

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

PENDING APPROVAL

August 5th, 2025

9:30 a.m.

Via: Hybrid

Member Attendance:	Nadia Constant Katie Wait Larissa Brower John Crosby Tina Lounsbury Sarah DiNunzio Trevor Yaeger	Gabriella Ayers Kimberly Bailey-Poreda Shannon Westbrook Bob Williams Gayle Pado Kylie Holochak Laura Smith
Guest Attendance:	Georges Oswald Anne Seepersaud	
Mental Hygiene Staff Attendance:	Lori Morgan, Director of Community Services Sarah Begeal, Deputy Director of Community Services Angelica Deyo-Cruz, Corporate Compliance Officer Porshea Moore, Peer Advocate Cassandra Horton, Minutes	

Meeting called to order at: 9:35am

Topic: Review June Minutes – Approved as written

Topic: Director's Report – Lori Morgan

Discussion: Updates:

- 2026 Budget presented to the Legislature
 - Budget on track
 - No anticipated cuts
 - Budget neutral

Status: Informational – Complete

Topic: Deputy Director Report – Sarah Begeal

Discussion: Updates:

- Staffing
 - Vacancy in School based position
- Census
 - 608 – Mental Health
 - 125 - ADS

Status: Informational - Complete

Topic: ASA Subcommittee – Kylie Holochak, Chair

Discussion: Trinity - Laura Smith

- 2024-2025 End of School Report reviewed (attached)
 - Restorative Justice
 - Scheduling Prevention Programming for upcoming school year
 - Brief overview of services given

ASAP Coalition Report – Kylie Holochak

- Overdose Vigil
 - August 28th, 6:30pm – Court House
- Grant Funding
 - Cara Grant – final year
 - DFC Grant – year 8 end of September
 - Stop ACT Grant – waiting to hear about funding
- Family Activities
 - Facebook contest
 - Fair tickets
 - 32 tickets given to the Boys & Girls Club
- CLYDE Survey
 - Survey being completed in October for grades 7-12

Coroner/EMS – Bob Williams

- Increase in drug related deaths
- New app for ER services coming soon

Sheriff's Office – Trevor Yaeger

- Overdoses remain low
- Narcan usage has decreased
- Compliance Checks
 - Underage undercover was unsuccessful in purchasing alcohol at 11 different establishments.
 - Press release will be going out

Peer Advocate – Porshea Moore

- OD Vigil – tables available

Status: Informational - Complete

Topic: MH Subcommittee – Larrisa Brower, Chair

Discussion: A New Hope Center – Sarah DiNunzio

- Safe Harbor
 - Summer groups active
- October is Domestic Violence Awareness month
- A New Hope Center Report – 3-year grant
 - Fundng decrease

- Potential loss of at least 2 staff members

RSS – Larissa Brower

- Peer & Care Manager vacancies

Public Health

- Credible Minds
 - Since launch (5/2025) 1,100 have visited site
 - Average of 9 users per day
 - Videos are the most popular resource
 - 19% blog resource

Hea Hea – Nadia Constant

- Hosting Lunch & Learn meetings over the past two months to advertise
- Receiving feedback & resource tools
- OMH approved Eating Disorder Facility only
- Waiting on MCD & MCR approval
- Currently par with MVP, Aetna, Excellus
- Seeking to fill open positions

Status:

Informational - Complete

Topic:

OPWDD Subcommittee – John Crosby, Chair

Discussion:

DDSO/DDRO Report – Renee Nurek – Not Present

Achieve Report – Shannon Westbrook (Tioga Day Hab is at capacity)

- Fully staffed program

FSS Report – Gayle Pado

- Statewide meeting
- Error in request for proposal
- Process had to be restarted
- Statewide training being created for FSS in the future
- List being sent out on what activities will be funded and to whom
- No Report

Racker – Gayle Pado

- August Activities/Calander attached
- Self-Direction open
 - Funding/training available

CCO Reports

- LifePlan – Anne Seepersaud
 - 300-400 individuals receiving services in Tioga County
- ST Connects – Emily Jackson – Not Present

- Prime Care – Tricia Tomm – Not Present

Catholic Charities – Gabby Ayres

- Programs growing
- Currently have staff openings
- Bookbags & Supplies give away – August 18th from 10:00-12:00
- Open Mic Night August 21st

