

**Joint Mental Health & Addiction Recovery Subcommittee
June 7, 2024**

Present: Keith Stack, Silke Thornquist, Sydney Benton, Belinda Bradley, Sue McManus, Dana Osborne, Shasten Belden, Dillion Swertner, Dana Leonardo, Sara Parker, Darlene Hafner, Sarah Lyon, Stephanie Raney

Present Via Zoom: Meghan Lynch, Jackie Foster, Kelly Delaney, Jenn Haggerty

Staff: Robert York, Crystal Mallory, Linda Wright, Tracy Terry

Agenda Item		Action
Introductions	Introductions were made and the meeting began at 10:00am.	N/A
<p>Presentations: Conifer Park, Inc. – Dana Osborne, Clinic Director (Glens Falls) & Sarah Lyon, Clinic Director (Troy)</p>	<p>Conifer Park has 6 outpatient clinics and 3 inpatient clinics within our area. They are taking a C.A.R.E.S approach, meaning; C: Caring A: Accountable R: Respect E: Education S: Support.</p> <p>Their services include; Individual and Group Counseling, Telehealth Services, Intensive Outpatient Services, MAT Services, OTP (Opioid Treatment Program) Methadone Maintenance combined with evidenced based behavioral therapies supported with multidisciplinary team, Crisis Line: This service is offered to all community members. The crisis team is available 24/7 to help align our community members with resources to assist them. Narcan training & overdose prevention, Peer Support Services, Inpatient Treatment-Glenville Location. Detox: Medically supervised detoxification for withdrawal symptoms assisting to maintain stabilization.</p> <p>Specialized groups include; Family Program/Family Counseling, Anger Management, DWI, Codependency Relapse Prevention, Gender Specific Groups, DBT/CBT, ACOA-Adult Children of Alcoholics & Dysfunctional Families, Dual Recovery, Trauma, Criminal Thinking, Self-Discovery, 12 Step/Self-Help, Wellness and Patient Advocacy Group.</p> <p>Resources and connections to the community include; Education and free testing for HIV/HEP C with local providers, Dual Recovery meetings weekly coordinated with local agencies, Peer Collaborative Meetings, Education/In Services brought to the team to assist with referrals to case management and resources that can assist the clients.</p> <p>Holistic Approaches and Partners join groups: Grounding Techniques, Mindfulness, Aromatherapy/Essential Oils, Sound Therapy, meditation, etc. Referrals to higher level of care as necessary and coordinated with client.</p> <p>Their goal is to foster a sense of belonging and connection, offering a</p>	

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<p>Presentations: continued Conifer Park, Inc. – Dana Osborne, Clinic Director (Glens Falls) & Sarah Lyon, Clinic Director (Troy)</p> <p>Patrol Officer Dana Leonardo, EAP Peer Services Coordinator, Warren County Sheriff’s Office</p>	<p>network of support that extends beyond treatment. Addiction does not discriminate. Conifer strives to provide compassionate care to every individual to support their journey and aspires to continuously evolve with the needs of our clients. Conifer sets a high standard adhering to ethical practice guidelines. Conifer accepts most insurances, options for self-pay with sliding scale and payment arrangements.</p> <p>Dana Leonardo, Patrol Officer at Warren County Sheriff’s Office – 2016 General Topics Instructor, EAP/Peer Services Coordinator, provided an overview presentation of her role within the Sheriff’s Office providing EAP Peer Services support. Peer Support is a type of crisis intervention by those other than mental health professionals and directed toward individuals of similar key characteristics as those of the provider; it encompasses a range of activities and interactions between people who share similar experiences. This mutuality promotes connection and inspires hope by offering a level of acceptance, understanding, and validation not found in many other professional relationships.</p> <p>Crisis Intervention is a temporary, active, and supportive entry into the life situation of an individual or group to provide relief of trauma responses that are a result of: Critical Incident Traumatic Stress, Cumulative Career Traumatic Stress, and Burnout.</p> <p>Coping and resiliency are two different things. Ideally you want to build enough resilience so that you’re not just going from incident to incident coping, but rather so you are armed to reduce the impact of critical incidents, cumulative stress, and burnout. Coping is dealing with, and overcoming, one’s stress and anxiety. Resiliency is the capacity of a person to maintain their core purpose and integrity in the face of dramatically changed circumstances; it won’t make your problems go away but it can give you the ability to see past them, find enjoyment in life and better handle stress. The goal is to fill your toolbox with wellness practices so that you’re not just going from event to event coping, but rather so you are equipped with resilience to mitigate the impact of critical incidents, cumulative stress and burnout. R. York thanked Officer Leonardo for the important work she is doing to support mental health and wellness within the Sheriff’s Office.</p>	

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Sabrina Herlick, Director of RCORP, Adirondack Health Institute Implementation Grant/ Opioid Overdose Task Force	S. Herlick provided an overview of recent development of a local Opioid Overdose Task Force. One issue being discussed is development of a local spike alert system, whereby the public can be notified when there is a cluster of overdoses within a given area. Her grant will be expiring, but members of the Council for Prevention have agreed to continue to chair the meetings.	
Informational Items: NYS 2024-25 Enacted Budget Disaster Mental Health Training – Fall 2024 Law Enforcement Assisted Diversion (LEAD) planning – Glens Falls ARPA Behavioral Health updates Mental Health First Aid Train-the Trainer Opioid Settlement Funds	R. York reviewed an analysis document from the Albany Strategic Advisors regarding the 2024-25 enacted budget highlighting sections of interest throughout the 14-page document. There will be a 2-day DMHT in the Fall of 2024 for clinicians, private practitioners to reconstitute and retrain the County Disaster Mental Health Team. R. York stated Glens Falls has reinitiated some discussions regarding developing a local LEAD program. No additional ARPA Behavioral Health project updates at this time. The National Council will be having MHFA Trainings in the Fall of 2024. R. York is working with both of the Counties to arrange a more simplified format to request Opioid Settlement Funds other than the full RFP process. Discussions to mirror the ARPA process or Rensselaer County's process.	
Agency Updates: Rose House NY Connects ACCA	Open House/BBQ Public & Hiring event – Thursday June 27 th 11a-3p. Rain Date Friday June 28 th . S. Raney stated they are still in the hiring process. They are having issues with Medicaid and Medicare with people who have Humana & United Healthcare. The Senior Picnic is scheduled for July 12 th at the Washington County Fairgrounds \$5 per ticket. K. Stack stated they are also having staffing/ hiring challenges although their services are doing well and they have a high occupancy rate.	

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Conifer Park	S. Lyon stated they currently have a FT clinician and PT Secretary opening available.	
ASCEND MW	S. Parker spoke regarding outreach collaborating with Open Door and Wait House for the MH and Homelessness ARPA Grant, more to come as it develops. Their goal is to have no hospital discharges as homeless with increased stabilization.	
Office of Community Services	Carrie Wright has resigned from the Program Analyst position with the Office of Community Services. This position is currently posted on the Warren County website through June 21 st .	
Adjournment and Next Meeting	<i>The meeting adjourned at 11:30a. The next meeting of the Mental Health & Addiction Services and Recovery Subcommittees of the Warren and Washington County Community Services Boards is scheduled for Friday, September 6, 2024 10a-12noon, at 230 Maple St., Glens Falls. There will be a virtual option via Zoom.</i>	N/A

Minutes respectively submitted by Crystal Mallory, Secretary to the Boards