. So, what do we do when our children are struggling? Tioga County Mental Hygiene provides individual therapy for children, teens,

and families who are struggling along with school-based clinicians available in nearly all our local districts. We also offer 24/7 crisis response services for families, and it's important to know that you do not need to be an existing client to receive crisis support at any time, day or night. Children's SPOA program (Single Point of Access) helps families find the right supports when a child is struggling with serious or ongoing emotional or behavioral

health needs. CSPOA serves as a central hub that guides parents who may feel overwhelmed or unsure where to start, connecting them with services such as care management, in-home and community-based supports, counseling referrals, skill-building programs, and family or youth peer support. Its purpose is to make sure children receive the right help at the right time while ensuring parents don't have to navigate complex systems alone.

As we move forward into the summer months, let's remember that mental health is a shared responsibility rooted in understanding and connection. Every person in Tioga County deserves to know they are supported, valued, and understood. By listening to one another and working together, we can build a community where help is accessible, stigma is reduced, and no one has to face their challenges alone!

For more information on getting help, call Tioga County Mental Hygiene at (607) 687-4000.



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Fourth Annual Fred's Frolic*

sponsored by
Newark Valley Historical Society's
Old Hickory Long Guns Guild
Muzzleloader Shoot!

May 3, 2026

- Open to the public Sunday, 12-2.
 - 9241 State Route 38, Newark Valley, NY 13811
 - Live shooting, knife & tomahawk throwing.
 - Site of two previous National Primitive Rendezvous!
- Register to shoot beginning at 9 AM.
Shoot hours 10 AM-2 PM.



For more info: geraldrhodes@gmail.com

* in honor of Fred Kieckhefer, Sr.



A Bit About Us

It is our purpose to work to further the mission of the Newark Valley Historical Society including to educate, recreate, and demonstrate the period 1740-1840 through attire and traditional blackpowder firearms, customs, and crafts of early America. We shoot every Wednesday May-Oct. We are located across from the historic Bement-Billings Farmstead, one mile north of Newark Valley on Route 38.

"Lucky Group." The lucky didn't actively generate this wealth. Sometimes these people go on to do good things for the community, but for this analysis let's say this isn't the rule but the exception. The public assess-

1961, ideals were being formed and then published by "Socialist, Marxist, Islamist, Communist thinkers," and anyone who disliked (or was afraid of) the Judeo-Christian democratic republic for which my coun-

should be no more than 400 words in length. We reserve the right to edit for length or clarity. "Letters to the Editor" do not necessarily represent the opinions of this publication.

May Is Mental Health Awareness Month: A Time to Talk, Listen, and Support

BY PORSHEA MOORE
 CRPA, ON BEHALF OF THE
 TIOGA COUNTY MENTAL
 HYGIENE/ASA COMMITTEE

Each May, communi-

ties across the country recognize Mental Health Awareness Month, a time dedicated to raising awareness, reducing stigma, and encouraging open conversations about mental well-being. Since its establishment by Mental Health America in 1949, this month has served as a reminder that mental health is just as important as physical health.

Mental health affects how we think, feel, and act. It also influences how we handle stress, relate to others, and make decisions. Yet, despite how common mental health challenges are, many individuals continue to suffer in silence due to fear, stigma, or lack of understanding.

around prevention and wellness. Practicing self-care, maintaining social connections, getting enough sleep, and engaging in physical activity are all important aspects of mental well-being. While these strategies may not replace professional care, they can help support overall mental health.

As we recognize Mental Health Awareness Month this May, let it be a call to action: to speak openly, to listen deeply, and to care for ourselves and one another. Together, we can break the stigma and ensure that no one has to face mental health challenges alone.



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Join us in honoring
Maurice Stoughton
 who will be turning 90 this year.

Date: Sunday, May 31st, 2026
Time: 1 to 3 pm - Open House
Place: Berkshire Fire Meeting Hall
12515 State Route 38, Berkshire, NY
 Linda Stoughton Yetter, Joan Stoughton Smith
 Emily Stoughton Olney, Tim Stoughton

No Gifts Please, your presence is gift enough.
 If you can't come on May 31st, please consider sending a card for Dad's birthday which is June 30th.

Conditions such as anxiety, depression, and substance use disorders impact people of all ages, backgrounds, and walks of life.

The good news is that help and support is available—and manageable. Seeking support is a sign of strength, not weakness. Talking with a trusted friend, family member, or professional can be a powerful first step. Counseling, peer support, and community-based services offer pathways to healing and growth. Early intervention can make a significant difference and improve long-term outcomes.

Mental Health Awareness Month also highlights the importance of creating supportive environments at home, in schools, and in the workplace. Simple actions—like checking in on someone, listening without judgment, or learning the signs of distress—can make a meaningful impact. When communities come together to support one another, we build resilience and foster a culture of compassion.

American Legion Auxiliary,
Post 401, is hosting a
MEATLOAF DINNER
Saturday, May 21 from 5pm-7 pm
263 FRONT ST. OWEGO, NY



\$15 a plate - Eat in or take out
 Meal includes meatloaf with gravy, green beans, mashed potatoes and cookies for dessert

Proceeds go to the Auxiliary for veterans, their families and the community.