Self-Advocacy – Karen Warfle (via email)

- Email attached

Status:

Informational - Complete

: Adjournment:

The next meeting is scheduled for Tuesday, September 2nd, 2025, at 9:30am

DRAFT

Self-Advocacy Report, 08/05/2025

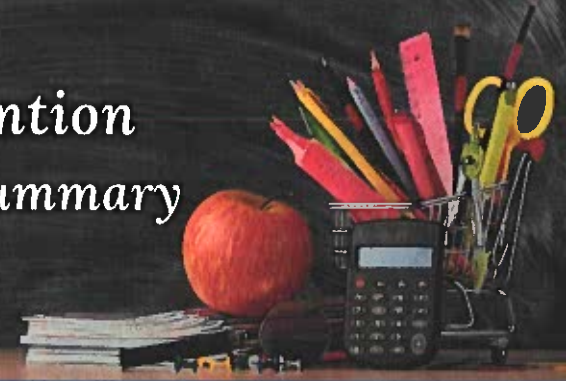
I know of one person who advocated for themselves to move out of a certified setting that was not a good fit for a variety of reasons.

Some members of a social group felt it would be helpful if their peers started to learn sign language to better communicate with them, so the group is learning a new sign each time they get together.

People who use AAC (Augmentative and Alternative Communication) use several methods to communicate – facial expressions, body language, eye movements – like the rest of us. Some also use speech-generating devices or apps. On several occasions, I have been in conversation with people who use AAC and they have communicated clearly with me through one of the methods other than their device. Yet, their staff insisted the individual use the device to tell me the same thing, even after I said I understood the individual. Actions like this deny the successful communication that has taken place and the individual's independence. It is forcing an unnecessary action. I understand the need for practice using a speech-generating device and giving positive reinforcement, but accepting and reinforcing *successful* communication, regardless of the method utilized, demonstrates respect for the individual.

Tioga County Prevention End of the School Year Summary 2024-2025

June 12, 2025



Wrapping up the School-Based Prevention Program Year:

Schools CASA–Trinity Implemented Programming in the 2024–2025 School Year

CASA–Trinity worked with several schools in the 2024–2025 school year including Waverly, Newark Valley, Spencer–Van Etten, and Owego.

In Waverly, our prevention educator, Josh Congdon, implemented the Too Good for Drugs/Violence program in 17 classrooms in grades 4, 5, 6, and 8. He ran a total of 156 lessons and reached a total of approximately 380 students. Josh also continued his work with students helping them with academics and attendance. The 2024–2025 school year was also the first year he implemented a fishing trip for students who improved in academics and attendance.

In Newark Valley, our educators implemented programming in middle school classrooms. Our educators implemented Too Good for Drugs in grades 4, 5, 6, and 7. They ran a total of 111 lessons and reached a total of approximately 214 students.

In Spencer–Van Etten, Ryan Revock implemented the Too Good for Drugs Social Perspectives program in several classrooms. He implemented programming in elementary, middle, and high school in grades 1, 2, 3, 4, 5, 6, 7, 8, and 9. He was able to implement a total of 181 lessons to approximately 254 students.

In Owego, our educators were able to run the Too Good for Drugs and Social Perspectives program with grades 4 and 5. Our educators were also able to run a couple of tabling events with middle school students.

Thank you, Teachers!

This year, Tioga Prevention successfully delivered prevention education programs, including Too Good for Drugs/Social Perspectives, Teen Intervene, and Restorative Circles to various classrooms throughout Tioga County school districts. This remarkable achievement was made possible by the generous support of the teachers who graciously offered their classrooms and students, and who reinforced our programs by prioritizing the well-being and safety of their students.

