

# Cayuga County Community Services Board

Theresa Humennyj, Chair

146 North Street, Auburn, NY 13021-1831  
Phone: (315) 253-0341/Fax: (315) 253-1687

## Mental Health Subcommittee April 21, 2022

**Members Present:** Theresa Humennyj (Chair); Christine Bianco (arrived after meeting called to order); Beth Dishaw; Jean Petrosino-Winne; Diane Schenck (arrived after meeting called to order); Katie Stott-Dennis (left at 12:47pm); Elizabeth Vuillemot

**Members Excused:** None

**Members Absent:** None

**Staff/Guests:** Elizabeth Burke, Deputy Director, CCCMHC; Becky Waldron, Cayuga Counseling; Amy Sargent and Cameron Farash, Liberty Resources; Monika Salvage, Project Director, HEALing Communities Study; Timothy Donovan, Cayuga County Mental Health Recovery Advocate; Aaron Pascale, Hillside; Lauren Klemanski, Helio Health; Nyka Phelps, PROS

- I. Theresa called the meeting to order at 12:01pm.
- II. Draft minutes of the March meeting were emailed to members. Monika Salvage proposed the following change to the minutes in section VI from Liz Burke's Local Services Plan update:
  - a. Redact: make mobile crisis more accessible to the public with a direct phone number; Healing Communities has provided additional funding so peer services can be integrated into Liberty's mobile crisis response.
  - b. Replace With: The HEALing Communities Study has provided funding to expand mobile crisis services to include substance use disorder calls, make the service available to the public with a direct phone number, and promote it through a public information campaign.

On a motion by Jean, seconded by Elizabeth, this change was approved.

On a motion by Jean, seconded by Elizabeth, the March 17, 2022 meeting minutes were approved with above change; motion carried.

III. **Public to be Heard** – None this month. Theresa encouraged members and agencies to invite members of the public.

IV. **Director's Report** – Lauren Walsh is currently at her first mental hygiene conference in Saratoga. Waiting for Legislature to approve funding for CCCMHC to provide mobile crisis services during the day. Meeting with City to see if they'd be willing to pitch in funding for the project. 74 crisis appointments in the last month. OMH's goal is for 24/7 mobile crisis in every county by 2024. Started iPad program to interface with law enforcement for telehealth crisis intervention; no calls yet, law enforcement may need more training or time to get things going on their end. Applied for and received a \$30,000 DCJS grant: partnering with rural schools to provide DBT (dialectical behavioral therapy) to middle- and high-school age children within the school curriculum. Moravia and Union Springs have expressed interest so far. Applied for a 4-year SAMHSA grant which will be used to explore DBT in schools through the county, therapists in rural schools for individual DBT as well as provide skills groups in a comprehensive DBT model. Fourteen therapists at CCCMHC have been intensively trained in DBT; have seen a big difference with the children who have worked with the model. Introducing the same model to adults with substance abuse addiction. Katie advocated for teachers to be trained in DBT because their students already have a relationship with them. Liz B said that anyone can participate in the training if the grant is approved, including teachers, and would love to see more teachers being trained. More information will be forthcoming. Theresa asked about satellite offices at senior citizen housing, which is something that was discussed in the past; not at this time. 184 admissions last month which is

40 more than average number. Continue to offer open access Monday through Friday 8:30am-3:30pm. Neighboring counties have closed open access and have been keeping waitlists; open access is a very important priority to CCCMHC. Timothy advocated for peer advocate training and suggested scholarships would help remove a barrier.

V. **Local Services Plan** – Will be arranging separate meetings to organize and brainstorm for next year's LSP. State hasn't said anything about next year's plan yet, but Theresa and Liz B think the discussion should begin now. Theresa encouraged more people to attend these separate meetings to be involved in the steering of the LSP. She also said it would be great if there was community feedback.

VI. **Mental Health Task Force** – Have been meeting every two weeks. May 6 is the Walk-Out for Mental Health Appreciation. Lauren Walsh will be speaking at this event and free bag lunches will be provided by Downtown Deli. Theresa and Timothy have been passing out flyers to downtown businesses and encouraging them to participate. Three libraries (Seymour, Aurora, and Port Byron) are participating in Mental Health Appreciation Month. NAMI donated mental health-themed backpacks which will be available at the libraries. On May 25 YMCA and MHTF will host a mental wellness night. Still in development and if you want to participate, please let Theresa know. The Equal Rights Heritage Center will accept any and all mental health pamphlets/information. Proclamation to be presented at the Legislative meeting. There will be a float in the Memorial Day parade. Mental Health Awareness article by Timothy to be published on May 3. More articles from other contributors to come throughout May. Banner for Mental Health Awareness will be raised outside Hunter's Diner.

VII. **Agency Reports** – (reports received prior to this meeting have been reviewed by members)

- a. Behavioral Health Unit – Not discussed.
- b. Cayuga Counseling Services – Not discussed.
- c. Contact Community Services – Not discussed.
- d. Hillside – Not discussed.
- e. Liberty Resources – Not discussed.
- f. PROS/Unity House – Nyka shared the following in chat: PROS is now accepting referrals and have openings with our newest staff member. We serve Cayuga, Seneca, Wayne and Oswego counties. Please let Nyka know if you need their referral documents.

VIII. **Old Business** – Reviewing reporting template in addition to who is required to report/who is encouraged to report is still on the to-do agenda for CSB. This will stay as a topic for old business.

IX. **New Business** – Theresa needs someone to volunteer to be the new Mental Health Subcommittee Chair. She can no longer be the Chair due to being the chair of CSB. Timothy suggested rotating who chairs on a month-by-month basis. Theresa asked Kelsey to add this as a topic of discussion early on the agenda next month.

X. **Announcements** – None discussed.

XI. **Adjournment** – On a motion by Beth, seconded by Diane, the meeting adjourned at 1:00pm; motion carried.

Respectfully submitted,



Kelsey R. Marquart, Senior Typist