

**TIOGA COUNTY COMMUNITY SERVICES BOARD
MENTAL HEALTH SUBCOMMITTEE**

February 2nd, 2024

9:00 a.m.

Hybrid

- **Review and approve November 2023 meeting minutes**

- **Director's Report**

- **Other Business**

- **Conferences/Workshops**

Next regular meeting: Friday, March 1st, 2024 at 9:00am

TIOGA COUNTY DEPARTMENT OF MENTAL HYGIENE

**MH SUBCOMMITTEE MEETING
OF THE TIOGA COUNTY COMMUNITY SERVICES BOARD**

Pending Approval

Subcommittee meeting date: November 1st, 2023

Via Hybrid

Member Attendance: Fran Bialy
Tina Lounsbury
Sue Medina
Larissa Brower
Carolyn Galatzan
John Bezirgianian, MD

Guest Attendance:

Mental Hygiene Staff Attendance: Lori Morgan, Director of Community Services
Sarah Begeal, Deputy Director of Community Services
Cathy Healy, Clinical Program Director
Sue Graves (minutes)

Category: Minutes for October 2023 approved as written

Topic: Director's Report – Lori Morgan

Discussion: Updates:

- Fall Conference
 - 730's have increased in every county
 - History discussed
 - Jackson Hearings discussed
 - Individual cannot be hospitalized more than 1/3 of their sentence
 - Most hospitalizations are over 6-months
 - Talking with Peter DeWind to meet with all the County judges to show them what other options are available (outpatient treatment instead)
 - Mental Hygiene has found the funding through vacancies this year
 - Currently have two individuals in Criminal Psych hospitals
 - Approximately ten 730's have been done this year

- **Waverly Site**
 - Hunt's estimate came back significantly higher than what was expected
- **Mobile Crisis**
 - Plan to OMH by December
 - Proposing a pilot program
 - Monday – Friday 9:00am-5:00pm
 - Would need an employee, peer, and a vehicle
 - Co-mingle with current services
 - Looking at the numbers – program not sustainable
 - Tompkins County's program discussed briefly
- **SPOA/Corporate Compliance Position**
 - Angelica Deyo-Cruz will be starting on 11/20/23 once passed through the Legislature
 - Responsibilities reviewed briefly
- **Contracted Employees**
 - Helio contract is finished at the end of the year
 - Fairview has agreed to contract with Tioga County for Dr. Webster & Patricia Zalewski-Gibson, NP
 - All other contracted employees have been converted to county employees
 - Lori will be asking permission from the Legislature to sign the contract with Fairview
- **Hea Hea**
 - OMH doing a recertification visit
 - MH Subcommittee would like an invitation extended to Hea Hea to be part of the Subcommittee
 - Lori to extend invite
- **OASAS**
 - Commissioner contacted Lori to come to Tioga County
 - Listening session open to all non-profits
 - Event will be held in the Hubbard Auditorium
 - Lori will advise all of the date

Status: Informational – Complete

Topic: Deputy Director Report – Sarah Begeal

Discussion: Updates:

- Positions remain open for the Spencer School District
- Transportation meeting on 10/31/23
 - Cab service needs to recertify with Medicaid
 - Tioga Opportunities was recertified

Status: Informational - Complete

Topic: Articles

Discussion: Updates:

- October – Bullying Prevention & Domestic Violence Awareness articles printed in Pennysaver (copies attached)
- November – Holiday Stress – Sue to send
- December – Family Dynamics – Sue Medina
- January - Mental Wellness Month – Carolyn Galatzan
 - Cathy Healy to send Carolyn program curriculum
- February – Eating Disorder Month

Status: Informational – Complete

Topic: Other Business

Discussion: Updates:

- Public Health – Sue Medina
 - Partnership to End Addiction
 - Promoting spike alerts
 - Alerts come thru OD Maps
 - Getting people signed up for text alerts for fatal overdoses (flyer attached)
- Narcan trainings
 - All clients in the MH clinic receive training by clinicians & Narcan kits
 - Security Guards trained
 - PAN boxes available in numerous areas throughout the county
 - All RSS staff trained
- A New Hope Center – Fran Bialy
 - Super Smash event went well – 20 young people
 - Did Purple Day for Domestic Violence Awareness
- Conference has a newsletter
 - Porshea in video
 - Sarah to share link with subcommittee
 - Also, on Facebook
- Next meeting discussion
 - Meeting in December
 - Cancelling January 2024 meeting

Status: Informational - Complete

Adjournment: There being no further business, the meeting adjourned at 10:05am

DRAFT

12-3-23

Guest Editorial: Holiday Blues

BY TINA LOUNSBURY
Toga County Department of
Social Services on behalf of
Toga County Mental Health
Subcommittee

stressed out. Holidays force people together in ways they don't usually interact and families / friends can be the greatest source of joy and the greatest source of misery often both at the same time.

