Mental Health Sub-Committee
December 20, 2017

Present:  Brian Hart, Shannon Oakes, Tara McLaughlin, Debby Montopol, Marilyn Christofaro, Melanie Rahr,

Excused:  Candie White, Jeanne Chapple

Minutes:
Approved without changes

Introductions:

Suicide Prevention Update—Shannon Oakes:

- **Walk A Mile Event:** This will continue to be the Committee’s main focus and will continue to promote the event broadly. Ordered samples of shirts, the final decision will be a repeat color or something in a similar color scheme. Will not use black or brown.

- **Website:** Revisions have been made and we just need to go live. This is mobile friendly, has a different platform, photo galleries, and links back to the FB Page.

- **ASIST Training:** You need to have at least 10 people signed up and the maximum amount is 25 people. It was mentioned that EAP Coordinators meet monthly at the old DDSO in Binghamton. They will put it out there to see if they want to do the training. Mental Health should also attend. EPC will connect with Shannon on a date and place.

- **Post-vention Supports:** How can we better engage with survivors – immediate and long term? Long term is a bigger issue. Need to engage survivors of an attempt as well as survivors of one who chose to take their life. Discussion on how they coordinate Crisis and law enforcement after. There is an issue with getting road patrol to contact Crisis. It is not up to EMS and Fire Departments to contact who to call. Would love to train law enforcement and fire departments in safe talk and ASIST. It is important that Crisis be called so they can meet with the loved ones and other people who are there. Survivors are now at risk and Crisis could help them make a connection with a therapist.

- **Suicide for Teachers:** Will be doing this training in the Elmira City School District on a Conference Day.
Youth Mental Health First Aid Trainer: Shannon and a Committee Member have successfully completed the training, and are now trainers. Now they need to set up and do 3 trainings within the next year. This is a full day training, and would benefit anyone who interacts with youth (except Clinicians). This training can also be done in two half day sessions (the schools utilize the ½ day sessions).

Committee News: The Committee met last week to talk about Goals for next year and preliminary for the Walk. The Committee approved the purchase of a bigger canopy with logo and is easy to put up and down. They also approved a new table top display for health fairs. The Committee approved the goals and budget for 2018. Shannon handed out the Goals and Objectives, as well as the budget for 2018 (Both are attached). She has brought it to the Mental Health Subcommittee to be approved and presented to the CSB. Shannon went over the budget with the MH Committee. Very little changes to the plan other than successfully training two individuals in Mental Health First Aid for Youth, and sending committee members to the state conference. Budget is relatively flat in that revenues are projected to be $2,000 than expenses, but we have over $150,000 in the fund with the Community Foundation. Reminded all parties that the t-shirts and food for the walk are guestimates, and the budget is recommended by the committee for approval understanding that those two lines can fluctuate without further approval. Motion made to approve plan and budget, and unanimously approved.

Director of Community Services report - Brian Hart:

HBCI Expansion: Home Based Crisis Intervention – NYS OMH is concerned about the amount of youth admitted to EPC. They have decided to expand HBCI, as they want it utilized more. The children and families will be referred through SPOA or the ER to CIDS. CIDS has had a one person model for years, while the numbers have slowed and dropped. Each staff will be working with 2-3 families at a time for up to three weeks, providing services for parents with children with Mental Health Issues. The money has been appropriated and the staff have been hired. Children and Families should not have to wait until a SPOA meeting to be committed to the program, as a referral can be made by the ER. The hours will be flexible, and they already have families that are involved. The staff will be on-call for the families, and collaborate with SPOA.

Presentations at ER: Brian has attending several meetings with Arnot and St. Joes to discuss ways to improve and assist them developing a more comprehensive knowledge of the community resources that could be wrapped around an individual instead of admitting them. The perception in the community is that they discharged because there were no beds available. In reality, after they have spent so many days in the ER, they have de-escalated and can now be discharged. It is not because there are no beds available. This has become a significant problem in our community. In Brian’s opinion the Psychiatrists appear to be risk adverse, so patients, especially youth, are sitting in the ER for several days at a time, and then discharged because they no
longer meet admission criteria. Brian has drafted a flow chart for them to use to streamline treatment. It’s not good for children to have days in the ER.

- The EPC Crisis Respite Unit has referrals coming from Community organizations, and 43% are from Chemung County. The numbers are down this year, as 236 were admitted. The ER’s have refused to refer to the EPC Respite. All it takes is to fill out a two page referral and make a phone call.

- **Governor’s Suicide Prevention Task Force:** Brian has been named as part of the Governor’s Task Force on suicide. First meeting was consumed for the most part introducing each of the 33 members of the task Force. Committees have been formed, and Brian is participating in the data committee as well as the suicide prevention for youth committee. Not much to report to date, but a recommendation is due back to the Governor by February. Chemung County is the most Pro-Active.

- **Transformation Plan Update:** Last year they moved money from EPC to FLPN. Still there is some money being under-utilized in both. There are no guidelines as to what we can get the money to be used on. No County money is involved, as it is just finalized through the County. Regional Family Support Groups have been a big struggle to get going. The August Report from NYS says that EPC’s bed capacity has decreased from 104 down to 52 beds, and Binghamton’s bed capacity has also decreased from 178 down to 72 beds. Supportive Housing has increased by 31 slots. The MIT Team has 38 staff in OMH Groups, Elmira and Binghamton and 12.5 in Crisis Respite. The Clinic has expanded to 7.2 staff in Elmira and Binghamton. A Psychiatric Nurse Practitioner for Geriatrics was hired by both EPC and Family Services, but with different monies. The Inpatient Readmission Rate is 22% for adults and 10% for children. St. Joseph’s has a capacity of 25 beds that have a readmission rate of just over 12.5%. The readmission rates are significant as there are financial penalties for readmissions within a short period of time. In addition, the crisis Respite beds at EPC are being utilized approximately 40% less than last year.

**Sharing by Community Members:**

- **CIS – SPOA** – They now have a Peer Advocate. He is a 17yr old Home Schooled student. He is polite and well-mannered, and hope to be utilized by SPOA and the Transformation Center.

- The next meeting is scheduled for January 17, 2018.