

TIOGA COUNTY COMMUNITY SERVICES BOARD  
MH – ASA – OPWDD Subcommittee Meeting

Pending Approval

May 5<sup>th</sup>, 2026

9:30 a.m.

Via: Hybrid

Member Attendance: Tina Lounsbury Colleen Arnold  
Anne Seepersaud Laura Smith  
John Crosby Karen Warfle  
Renee Nuzak Shannon Westbrook  
Kristin Russell Sarah DiNunzio  
Tricia Tomm Jennifer Payne

Guest Attendance: Kari Nichols

Mental Hygiene Staff Attendance: Sarah Begeal, Director of Community Services  
Danielle Fabregas, Clinical Program Director  
Angelica Deyo-Cruz, Corporate Compliance Officer/CSPOA  
Porshea Moore, Certified Recovery Peer Advocate  
Sue Graves, Secretary to the Director

Meeting called to order at: 9:36am

Topic: Review April 2026 Minutes

- MH Subcommittee – Approved as written
- OPWDD Subcommittee – Approved as written
- ASA Subcommittee – Approved as written

Topic: Director's Report – Sarah Begeal

Discussion: Updates:

- Local Service Plan
  - Top Needs for OPWDD, MH and ASA Subcommittees
    - Housing
    - Prevention Services
    - Residential Services
    - Transportation
    - Work Force
  - Please email or call Sarah with any further additions or changes
- Mobile Crisis Campaign
  - Katie Mikulski is in meetings with law enforcement, schools, hospitals, and DSS regarding Mobile Crisis Services
- May – Mental Health Awareness Month
  - Article in Pennysaver- attached
- Staff
  - Louise Henley resigned effective 5/15/26
  - MH Intern graduating on 5/7/26

- Kirsten VanSlyke, LMSW starting 5/18/26
- New MH Intern starting on 5/18/26
- Suicide Prevention Grant
  - Requested permission to apply for grant
  - Partnering with Public Health
  - Up to \$ 132,000 over 30 months (state aid)

Informational - Complete

Status:

Clinical Program Director Report – Danielle Fabregas

Topic:

Updates:

Discussion:

- Census
  - ADS
    - 83 Admitted
  - MH
    - 581 Admitted

Status:

Informational - Complete

Topic:

MH Subcommittee – Angel Deyo-Cruz, Chair

Discussion:

A New Hope Center – Sarah DiNunzio

- Rubie Jubilee – 40<sup>th</sup> Anniversary
  - June 10<sup>th</sup>, 2026, at the Owego Elks
  - Tickets available on ANHC website
  - Ads for the program book available for purchase- link on site
    - Deadline is 5/15/26
- 2025 Annual Report Completed
  - Averaged 1,200 people per year
    - Domestic violence
    - Sexual violence
    - Youth – Safe Harbors
  - Lengths of stay increased due to housing crisis
    - 2016 average stay – 24 nights
    - 2026 average stay - 60 nights
  - Number of calls
    - 50% of people calling for shelter
    - 61% couldn't be accommodated

Rehabilitation Support Services – Colleen Arnold

- Openings in all housing options
- New supervisor hired
- Social Club attending “Take My Hand” event on 5/17/26

Public Health – Kristin Russell

- Working on Suicide Prevention in the community & schools
- Katie Wait returning in May
- CLYDE data being presented to Mental Health

Hea Hea – Nadia Constant - Not Present

Status: Informational - Complete

Topic: OPWDD Subcommittee – John Crosby

Discussion: DDSO/DDRO Report – Renee Nuzak

- No new updates

Achieve – Shannon Westbrook

- At maximum capacity with wait lists
- Day Hab programs filling up

FFS Report – Gayle Pado - Not Present

CCO Reports

LIFEPlan – Anne Seepersaud

- Community Networking Event June 10<sup>th</sup> at Doubletree, Binghamton
  - Tina Lounsbury registered
  - Broome – Tioga Employment Center attending
  - A lot of professionals attending
- School Outreach
  - Tioga Central last month

*John requested to know how many people leave the school system without being connected to supports. Can schools keep track of who left without the necessary contacts – who has fallen into the cracks? He would like to know if it is a measurable number and then need to know how to fix it.*