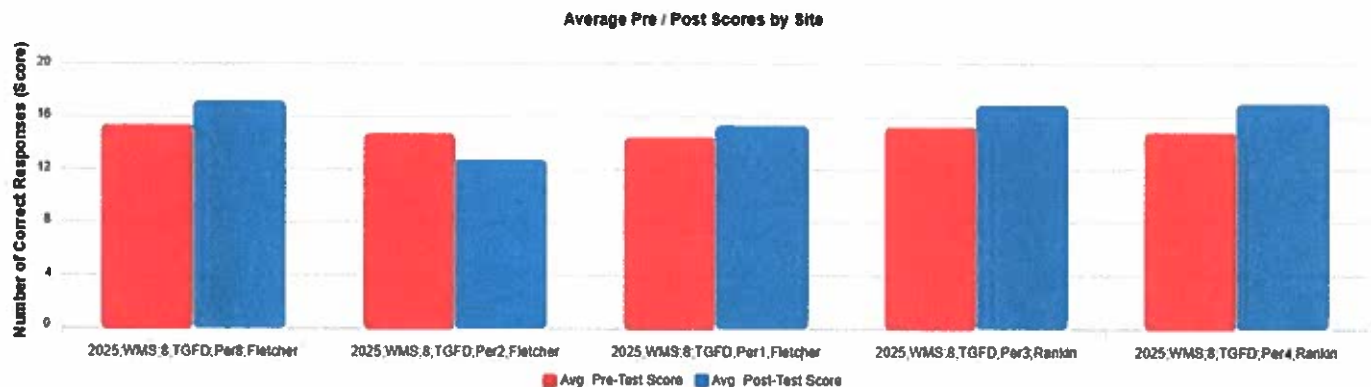
A Look at Our 2024-2025 Program Year Outcomes:


Programs Facilitated in the 2024-2025 School Year:

Too Good For Drugs/Violence: Waverly Middle School, Elm Street Elementary, Spencer-Van Etten Elementary/Middle School/High School, Newark Valley Middle School

Teen Intervene: Waverly High School, Spencer-Van Etten High School, Candor Junior/Senior High School, Newark Valley High School

Restorative Circles: Spencer Van-Etten





Outcomes Cont. 2025-2026 School Year:

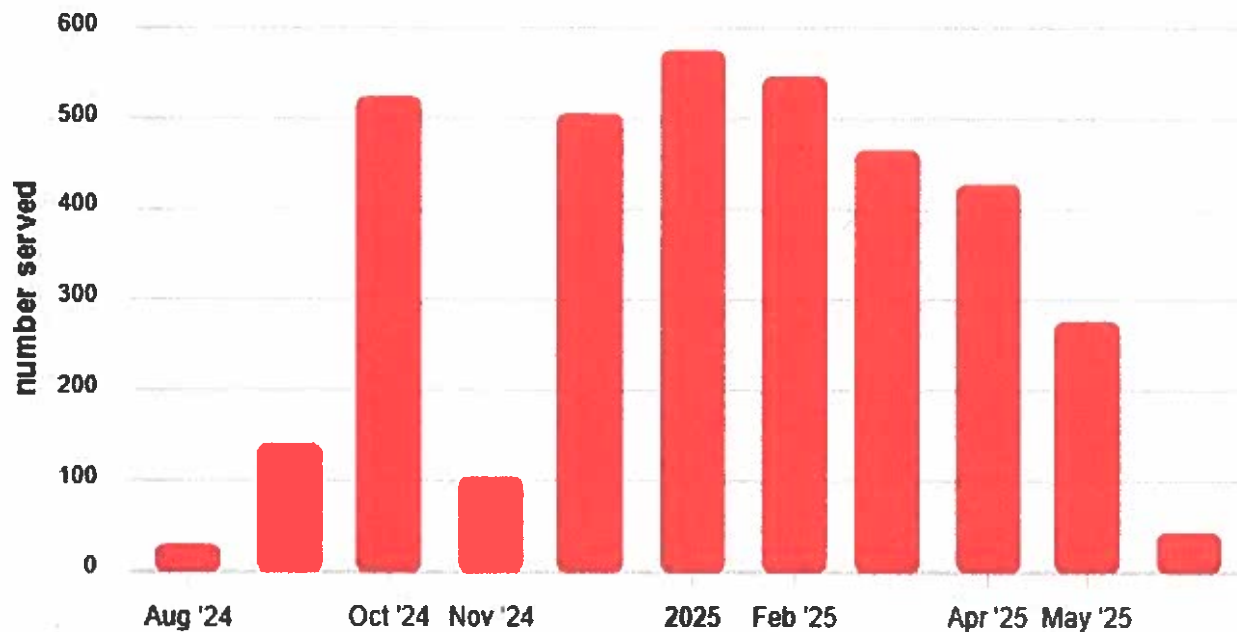
Teen Intervene:

CASA-Trinity received a total of 25 referrals for Teen Intervene and completed 20 of those referrals. Majority of students reported a high willingness to change their current substance use behavior.

