

Collaborative Solutions Network General Meeting

September 20, 2016

9-10:30am

Cornell Cooperative Extension

In Attendance: Serena Ward, Malinda Rees, Jake Parker Carver, Ted Schiele, Jaydn McCune, Tessa Friedeborn, Alexandra Tharp, Hannah Mack, Paul Fairbanks, Tina Hallock, Jeff Dunlap, John Mazzello, Wendy Gutman, James Burnham, Amy Jo DeKoeyer, Kelsey Rossbach, Beverly Chin, Melanie Little, Andrea Champlin, Lori Drake, Jasmine Pontillo, Sally Manning, Elizabeth Wolfe, Christine Barksdale, Barb Place

Intros: Everyone introduced themselves and talked about someone they were thinking of and what brings them to the table. Jake read the CSN Promise aloud.

Discussion: Ted Schiele from the Tompkins County Health Department and Bev Chin from the Human Services Coalition shared information about the Community Health Improvement Program (CHIP). This is a report required by the state. One of the areas of need that has risen to the top is the promotion of mental health and the prevention of substance abuse. They are feeling a little stuck with the mental health piece and would like to consult with agencies, providers and consumers. They are looking for specific activities to include in the report. For example, they could suggest that more people are trained to facilitate CARE Team meetings or increase the Mental Health First Aid Training to more rural communities and communities of color. The hope is to use the CSN as a touchstone which will include continuous conversations to understand what is really needed. They will be drafting a plan which needs to be approved by multiple agencies and the state.

Courageous Conversation: In what ways is Tompkins County most in need? The following is a summary of key points that were discussed.

- TC has a major drug problem both in and out of the jail. Drugs can be an ever bigger temptation within jail.
- There are very limited mental health supports for children 0-5. There is a lack of people providing support. This is needed to prevent bigger mental health issues and we need to meet families where they are (at home).
- The emergency room is very ineffective for emergency mental health care. The hospital resources are limited. Other communities have walk-in centers or mental health "living rooms". The police are taken out of the equation and there is less focus on diagnosis and more focus on the current crisis.
- All people in TC should be signed up to be organ donors.
- Receiving an initial diagnosis for a youth can be very challenging. There are few local resources. Seneca County is using telemedicine to help solve this problem.
- Most people are not looking for resources until they are in a crisis. It's very hard to do research in the midst of everything. CARE Team Meetings may be a game-changer in that you don't have to be in crisis to access.

- Challenging to get places. People need a therapist to come to them.
- There is a lack of access to effective counseling for teens (specifically 16-21). "Good" therapists are not necessarily taking Medicaid. Could the Health Alliance help? Also there is not enough recognition of a whole-family approach.
- Mental Health First Aid Training has not had much participation from non-agency people. There is a limited amount of scholarship money available.

Announcements:

A survey will be sent out to CSN members regarding the time and place of future meetings.

The last strategic planning session was 3-4 years ago and we are now completing our final project. Do we need to do this again? This will be discussed in the HUB.

2-4 new members are needed for the HUB. This is not a leadership group, but rather a way to keep us focused. Talk to Jaydn, Jake or Paul if you're interested.

September 25th, 3:45 Suicide Prevention and Crisis Service is hosting a community memorial event. In Memory: Honoring Our Grief, First Baptist Church, Ithaca.

September 28th, 9:30-11 Family and Children's will be hosting a Kinship Care Update with Rachel Dunifon. September is Kinship Caregiver Month.

October 6th, 5:30-7 The first SEPTA (Special Education PTA) meeting of the year will be held at FLIC.

October 11th Thriving with Your Spirited Child classes will begin at Groton Elementary School.

October 24th, 12-2 MHA will have their annual open house.

October 25th, 7-9 MHA and Suicide Prevention are hosting a Community Conversation: A Culture of Wellness at TCPL.

November 2nd, Cornell Cooperative Extension will be holding a 2-day training to learn to facilitate the PS: It Works! Parenting series.

Suicide Prevention and Crisis Service is rolling out crisis support via text message. The service will be available Monday through Friday 6-9pm and they are hoping to expand.

Family and Children's is launching a program for home-based care and therapy for youth (K-12). They will take in to consideration the ability of the family to access services. Families can access this through the intake department and should ask specifically for Home-Based Care.

The MHA has been holding WRAP session in the jails since April. These have been well received and they will be expanding to twice a week.

There is an opening in Tioga County for an ICM (Intensive Case Manager) and an opening is anticipated for Tompkins County in the spring. Applicants should have a Bachelor's Degree and 2 years of experience in Mental Health. If interested, contact Paul Fairbanks at 607-227-6676 or Human Resources at 607-737-4726.

Franziska Racker Centers is taking over ICM services for the Mental Health Clinic. Lori Drake will be taking on the ICM cases.