

**CSN General Meeting**

**September 11, 2018**

**9-10:30am**

**Finger Lakes Independence Center**

**In Attendance:** Serena Ward, Amy Jo DeKooyer, Tamie Pushlar, Margie Shaw, Rachael Sutherland, Brenden Christiensen, Cathy Sinnott, Beverly Chin, Margo Polikoff, Nora Rucker, Robin Pape, Jaydn McCune

**Update on Be the One:**

An Office of Mental Health de-stigmatization grant was received and a widespread social media/social awareness campaign is being planned. The hope is to target schools, faith communities and select community organizations in the first year. The grant money will be handled by Suicide Prevention and Crisis Services. 75% of the money will be received upfront and the final 25% will be received upon completion of the work. Hoping to get the message out to people who haven't heard it. It will require a lot of projects to complete the work. A planning meeting will be held on Monday, September 17 from 2:30-4 at Cornell Cooperative Extension.

**Community Updates/Announcements:**

Cathy Sinnott announced that she is stepping down from her position within the Ithaca City School District. There was a significant administrative shake-up within ICSD over the summer. Jaydn and the Expanding Possibilities team will continue working with the schools. The Mental Health education curriculum plans are currently in a holding pattern with plans for Lisa Rieger to take over this.

The Human Services Coalition will be hosting a "High-ding Spots" presentation during the HSC forum at the Tompkins County Public Library. Wednesday, September 12, 9-10:30am. This is an interactive program that helps people, especially parents and guardians, recognize alcohol and drug references, language, and stashing products. Jeff Dunlap can bring this presentation to any organization.

Margo Polikoff from Children with Special Health Care Needs shared information about what is offered through her program. She can do some short-term care management. The hope is to identify barriers and break them down. Serving children birth to age 23 with developmental, medical, physical or behavioral needs. Anyone can call and refer. Margo would like to connect with school districts and nurses/social workers. Margo can be called directly at 274-6645.

Tamie Pushlar shared information about a school avoidance program that is in the works. Will assess and work with both students and schools. The plan is to do some skill building and

problem solving and hope to codify some kind of helpful program. Identified student simply needs to have trouble going to school, but the hope is to catch them early before they've missed three weeks.

On October 11<sup>th</sup>, there will be a summit about responding to students in crisis. It will take place at Racker (Wilkins Rd) from 9-11am. A panel of stakeholders including parents, students, police, ambulance, mobile crisis, etc. Will share their experiences. This will be focused on schools and it would be ideal to have a team from each school. School personnel can learn about resources and be able to create a protocol for crisis situations. Individuals can register with Tamie Pushlar.

Amy Jo DeKooyer shared that she offers student transition services through FLIC. She can support students in decision making, mock job interviews and understanding learning styles. She can also support parents in understanding the IEP process.

Margie Shaw spoke about her role as Educator for Inclusion. Last year she was tasked with looking at students moving toward greater independence such as college or work. The district has been working with one-on-one aides to help move students toward independence by creating a "Inclusive Independence Plan". The goal is to move all students to inclusion. Additionally, she has been looking at various challenge areas and addressing them and identifying what is working.

Jaydn shared about a NYS System of Care Expansion Grant which will be focusing on wraparound. Tompkins County is sending a team to the SOC conference in Albany at the end of September to look specifically at youth transition.

Jaydn is also part of a NYS Trauma-Informed Care group which is looking at what is and isn't working across the state.

Lots of volunteers are still needed for the Stewart Park playground build.

There will be a Rural Health Network meeting at Greek Peak on September 27<sup>th</sup> and 28<sup>th</sup>. There is a pre-conference session about trauma-informed care.

The Suicide Prevention walk is coming up and there is a Suicide Prevention conference in Albany next week.

There will be a W.R.A.P. teen group starting September 26<sup>th</sup> at the Mental Health Association. It will be for ages 13-18 and meet for 12 weeks on Wednesdays from 4:30-6:30. Advance registration is required. For more information, contact Melanie Little at the MHA.

Ithaca City School District is putting together plans for building renovations as part of the Capitol Improvement. Can we reconfigure the schools to create a more cohesive student body? Community schools?

**Next Meeting:** November 13<sup>th</sup> at FLIC from 9-10:30. Bev Chin will facilitate.