Restorative Circles:

This school year one of our educators ran restorative circles with students at Spencer-Van Etten. He was able to run 20 circles with a group of 6 students.

Youth Served





SPOTLIGHT ON: Restorative Justice



RJ Ed

RESTORATIVE JUSTICE EDUCATION
Creating a Culture of Care in Schools

What is Restorative Justice Education?

Restorative Justice Education implements researched, and evidence-based training borne of indigenous roots to create a Culture of Care in our schools, at home, and among our various communities.

Talking Circles:

Talking circles are the primary process for using Restorative Practices in schools to create a Culture of Care. This process involves the use of a Talking Stick, where the person holding the Talking Stick does the talking, while the other people present listen. The Talking Stick is passed around the circle, allowing everyone a chance to talk, but without the requirement to talk.

How to get trained in Restorative Justice Education:

Casa-Trinity staff will be offering the Restorative Justice Education Training to anyone who works within the educational field.

The training will consist of 16 modules. Within the modules' there are videos and response questions.

There are role plays within this training where participants will practice several restorative practices.

This training is offered in a variety of formats including in-person, virtual, or asynchronous.

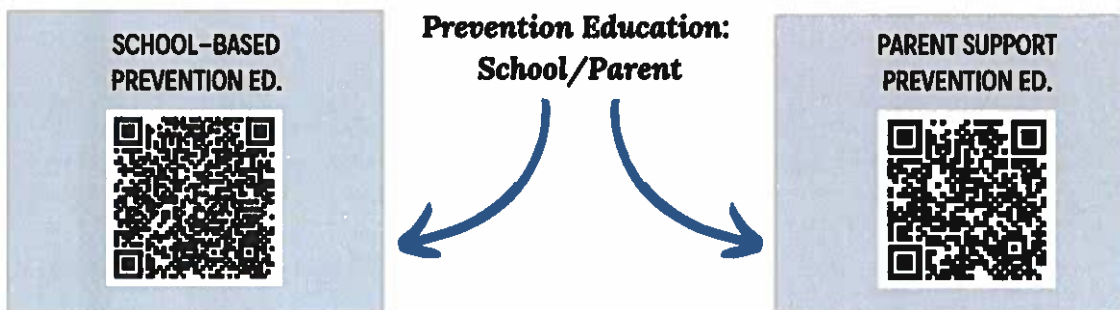
Interested in learning about our other programs?
Visit our website: [Tioga County Prevention Services Offerings](#)





**Interested in Scheduling Prevention Programming for the
2025-2026 School Year?**

We encourage schools to schedule their classroom prevention programming or training needs with us as early as possible to secure a spot in our calendar. If you're unsure which programs would be suitable for your school or need more general information, we're here to help! We offer a comprehensive menu of services and would be happy to discuss the available options.



**To Learn More About Our School-Based Prevention Programs,
Please Contact:**



Dr. Laura Smith, PhD, CPP
Program Director Tioga Prevention and Training
Coordinator
CASA-Trinity, Inc.
lsmith@casa-trinity.org | (607) 483-4066




















*thank
you!*

Hope begins here.
CASA  **TRINITY**
COUNCIL ON ALCOHOL AND SUBSTANCE ABUSE
WWW.CASA-TRINITY.ORG |   @CASATRINITY |  @CASA-TRINITY



**For Partnering with CASA-Trinity, and for everything you do to make our
community a healthier place! Enjoy the Summer! See You Next Fall!**

AUGUST 2025

SUN	MON	TUE	WED	THU	FRI	SAT
3	4 	5  Virtual Story Time	6 	7 	8 Ithaca: Coffee & Conversations 10-11:30 	9
Ithaca & Owego Library by appointment only						
10	11  Book Club	12  Virtual Story Time Cortland Preschool Fun day 11-1pm	13 	14  SENSORY POP-UP SUGGETT PARK CORTLAND	15	16
17	18  Book Club	19  SENSORY POP-UP STEWART PARK ITHACA	20  Ithaca Board Game Night	21  FIDGET LAB	22 Cortland: Coffee & Conversations 10-11:30 	23
24	25  Book Club	26  Owego Ice Cream Social 2-5 PM	27 	28  FIDGET LAB	29	30
31  HORSEING AROUND IN OWEGO						

More information about events can be found below:

Racker

HOSTED BY
LYNDSEY PAULIN

Coffee & Conversations

*Caregivers & Professionals are invited to join us to discuss
Family Support Programs including: Service Access, Funding,
Trainings, Behavior Supports, Lending Library, More.*

10-11:30AM

JULY 11TH- 146 CENTRAL AVE, OWEGO NY

AUGUST 8TH- 3226 WILKINS RD, ITHACA NY

AUGUST 22ND- 882 NY-13, CORTLAND NY



To sign up: Scan this QR code
or contact LyndseyP@racker.org



FSS Programs made possible by grants from the Office for People with Developmental Disabilities.