Prime Care – Tricia Tomm

- 1 new enrollment for Tioga County
- Care Management position filled
- Fully staffed
- Focusing on preventative care
- Also doing program outreach in schools
  - Assessments & form completion to get individuals into services post school

ST Connects – Emily Jackson – not present

Rackers – Gayle Pado – Not present

- May's calendar & events emailed to the subcommittees

Catholic Charities – Jennifer Payne

- Dance June 11<sup>th</sup> from 4:00 – 7:00pm in Nichols
  - Prom themed
  - Flyer to be sent via email

- Posted on Facebook

Self- Advocate – Karen Warfle

- Advocating for son's services
  - On several wait lists
  - FFS services being received
  - Drawing from the same staff pool for self-direction services
  - Self-direction services are drawn from the same staffing pool

Status: Informational - Complete

Topic: ASA Subcommittee – Kristin Russell for Kylie Holochak, Chair

Discussion: ASAP Coalition – Kristin Russell

- Met with Tioga Central & Spencer VanEtten Schools
- Drug Take Back Day successful
  - 200 pounds of medications
  - 5 large boxes of sharps
- Spencer VanEtten Safety Symposium
  - Kylie presented CLYDE data
- Logic Models
  - Working on models this Thursday & Friday
- Listening Session at the Boys & Girls Club
- Sector Rep meeting at the end of May

CASA Trinity – Laura Smith

- Programs finished at Waverly Schools
- Spencer VanEtten 5<sup>th</sup> & 6<sup>th</sup> grade programs done
  - Group started
- “Shawna Has a Secret” & Narcan training at the SVE Safety Symposium
  - A lot of Narcan handed out
- Meeting with Tioga Central School to start Teen Intervene
  - 1 referral received
- Laura moving – Chemung Prevention taking over
  - Trinity downsizing staff to two educators for Tioga County

Tioga County EMS/Coroner Report – Bob Williams – Not Present

Sheriff's Office report – Trevor Yaeger – not present

Certified Recovery Peer Advocate – Porshea Moore

- Porshea Moore has an additional article for the Pennysaver for Mental Health Awareness month - emailing to Sue Graves for submission

Status: Informational - Complete

Adjournment: The meeting adjourned at 10:13am. The next meeting is scheduled for Tuesday, June 2<sup>nd</sup>, 2026, at 9:30am

# May is Mental Health Awareness Month

BY KATIE MIKULSKI  
ON BEHALF OF THE TIOGA  
COUNTY MENTAL HEALTH  
SUBCOMMITTEE

More often than we realize, mental health is one of the most significant challenges facing our county, our country, and communities around the world. And now we have local data that shows what this looks like right here in Tioga County. Late last year, the Tioga ASAP Coalition completed the CLYDE Survey (Community Level Youth Development Evaluation), which included students in grades

7-12 from every school district in the county. Their responses gave us a clearer understanding of what our young people are experiencing. Here is what we learned: Many of our youth are struggling with their emo-

tional well-being. 35.6% reported feeling depressed most days. 36.7% said they sometimes feel they are "no good at all." And 28.8% shared that they have felt "life isn't worth it at times."

The survey also highlighted several major stressors. More than 47% of students reported stress related to schoolwork and understanding assignments. Bullying, relationship challenges, substance use, and difficulties at home were also contributors to youth distress in Tioga County.

So, what do we do when our children are struggling? Tioga County Mental Hygiene provides individual therapy for children, teens,

health needs. CSPOA serves as a central hub that guides parents who may feel overwhelmed or unsure where to start, connecting them with services such as care management, in-home and community-based supports, counseling referrals, skill-building programs, and family or youth peer support. Its purpose is to make sure children receive the right help at the right time while ensuring parents don't have to navigate complex systems alone.

As we move forward into the summer months, let's remember that mental health is a shared responsibility rooted in understanding and connection. Every person in Tioga County deserves to know they are supported, valued, and understood. By listening to one another and working together, we can build a community where help is accessible, stigma is reduced, and no one has to face their challenges alone!

