



Tompkins County
COMMUNITY MENTAL HEALTH SERVICES BOARD

Tompkins County Whole Health
201 East Green Street
Ithaca, New York 14850-5635

Ellice Switzer, Chair

Jan Lynch, Vice Chair

Frank Kruppa; Commissioner

Harmony Ayers-Friedlander,
Deputy Commissioner/Director of Community Services

Larry Roberts, Chair,
Mental Health Subcommittee

James Beaumont and Jeff Boles, Co-Chairs
Developmental Disabilities Subcommittee

Marley Brooks and Jacob Parker Carver , Co-Chairs,
Substance Use Subcommittee

Tompkins County Community Mental Health Services Board
201 East Green Street, Ithaca NY 14850
Monday, July 10, 2023, 5:30 p.m. Meeting Minutes

Approved 9.11.2023

<https://www.youtube.com/channel/UCkpJNVbpLLbEbhoDbTIEgSQ>

Present: Mary Hutchens; Sheila McEnery; Dr. Auguste Duplan; Stu Bergman; Travis Winter; Sally McConnell-Ginet; Larry Roberts; and Jessica Conner, Psyd.

Excused Ellice Switzer; and Jan Lynch

Unexcused: Sullymar Pena Vazquez

Legislature: Randy Brown

Guests: Marley Brooks

Staff: Frank Kruppa, Commissioner; Harmony Ayers-Friedlander, DCS; and Karan Palazzo, LGU Administrative Assistant

The meeting was called to order at 5:30 p.m. by Ms. Hutchens. Introductions were made. Ms. McEnery moved to approve the April, May, and June 2023 minutes; second by Dr. Duplan; and all were in favor.

Privilege of the Floor & Announcements: Substance Use (SU) Subcommittee Co-Chair, Marley Brooks introduced herself to the CSB and reported that Co-Chair Jacob Parker Carver could not attend due to a birth in the family. Ms. Brooks said she and Mr. Parker Carver are excited to co-chair the SU Subcommittee and look forward to strengthening the SU subcommittee by bringing in more community members and agency representatives and working with the CSB to achieve goals.

Commissioner's Report: Mr. Kruppa acknowledged that today's meeting is being held in the Pyramid Room due to an HVAC system being installed on the 6th floor of the Mental Health Building.

Opioid Settlement Funds – The County received 16 applications in the grant application process which the Opioid Taskforce is currently reviewing. The Opioid Taskforce will submit its recommendations for the allocation of funds to the Legislature at the end of July. He explained that there were four three-year \$165,000 grant awards and four one-time \$10,000 grant awards. Some applicant proposals included components of public education and awareness.

Homeless Services Coordinator – Mr. Kruppa announced that Tammy Baker was hired for the position of Homeless Services Coordinator in Tompkins County and believes she is focused on the encampments and how to address those in the community.

Deputy Commissioner's Review of the 2023 Local Services Plan (LSP): Ms. Ayers-Friedlander said the Tompkins County Community Services Board is responsible for developing and approving the local services plan for mental hygiene services and advocating for services in Tompkins County. Each county in New York State is required to have a Local Services Plan (LSP) for mental hygiene services.

The Local Services Planning process will move from a one-year plan to a four-year plan starting in 2024 with expected yearly reviews. Tompkins County's LSP for 2024-2027 will set goals and objectives to better meet community needs and improve equity over the next four years. Our plan along with those from other NYS counties will identify common priority areas for future state and local support.

She shared her PowerPoint presentation for the review and referred to the emailed documents of the 2023 Local Services Plan.

The State's plan is inclusive of OPWDD, OMH, and OASAS. The State's priorities and goals are included in Tompkins County Local Services Plan.

STATE-IDENTIFIED TOP NEEDS ACROSS ALL LGUs

- Housing
- Workforce Recruitment and Recruitment
- Crisis Services
- Cross-System Services (new category)
- Non-Clinical Supports (ACES and Transition Age Youth Needs are now two separate categories)
- Transportation

OASAS PLANNING PRIORITIES

- Housing
- Workforce – Paid internships
- Crisis Services – Cayuga Medical Center applied but did not receive the RFP which would have provided capital for startup and operational costs for an intensive and supportive crisis stabilization center.
- Cross-System Services (new category)

OMH PLANNING PRIORITIES

- Housing
- Crisis Services – Build 12 new Comprehensive Psychiatric Emergency Programs (CPEP), 42 additional crisis support teams with a total of 150 beds (mostly in NYC)
- Increase the Number of Hospital Beds in State Psychiatric Hospitals
- Children's Services – Children's ACT is now in Tompkins County and Racker has applied for a grant for enhanced home-based crisis intervention services for children

OMH held Youth Mental Health Listening Sessions across the State and she referred to the emailed documents with all the details. She noted that the rates of suicide among youth/young adults, and the homicide rates drastically increased. There are also concerns about social media and the crisis of racism.