To register click here: <https://forms.office.com/r/wVvyfhXHY4>

Care Managers, CSPs, Professionals, Staff, and families welcome!



Racker

Autism & Sensory Lending Library

POP UP
IN THE
PARK

**WE ARE BRINGING OUR SENSORY ITEMS ON THE ROAD AND
INVITE YOU TO JOIN US FOR A DAY OF SUN AND SENSORY FUN!**



SUGGETT PARK AUG. 14TH 1-4PM
ROTARY SHELTER



STEWART PARK AUG. 19TH 1-4PM
SMALL PAVILION

FOR QUESTIONS CONTACT: LENDINGLIBRARY@RACKER.ORG

No registration needed, just look for the Racker staff at the designated Pavilion

Ice Cream social!!

Rescheduled
to August!

Racker's Lending Library families are invited to join us for a **FREE Ice Cream social**, where they can tour our new Owego lending library site & meet the Family Support Team!

Tuesday August 26th 2025

2:00-5:00 PM

146 Central Ave

Owego NY 13827

Must be enrolled in Racker's Lending Library. **Registration required:**
Contact LendingLibrary@racker.org to secure a spot

While enjoying your frozen treat, learn about how Family Funds can help you access up to \$3,000 a year for sensory items, services, & respite!

Dairy-free
options
available

Made possible through Family Support Services grants through the Office for People with Developmental Disabilities

This event is for those who are signed up for Racker's Lending Library (Any county), library families can register here: <https://forms.office.com/r/kRpuU1PEKh>

Not enrolled? Contact LendingLibrary@racker.org to sign up in time!

HORSING AROUND

Join the team from Stable Movements

August 31st 12-3pm

146 Central Ave Owego NY

*to learn about the benefits of hippotherapy &
animal exposure, while meeting with ponies!*



**VIPs will enjoy a ride in a horse-drawn
wagon (300lb weight limit applies).**



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

SCAN HERE



<https://tinyurl.com/ma6bfbbu>

Events are made possible through the
Family Support Services grant
through the Office for People with
Developmental Disabilities.

Register here or contact
LendingLibrary@racker.org
or (607) 529-0142

Click here to register for Horse event: <https://forms.office.com/r/T9052cvS4L>



Family Board Game Night

An adaptive board game night where we will learn about adapting rules to address feelings of anxiety or struggles with engagement to encourage family unity and situational flexibility all while practicing fine motor skills. Light refreshments will be served

A white silhouette of a chess piece stands next to several white dice with blue and red pips on a wooden surface. In the background, there are colorful cones and other board game components.

Bi-Weekly Wednesdays
5pm - 7pm

3226 Wilkins Road Ithaca, NY 14850



VIP

- *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

Click here to sign up for Game Night: <https://forms.office.com/r/6TMC6e2Qzk>

A Weekly "Build Your Own" Fidget Workshop

FIDGET LAB

Every Thursday
4pm - 5:30pm



All supplies will be provided,
The whole family is welcome,
No registration needed!

Questions? Contact: LendingLibrary@racker.org (607) 529-0142

**3226 Wilkins Rd.
Ithaca, NY 14850**

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



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

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.