For more information on getting help, call Tioga County Mental Hygiene at (607) 687-4000.



receive crisis support at any time, day or night. Children's SPOA program (Single Point of Access) helps families find the right supports when a child is struggling with serious or ongoing emotional or behavioral

**Palmer  
Manufactured Homes  
Spring Special!**

#14 2026 Commodore Blazer Select 28x60  
4 Bed, 2 Bath  
Palmer Order Sale Price \$127,990

[www.palmerhomes.net](http://www.palmerhomes.net)

**Fourth Annual Fred's Frolic\***  
sponsored by  
**Newark Valley Historical Society's  
Old Hickory Long Guns Guild**  
**Muzzleloader Shoot!**  
**May 3, 2026**

- Open to the public Sunday, 12-2.
- 9241 State Route 38, Newark Valley, NY 19811
- Live shooting, knife & tomahawk throwing.
- Site of two previous National Primitive Rendezvous!


Register to shoot beginning at 9 AM.  
Shoot hours 10 AM-2 PM.

For more info: [gmgldhodes@gmail.com](mailto:gmgldhodes@gmail.com)

\* in honor of Fred Kiechle, Sr.

**A Bit About Us**  
It is our purpose to work to further the mission of the Newark Valley Historical Society including to educate, recreate, and demonstrate the period 1740-1840 through attire and traditional blackpowder firearms, customs, and crafts of early America. We shoot every Wednesday May-Oct. We are located across from the historic Bement-Hillings Farmstead, one mile north of Newark Valley on Route 38.

# MAY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
31					1	2
3	4  Caregiver Group	5	6  Virtual BINGO and in person in Ithaca	7  Ithaca Craft Club 4-5:30	8	9
10	11  Book Club	12  Growing Together Plant Swap Cortland	13  Virtual BINGO and in person in Ithaca	14  Ithaca Craft Club 4-5:30	15  Growing Together Plant Swap Ithaca	16
17	18  Book Club	19  GAME SHOW NIGHT 5:00-7 PM	20  Virtual BINGO and in person in Ithaca	21  Ithaca Craft Club 4-5:30	22  Growing Together Plant Swap Owego	23
24	25 Closed for Holiday	26	27  Virtual BINGO and in person in Ithaca	28  Ithaca Craft Club 4-5:30	29	30

For more information, contact [LendingLibrary@racker.org](mailto:LendingLibrary@racker.org)

More information about all other events can be found below:

Racker  Autism & Sensory  
Lending Library

# Craft Club



New day  
&  
Location!

**Thursdays 4-5:30 PM**  
**3226 Wilkins Rd Ithaca NY 14850**

Get creative with the Lending Library & Sensory Room!  
Crafts can be customized for all ages & will include a  
rotating menu of do-it-yourself fidgets crafts.

Come once or come often.

The entire family is invited, no registration needed.

*Made possible by a Family Support Services grant from  
the Office for People with Developmental Disabilities*



# ADAPTIVE BINGO GAME NIGHT

Join us from  
**5-7pm**

for bingo every wednesday!

**3226 Wilkins Rd Ithaca NY 14850**

OR  
**Virtually!**

Enjoy a game designed with accessibility in mind, featuring large fonts, a relaxed calling pace, & a welcoming atmosphere.  
Families and CSP's welcome.

For Questions or Registration Issues, contact:  
**LendingLibrary@racker.org**

Scan to Register:



This program is made possible through Family Support Services grant from the Office for People with Developmental Disabilities

Sign up for BINGO: [Adaptive Bingo – Fill out form](#)



PARENT NETWORK  
**CAREGIVER GROUP**

CAREGIVERS OF THOSE WITH DEVELOPEMENTAL  
DISABILITIES (OF ALL AGES) ARE INVITED TO JOIN  
THIS MONTHLY PEER-DRIVEN GROUP,  
WHERE YOU CAN MEET OTHER CAREGIVERS, SHARE  
RESOURCES, OFFER ADVICE, & FIND KINDNESS.

COME ONCE, COME OFTEN,  
STAY FOR A MINUTE OR STAY FOR MANY,

**1ST MONDAY OF EACH MONTH**  
**5:00-6:30PM VIA ZOOM**

TO SIGN UP: CONTACT (607) 529-0224 OR  
LYNDSEYP@RACKER.ORG



EVENTS & TRAININGS ARE MADE POSSIBLE BY FAMILY SUPPORT SERVICES GRANT  
FUNDING FROM THE OFFICE FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES.