While they may be intense and unsettling, holiday blues are usually short-lived, last-

ing a few days to a few weeks prior to or just after the holidays. There are many causes for holiday blues and they bring with them an increased risk of a number of mental health problems including depression, anxiety and even suicide attempts.

The good news is holiday blues usually subside after

the holiday season is over and daily routines are resumed.

Tips to prevent holiday stress and depression: Realize you can't "do it all" and may need help to prioritize. Let go of unrealistic expectations. Learn to say "no" before you become overwhelmed or give others a

chance to help out and lighten the load for you.

Budget both time and money wisely - focus more on spending time together and building memories vs. buying lavish gifts.

Acknowledge your feelings - it's okay to feel sadness and grief if you have recently lost a loved one.

Reach out for support and companionship at work, your community, and church. Build new connections and strengthen bonds with old friends.

Plan ahead for baking, shopping, and visiting so you aren't scrambling at the last minute to get everything done.

Don't abandon healthy habits. Continue to get plenty of sleep and physical activity and avoid overindulging on the snacks or alcohol.

Make time for real fun - include time for things you like to do and remember everyone needs some down time.

Don't let the holidays become something you dread. Instead take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you can find peace and joy during the holidays.

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, and/or feeling irritable and hopeless. If these feelings persist, talk to your doctor or a mental health professional.

ON
OWEGO, NY 13827

Blue Christmas

THE LONGEST NIGHT
DECEMBER 21ST 0P

A SERVICE OF REFLECTION AND PRAYER FOR THOSE WHO ARE GRIEVING, SAD, OR LONELY THIS SEASON.

- HOME
- NEWS
- READER'S COLUMN
- WHAT'S HAPPENING
- EDITORIAL
- ARTS & LIVING
- CONTACT

WHATS NEW

JANUARY 24, 2024 | OWEGO POLICE DEPARTMENT REPORT

HOME

EDITORIAL

Guest Editorial: Holidays, Family Stress, and Estrangement



POSTED BY: PSADVERT DECEMBER 20, 2023

The holiday season can be a joyous and festive time for many, but for others, it can be a stressful and emotionally charged period. While the holidays are often viewed as a time to connect and celebrate with family members, they can also be a time of tension and estrangement.

Family estrangement is a complex issue that can be caused by various factors, including unresolved conflicts, family dynamics, and personal differences. The stress of the holiday season can exacerbate these issues, leading to heightened emotions and strained relationships.

It's important to acknowledge that not everyone has a positive relationship with his or her family, and that's okay. For those who have chosen to distance themselves from their family or have experienced estrangement, the holidays can be a difficult time.

Additionally, the pressure to have a perfect holiday experience can also contribute to family stress. The expectations placed on individuals to create the perfect meal, decorate their homes, and buy the perfect gifts can be overwhelming. This pressure can lead to financial strain, exhaustion, and feelings of inadequacy.

If you are experiencing family stressors during the holidays, know that you are not alone. Remember to care for yourself and communicate your needs with your loved ones. The holidays can be a time of joy and connection, but it's okay if it doesn't look like a picture-perfect Hallmark movie.

Here are some tips for managing holiday family stress:

Set realistic expectations: Don't put too much pressure on yourself or your family to have the "perfect" holiday. Remember that the holidays are about spending time with loved ones, not about creating the perfect experience.

Communicate your needs: if you're feeling stressed or overwhelmed, communicate your needs with someone close to you. Let them know what you need in order to feel comfortable and happy during the holiday season.

Have scripted responses and conversation starters to keep conversations positive and light. You probably already know what topics will spur upsetting comments. Be

prepared with a few responses and know that you can kindly dismiss yourself from the conversation.

Take breaks: Don't be afraid to take breaks during family gatherings. Take a walk, read a book, or do something that makes you happy.

Practice self-care: Make sure to take care of yourself during the holiday season. This means getting enough rest, eating healthy, and doing activities that make you happy.

Seek support: If you're dealing with family stress that is causing you emotional distress, seek support from friends, a mental health professional, or a support group.

Remember, the holidays are meant to be a time of joy and connection, so don't let family stress ruin your holiday season.

Stay Safe. Stay Healthy. Stay Informed.

The Owego Pennysaver • 607-687-2434 • www.owegopennysaver.com

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ON "GUEST EDITORIAL: HOLIDAYS, FAMILY STRESS, AND ESTRANGEMENT"

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