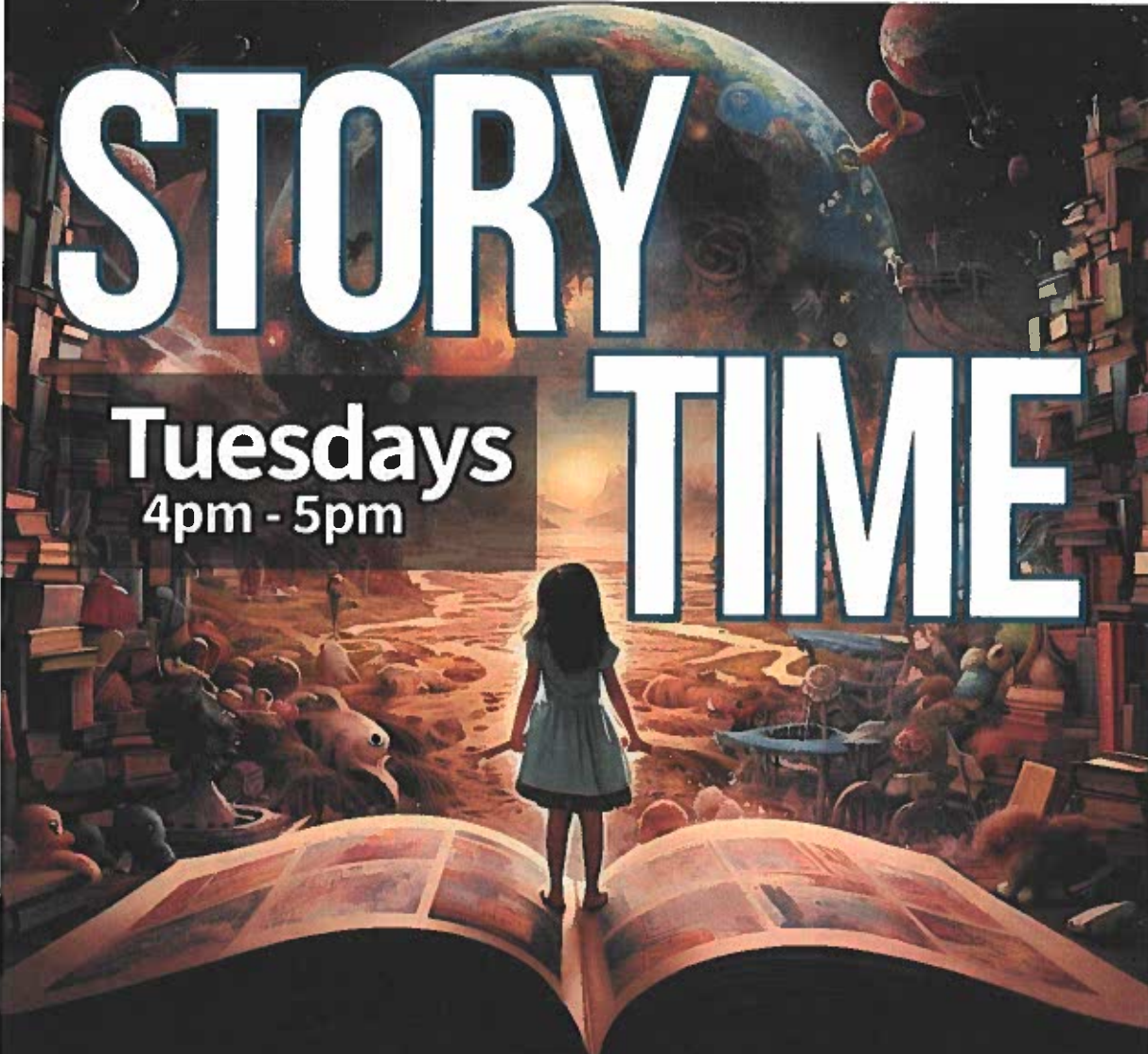
- *OPWDD Diagnosis
- *FSS Eligible
- *Enrolled in the Lending Library



Scan to Register:

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






STORY TIME

Tuesdays
4pm - 5pm

Join us for our weekly virtual story hour, thoughtfully crafted for individuals with developmental disabilities and their families. Each session will feature new stories for the young and the young at heart, exploring a wide range of topics such as life events, inclusion, advocacy, empowerment, and entertainment.

Lending Library events are made possible by the Family Support Services grant from the Office for People with Developmental Disabilities

Microsoft Teams:
tinyurl.com/3yd85xx2



No registration needed, use the above QR code to join or contact LendingLibrary@racker.org for calendar invite



Other Voices in the 607 is welcoming new members!

If you are an neurodivergent adult with a passion for advocating for those with disabilities, you're invited to join OVIT607's weekly meeting via TEAMS

6-7pm

Every
Thursday

SCAN
ME



To learn more, scan the QR code,
or contact LendingLibrary@racker.org