

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 Medica
 - 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

Guest Editorial: October is Domestic Violence Awareness Month

BY FRANCIS J. BUALY
Executive Director of A New Hope Center

her life whenever he isn't accompanying her.

These are all the classic signs of abuse. And yet, I know that there is so much more that this woman endures outside of what they have seen with their own eyes; parts of the abuse that she is unable to express. Parts of the abuse that she doesn't even realize is abuse anymore, because it has occurred for so much longer. Parts of the abuse that she now feels that she could tolerate, if only he wouldn't do "X", or wouldn't do "X" in front of the kids.

I know that this mystery woman that the other women in the salon are talking about is the same woman that she is talking about. I know that this woman that the other women in the salon are talking about is the same woman that she is talking about. I know that this woman that the other women in the salon are talking about is the same woman that she is talking about.

I know that this woman that the other women in the salon are talking about is the same woman that she is talking about. I know that this woman that the other women in the salon are talking about is the same woman that she is talking about.

about feels humiliated by what she knows is apparent to everyone else. She knows that she is talked about, and she knows that people think she should "just leave".

I also know that she feels like she can't leave. For so many women they don't have the support that it would take to leave. They don't have a place to stay, and they don't have the money to support themselves without their partner. Shelters like A New Hope Center do exist, but often the shelters are full. Sometimes women would have to travel out of the county, and sometimes across the state to find shel-

ter, and many don't want to uproot their children (many of whom would already be extremely resistant to staying in a shelter). Not to mention that asking for help on its own is frightening, let alone the fear of upending your life to move to an unknown shelter with unknown people.

There's also the fear of what he will do if she leaves. Will he make egregious lies about her in court and take her children away from her? Will he hurt her dogs? Will he find her and kill her?

Other people don't understand that this woman, despite the pain, degradation, and humiliation that she suffers by this man, still loves him. And she has deep shame surrounding that. She doesn't understand why her heart continues to be drawn to someone who does awful things to her; only that it does.

So often, women only realize once they have finally gotten out of the

abuse and stayed out for a year or more that they are so much happier than they ever could have been with their abuser. An abuser has "pull" on the survivor. Aside from her love for him, there are ties that are hard to break. Even if she doesn't have fear of repercussions for leaving (and many women do), she may love his family, or fear the breakdown of friendships that they have together. She may not be able to survive financially, or have any place to go. She may worry about him pitting their children against her during visitations.

Sometimes, she loves the man that he used to be, or can be when he's not being abusive, and the signals are confusing. It's not as simple as "just leaving". As a counselor / advocate at A New Hope Center, I have seen this story mirrored in the faces of hundreds of women. Some are stories of verbal abuse (but he's never hit me), some with financial abuse (I'm

not allowed to know how much is in the bank account), and some with full on sexual assault (my mom says that all men do that to their girlfriends, and we just have to deal with it). Each of these scenarios displays different types of abuse, and not one of them is the fault of the survivor.

As the conversation between the women wanes, I take a deep breath and let them know that their friend can contact me for help. If she wants to leave, we can work on that. If she wants to stay, we can talk about the safest way that she can stay. We can safely plan or discuss filing for custody or even file for an order of protection. If all their friend wants to do is talk in a safe space, I can do that, too.

October is Domestic Violence Awareness Month. If you or a loved one is struggling with domestic violence, free, confidential and local help is available. Call (807) 687-6866

BUSINESS DIRECTORY

Brush hogging,
Stone Work, Gravel
Driveway Repair and
Handyman Services
Doorknobs to
Rooftops.

EXCAVATION CONTRACTING
DYER'S DIRT
WORKS LLC
All Types Of Digging & Grading
Grand Driveways • Foundations
Paving • Back Fills • Etc.

SINGLE CH 7
BANKRUPTCY
\$1500.00, Call Mark Gugino
144 Bald Hill Road Derby,
NY 807-319-0766. Auto
Accident Injury Divorce

Guest Editorial: October is Bullying Prevention Month

CONTRIBUTED BY
TIOGA COUNTY'S
DEPARTMENT OF
MENTAL HYGIENE

Whether your child is experiencing bullying or not, have the conversation. After all, almost half of all people report having been bullied at some point in their lives. Having a strategy in place makes sense. These five things shouldn't be the end of the discussion. Make sure to listen to your child's ideas, too.

#1 You're Not the Problem

Don't let someone picking on you make you think something's wrong with you or that it's your fault. Most bullies have been bullied themselves, or they suffer from insecurity, jealousy, prejudice, or abuse at home. It's important to understand that you are not the problem when you are being bullied. The bully often has underlying reasons for acting the way they do that have nothing to do with you.

#2 You Can Take Away the Bully's Power

When bullies see that you're willing to stand up for yourself they tend to back off. If a bully tries to get you to do something you don't want to do, say "no" and walk away. Bullies also want to elicit a reaction. If you don't react, sometimes that's enough to stop their behavior.

#3 Avoid the Bully

Do what you can to avoid a run-in with someone

who is bullying you. Try to anticipate where the bully will be and avoid a confrontation. But don't isolate yourself or stop doing things you enjoy doing. Instead, find a friend to be with you in situations where you may encounter the bully. Strength in numbers can prevent an incident because bullies tend to pick on their victims when they're alone.

#4 Tell an Adult

If you are being bullied it's important to tell an adult, even if you think you can handle it. Less than half of all people who are bullied report it; usually because they are embarrassed.

The Old Coot says, 'Let them eat cake' (or pizza)

BY MERLIN LESSLER

One of the perks of being an Octogenarian is you get to break the rules. If you don't know what an Octogenarian is, Google it, or even better, dust off that old dictionary on the shelf and look it up. While wait-

ressed, afraid, or think that no one will do anything. Sometimes a bully will stop if they know a teacher or parent knows about what they're doing because they fear getting in trouble.

#5 Talk to Someone You Trust

Even if you don't want to tell an adult about what's happening, talk to someone you trust. It's normal to feel stressed, even depressed and anxious in this kind of situation. You should never have to deal with these feelings alone.

Empowering Your Child
In this conversation, 687-8400.

hies every box in Mr. Wizard's FCM&B recommendation - fruit (tomato in the sauce), cereal (the grain in the dough), milk, bread (just more grain), and butter (no butter in the dough, but olive oil, which is better for you). Protein, if you add

My generation was brainwashed by this myth; in the 1980's, Mister Wizard ended his popular Saturday morning TV series

can't see the TV series

BUSINESS DIRECTORY

"Foundation Repair Specialist"
Replace foundations walls under existing homes.
New concrete, foundations, additions, garage slabs.

PJ Excavating
• Septic Systems • Driveway • Land Clearing
• Water Lines

**SINGLE CH.7
BANKRUPTCY**
\$1500.00, Call Mark Gugino
144 Bald Hill Road Derby,

TEXT ENDODNY to 55753

Receive supportive text messages designed to provide overdose alerts in our community, educational information, and life-saving tools!

YOU CAN HELP SAVE LIVES

IN OUR COMMUNITY!