OPWDD STRATEGIC PLANNING PRIORITIES

- Improve IT, staffing, and collaboration of services
- Improve services; easier rules and regulations; and look for new ways to support people
- Improve person-centered supports

Tompkins County Whole Health asked community members, agency providers, and board members to participate in a needs assessment survey to help set the right path for mental hygiene services including mental health, substance use, and intellectual/developmental disabilities. 163 Community Members, 106 Agency Providers, and 10 Board Members completed the survey.

Tompkins County 2023 Local Services Plan: Ms. Ayers-Friedlander gave a brief overview of the 2023 Local Services Plan that was handed out. She said the goal areas remained the same as the current year's plan but, as anticipated, many agencies fell short of meeting outcome measures due largely to the workforce shortage impacting access to care.

The Seven Goal Areas:

- Workforce Shortage - Support the implementation of recruitment/retention strategies as a community. The plan is about finding out how dire is workforce shortage and how much of a problem it is, and how that impacts access to care. By acquiring more information from the agencies to advocate for more supportive funding.
- Housing - Promote housing that increases the availability of affordable, emergency, and supportive housing that best meets the needs of individuals who require intensive, specialized community-based interventions for stabilization and recovery across the mental hygiene system. Access to housing for those with mental health issues and/or substance use services, or both, is challenging. We need to figure out how many people with serious mental health problems/substance use problems (or both) are unhoused. Because the State asked for a list of non-licensed programs that provide substance use-related housing, she believes that the opioid dollars may play a part.
- Crisis Services – A complex issue with people needing different kinds of comprehensive crisis response, including a crisis stabilization center, mobile crisis response; and improved communication between law enforcement and those who experience a mental health crisis.
- Cross-System Services - Improve access to care across the mental hygiene system; improve public awareness of available services across systems; remove barriers to access services across systems; improve coordination of services across the mental hygiene system; and use opioid overdose data to guide interventions across the mental hygiene system. People need services that cross different systems. The opioid epidemic crosses all systems, OMH, OPWDD, and OASAS.
- Non-Clinical Supports – Recognize the importance of addressing social determinants of health to promote wellness and recovery and improved overall health; identify healthcare access barriers for Medicaid recipients receiving mental hygiene services; improve access to quality mental hygiene services for minoritized populations; improve health equity in the mental hygiene system; and support greater awareness and utilization of peer support services.
- Adverse Childhood Experiences (ACE) – Build resilience in youth and adults impacted by childhood trauma; promote greater awareness of the impact of ACES in the lives of adults and children; ensure adequate supports are available for youth especially as they transition to adulthood across the mental hygiene system.

Many responders identified gambling as a major problem and more awareness may need to be addressed. Problem gambling affects the whole family and needs to be addressed comprehensively.

- Transition Age Youth Services – Ensure adequate supports are available for youth especially as they transition to adulthood across the mental hygiene system. Provide a seamless transition to adult services for youth receiving OPWDD services; improve access to mental health services for youth including transition-age youth; and ensure the availability of effective substance use prevention services for youth and young adults.

Collaborative Solutions Network is doing a lot to address the needs of children across both prevention and higher intensity levels of need as well as improving communication of how the community can access all the services. The rate of substance use among adolescents has increased by 61% nationally for eighth graders from 2016 to 2020 and more is needed to ensure robust prevention programs and early intervention supports for youth.

Ms. Ayers-Friedlander said that an area of concern to keep in mind is the aging population with serious mental illness in housing programs. There seem to be rules for nursing homes around limiting psychotropic medications.

Mr. Kruppa thanked Ms. Ayers-Friedlander for her great work on the Local Services Plan. He announced that Genoa Pharmacy, which is focused on those with mental health issues, is soon to open with Nicola Pagano as the pharmacist (formerly with Green Street Pharmacy). A new medical director is being recruited offering a competitive salary of \$299k.

Mr. Roberts motioned to adjourn the meeting at 6:43 p.m., seconded by Mr. Bergman.



**The Next Community Mental Health Services Board Meeting is
Monday, September 11, 2023, at 5:30 pm.**