

CSN Strategic Planning Meeting

January 27, 2017

TST BOCES Building A

In Attendance: Alexandra Tharp, Serena Ward, Kris Bennett, Karen Kiechle, Paul Fairbanks, Judy Hoffman, Sally Ryan, Celia Clement, Debbie Thomas, Jobe Zulu, John Mazzello, Jeff Dunlap, Chris Bobrowich, Amy Jo DeKoeper, Tommy Miller, Bev Chin, Pat Vincent, Jake Parker Carver, Jennifer Gray, Marguerite Uphoff, Jaydn McCune

Following brief introductions and an ice breaker, attendees broke into small groups to identify areas of focus and concern for our community. The following were the areas identified:

- No mental health hospitalization for children
- No support for young adults with Autism; especially socialization
- Education around social media/internet
- Insufficient quality low income housing
- Lack of daycare
- Not enough therapists
- Lack of transportation to services
- Parental substance abuse
- Increase in drug addicted mothers and lack of support
- Lack of support for rural families
- Mental health education
- Destigmatization
- Recreational opportunities
- School avoidance/anxiety
- Mentoring
- Insurance barriers
- Lack of family voice in community and systems
- Stigmatization in workplace and community
- Undetected mental health issues in students
- Cultural sensitivity
- Nurturing children toward independence
- Parenting support
- Map out support systems
- Increased collaboration, communication, and coordination among providers and families
- Effect of substance abuse on families
- Effects of trauma
- Isms

Attendees voted on areas of focus. The following were the identified priorities:

- Mapping Systems

- Increased collaboration, communication, and coordination among providers and families
- Parenting support to help nurture children toward independence
- Destigmatization

Breakout session #2 involved a deeper dive into the four identified areas of focus.

Mapping Systems

- Need a technical person
- List being created
- Lots of info exists, needs to be more full
- Where does info get stored?
- How is it seen?
- Care coordination only for high needs
- Do not recreate, connect
- CSN contributes, distributes

Collaboration and Communication

- School
- Providers
- Families
- Stake holders
- Engagement
- Care team expands

Parenting Support/Nurturing Kids Toward Independence

- Expanding on existing programs
- Mentoring for parents/relationship building
- Communicating supports to parents
- Identify existing groups, collaborate
- Collect stats on absenteeism in schools and anxiety

Destigmatization

- Focus on mental health
- Visibility project, ads/banners
- Peer led programs
- Collecting stats, charting results
- PR campaign
- Make it personal and relatable
- Social norming campaign/project
- Ribboning campaign, Mental Health Awareness Month
- Getting into schools, community

- Identifying venues, audience
- Research things that have worked
- Identify/empower peers
- Roleplay micro-aggressions

Working groups will be formed for each of the four areas of focus and all are invited and encouraged to join a group of interest.

Community Announcements

Amy Jo DeKoeyer shared that the Finger Lakes Independence Center would like to make the community aware of their Invisible Disability Support Group. For more information visit fliconline.org.

Jeff Dunlap shared that the Alcohol and Drug Council of Tompkins County has an ongoing teen group. For more info visit alcoholdrugcouncil.org.

Serena Ward shared that the Family Navigators will be launching a book club with a community event on March 9th, "Coffee, Conversation, Connection". Free copies of the book, "Shut Up About Your Perfect Kid" will be available for families who are interested in participating. For more information contact Serena at serenaw@rackercenters.org or 607-592-0486.

Jobe Zulu shared that the College Discovery Program is currently accepting nominations for a new group of 5th graders (incoming 6th grade 2017/18). Community members are encouraged to nominate youth. The College Discovery Program is also looking for volunteer male mentors. Time commitment is around two hours a week and the schedule is flexible.

Tommy Miller shared that he is continuing to facilitate the Fatherhood Initiative at both Catholic Charities and the Community Justice Center.

Community Reads of the New Jim Crow are continuing and the Civic Ensemble is doing skits around incarceration.

Jaydn McCune shared info about the People's State of the Union in which people of all backgrounds are gathering to share stories which will be passed along to the president. The event takes place February 1st at LACS.

Jake Parker Carver shared that support groups at the jail continue to grow and that anyone interested in facilitating a group should contact him.

Evaluation 14 evaluations were completed with all respondents either agreeing or strongly agreeing with the meeting being well planned, organized and facilitated. All but one respondent felt there were clear action steps resulting from the meeting.

Some things I really appreciated about the meeting are... Wide representation from the community, clear agenda, stuck to schedule, opportunity to share concerns, breaking into small groups which helps become more focused, hearing about other agencies and initiatives, meeting new people, the

ability/welcoming feel to share, hearing the priorities and seeing connections, collaborative conversation, efforts to make people feel comfortable, openness of facilitators, best one so far, felt more productive, wish more could be like this if even on a smaller scale, people had the opportunity to share what goals were most important to them and focus on preferred goals, making a plan to connect with others, the input from others.

Some things that concerned me about the meeting include... keeping focused on target goals, that there were people who weren't able to attend, the missing participants from our past CSN meetings, big topics but only so much time to talk about them – would have liked to have been in the conversation for all 3 areas.

Other Comments: Thank you for your continuing community focus on MH collaboration, thank you – wonderful job.