Click here to sign up for Caregiver Group: <https://forms.office.com/r/nxpACG3bD7>

# Adaptive **BOOK** **CLUB**

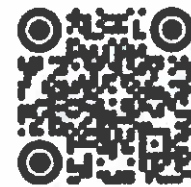
**Mondays 6:30-7:30pm**  
**882 NY-13, Cortland, NY 13045 & Zoom**

[LendingLibrary@racker.org](mailto:LendingLibrary@racker.org)

Join us as we explore the world of books  
& how they can be adapted for all to enjoy.  
Book club is an excellent way to experience new topics  
together and make friends.

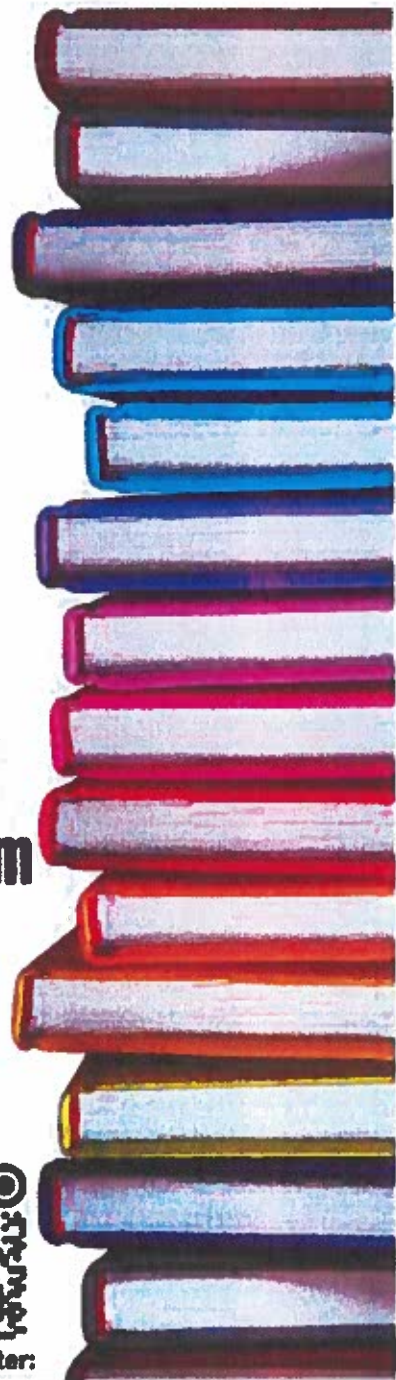


- ★ OPWDD Diagnosis
- ★ FSS Eligible
- ★ Enrolled in the Lending Library



Scan to Register:

This program is made possible through Family Support Services  
grant from the Office for People with Developmental Disabilities



Racker 



Autism & Sensory  
Lending Library

# GROWING TOGETHER SERIES

SPRING-SUMMER 2026

Stay tuned for our new plant series where we will explore adaptive gardening tools, tricks, gardening basics, & free seed/plant exchanges. This initiative helps increase access to fresh & nutritious produce through home & container gardening. Which helps empower families to provide their own food & combat rising grocery costs.



Sign up for Garden Club by contacting  
[LyndseyP@racker.org](mailto:LyndseyP@racker.org) or scanning this QR code

Events like these are made possible by a Family Support Services grant from the Office for People With Developmental Disabilities

To sign up for Growing Together Garden series click here: [Growing Together 2026 – Fill out form](#)

# Online GAME SHOW Night

Get ready for an evening of fun, learning, and connection at our Virtual Game Show Night from Racker's Autism Lending Library!

This inclusive event features interactive trivia challenges, engaging activities focused on disability rights, and playful games designed to build social skills in a supportive, judgment free environment.

Whether you're a trivia buff, curious about advocacy, or just looking to meet new friends, this night is all about celebrating strengths, learning new skills, and having a blast together!

**Every Third Tuesday 5:30-7pm**  
OF THE MONTH



<https://racker.zoom.us/j/83422937898>



# SELF-DIRECTION INFO SESSIONS

Join the Lending Library as we welcome Self-Directed Services to learn more about whether this program may be the right fit for you. Self-Direction gives individuals greater choice & control, with the flexibility to make their own decisions about supports & services.

Anyone eligible for OPWDD services & enrolled in the Home & Community-Based Services (HCBS) Waiver can choose to self-direct.



## HAVE A SAY IN YOUR SERVICES!

**JUNE 9TH 10-11AM**  
146 CENTRAL AVE  
OWEGO NY  
OR VIA TEAMS

**JUNE 16TH 4-5PM**  
3226 WILKINS RD  
ITHACA NY  
OR VIA TEAMS

**JUNE 23RD 2-3PM**  
882 NY-13  
CORTLAND NY  
OR VIA TEAMS



TO SIGN UP SCAN QR CODE, CALL (607) 529-0224,  
OR CONTACT [LENDINGLIBRARY@RACKER.ORG](mailto:LENDINGLIBRARY@RACKER.ORG)

MADE POSSIBLE BY THE FAMILY SUPPORT SERVICES GRANT  
FROM THE OFFICE FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES

[Self Direction Info Session – Fill out form](#)

# MAY 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes:



3 Valley Arts & All  
Riverfront Park, Sayre  
10am-4pm  
Drum Circle  
Hickories Park  
2-5pm

4 Game Club  
Spalding Memorial  
Library  
5-7pm

5 **CINCO  
MAYO**  
Walk Owego  
187 Main St  
7pm

6 Cooking Class  
Nichols Fire dept  
9:30am-12pm  
MUST sign up  
(See Flyer)

7 Line Dance Lessons  
32 South Main st, Newark  
Valley, NY  
6:30-8:30pm \$  
A4 Vestal Library, 1-3pm  
Waverly Race Night  
4-9 Downtown Waverly

8 Line Dancing at Dave &  
Busters  
Johnson City  
7pm-11pm \$

9 Sassy's Summer Trot  
Moose lodge 1595  
Owego  
10am - 2pm \$

10 Drum Circle  
Hickories Park  
2-5pm

11 Bingo  
Neighborhood Depot  
5-7pm BYL

12 Arts, Crafts & Games  
Neighborhood Depot  
10-1pm BYL

13 Racker Bowling Night  
Owego Bowl  
4-7pm \$

14 Open Mic  
Neighborhood Depot  
12-2pm BYL

15 Just Dance  
Neighborhood Depot  
12-2pm  
Williams Ford Headlights  
Car Show  
Elmira St, Sayre 6-9

16 Kitten Yoga at  
Lourds Health & Fitness  
Johnson city  
9:30am-10:30am  
cost \$10  
cigi's Playhouse Sk  
Charming Park  
9am start

17 Drum Circle  
Hickories Park  
2-5pm  
Take My Hand Fun Walk  
Hickories Park  
1-3pm

18 Game Night  
Neighborhood Depot  
5-7pm BYL

19 Music Therapy  
Neighborhood Depot  
10-11am  
Junk Journaling  
Neighborhood Depot  
12-2pm JJ & BYL

20 Cooking Class  
Nichols Fire dept  
9:30am-12pm  
MUST sign up  
(See Flyer)

21 May Birthday's  
Celebration  
Neighborhood Depot  
11-1pm BYL  
(cake provided)

22

23

24 Drum Circle  
Hickories Park  
2-5pm

25 **MEMORIAL  
DAY**  
Neighborhood Depot  
4-6pm BYL

26 Arts, Crafts & Games  
Neighborhood Depot  
11-2pm BYL  
Open Mic  
Neighborhood Depot  
4-6pm BYL

27 Movie Night  
Neighborhood Depot  
3:30-5:30pm BYL

28 Junk Journaling  
Neighborhood Depot  
4-6pm  
JJ & BYL  
A4 Vestal Library, 1-3pm

29

30 Buy Nothing Yard Sale &  
Breakfast  
401 Chestnut st, Endicott,  
NY  
Starts at 10am

31 Drum Circle  
Hickories Park  
2-5pm



BYL = Bring Your  
Lunch/Dinner/ Snacks  
\$\$ = Cost Associated  
JJ = Bring Junk Journal

**MUV Class**  
Owego Boys & Girls Club  
**TUES & THURS 11:15am-  
12:30pm**

**Shuffle Board- Every  
Wednesday**  
Senior Center Broome West  
**12:30-3pm**

**Wii Bowling - Every  
Thursday**  
Senior Center Broome West  
**9:30am-noon**

**Cigi's Playhouse**  
@Oakdale Commons  
Checkout schedule online

Virtual Activities  
available throughout the  
month.  
To get the calendar, email  
Chris@cracker.org