

Tioga County

**Local Government Plan for Mental Retardation and
Development Disability Services**

2007-2009

Section 1: Opening statements

With a new Governor of the State of New York taking office in January 2007 an opportunity was created to re-evaluate how services are offered in New York State for those who have MRDD conditions. The appointment of new commissioners for the state agencies and in particular for the mental hygiene state agencies has resulted in a fresh approach and a demonstrated willingness on the part of the mental hygiene commissions to improve their respective systems of care and to work collaboratively to integrate service provision and create a climate where better results can be achieved for those served. Various forums have been held that included the new commissioners and where feedback was presented on the current conditions and needs for improvement in the various systems of care. Tioga County is very encouraged by this new openness and desire to work in partnership with advocates, providers, and counties for the benefit of individuals and families in need of services.

One specific development of this willingness to collaborate is a commitment to continue efforts to improve the planning process and work towards more standardized and integrated planning practices for the state mental hygiene agencies. We are pleased with the ongoing effort of the three state mental hygiene agencies to work with The Conference of Local Mental Hygiene Directors to improve our annual planning process. The changes in this year's guidelines represent a step in a new and more effective direction. We look forward to the ability to integrate planning across disability areas to reflect and accommodate the practical realities faced on a daily basis at the local level in developing effective responses to individualized needs.

As a small rural county we face many challenges including maximizing effectiveness with limited services. We look forward to working closely with our local DDSO and NYS OMRDD to develop strategies to maximize our joint effectiveness in helping individuals and families in need of MRDD services.

Three main areas remain overarching concerns for us:

Data- We find it very difficult to develop an understanding of the current state of our local system due to the lack of meaningful, user friendly and current information on key indicators of system and provider performance. Without this data we are not able to optimally plan for, nor adequately monitor the utilization of the valuable and limited resources that are currently available to our community. We have mentioned this challenge in past annual plan documents and we are looking forward to participating in an effort to remedy this situation.

Dual diagnosed individuals – We face ongoing challenges in assuring optimal care for individuals who have MRDD and either Mental Health or Chemical Dependency diagnoses. The current systems of care do not allow sufficient flexibility or collaboration to achieve the best possible outcome for these individuals. We look forward to developing more flexible, cross systems efforts that treat the individual need and avoid the pitfalls of exclusionary and turf-oriented approaches to organizing and providing services.

Crisis capacity for MRDD diagnosed children- We have experienced a series of very difficult and often unsatisfactory compromises in responding to the needs of children who have experienced significant mental health or behavioral problems in addition to a MRDD condition. Further complicating our response are significant time lags in qualifying individuals for services and, once qualified, delays of months to years in having the needed services in place. Crisis, transitional support programs, and in-home supports will be needed to accommodate the needs we have identified. We can and must do better in responding to this critical need.

Our submission for 20087-2009 reflects these priorities and specific service areas that have been identified as critical needs. We appreciate the opportunity to share our plan with the Broome DDSO and the NYS OMRDD as part of an ongoing dialog and we look forward to a collaborative and productive effort to improve the services we collectively offer.

Paul LeBlanc, LMSW
Director of Community Services
Tioga County

Section 2: Documentation of Discovery Process

Tioga County

2007-2009

Constituent groups consulted:

Families
Penn York Opportunities
Tioga County LGU
Franziska Racker Center
MRDD subcommittee members
Parent to Parent network
Epilepsy Foundation
ACHIEVE
Broome Developmental DDSO
Tioga County Mental Health SPOA

Methods of Discovery:

The following contributed to the development of this plan:

1. Review of feedback from public forums held in 2001, 2003, 2005. Analysis indicating common themes that occurred across several years.
2. Development of a spread sheet that presented 2007 OMRDD data pack information in a comparative format for all counties with a population under 60,000. This provided a peer comparison grouping for consideration of the status of our county enrollments.
3. Review of the results of an internet search of studies detailing the prevalence of MRDD diagnoses in children and comparison of the expected prevalence with our county population under the age of 18.
4. Review and analysis of the results of 2007 surveys given to all providers, the LGU staff, the DDSO and the MRDD subcommittee members that resulted in 34 separate areas of consideration being submitted.
5. Review of the 2006-2008 Plan and status of achievement of initiatives in that plan.
6. Presentations by provider and advocate organizations at MRDD subcommittee meetings in 2007. These included focused presentations on key issues facing our county and involved dialog and question and answer sessions following the presentations.
7. A plan development session including the MRDD subcommittee to process and synthesize the information available.

Section 4
Statement of Selected Outcomes

County: Tioga

Year: 2007-2009

Selected Outcome

Topic: Community Residential Integration

Tracking Number: 1

Outcome Statement: Increase residential opportunities for individuals living at home or living in the Developmental Center.

Target population, Identification of data sources and Quantification of Need (exact number of people to be served is not required): Individuals currently living at home or in the Developmental Center who need/ desire alternative living situations in the community.

Preliminary Strategies and Action Steps:

ACHIEVE (formerly Broome Tioga ARC) to add a 6 bed IRA

Develop a minimum of 20 residential opportunities over the next 3 years to accommodate Developmental Center rundown– provider not identified, seek interested provider(s).

Respond to downsizing of Developmental Center beds by creating beds in community settings. The number of individuals expected to need this resource is unknown at this point. Continue to review this need on an ongoing basis.

Projected Timeline of Resolution: 3-5 years

Responsible Parties:

Broome DDSO

MRDD subcommittee

Director of Community Services

Provider agencies

Section 4
Statement of Selected Outcomes

County: Tioga

Year: 2007-2009

Selected Outcome

Topic: Program and Employment options

Tracking Number: 2

Outcome Statement:

Enhance/Expand Day Program capacity and employment options in Tioga County.

Target population, Identification of data sources and Quantification of Need (exact number of people to be served is not required): Individuals in need of new or additional day program options. Individuals who currently have only sheltered workshop options but who could benefit from more inclusive options.

Preliminary Strategies and Action Steps:

Increase Day Hab slots

Diversify vocational opportunities including:

Opportunities for movement from sheltered to supported

Development of employment Enclaves

Sheltered workshop opportunities as temp workers in community settings

Projected Timeline of Resolution: 1-3 years

Responsible Parties:

MRDD subcommittee

Director of Community Services

Providers

Section 4
Statement of Selected Outcomes

County: Tioga

Year: 2007-2009

Selected Outcome

Topic: Respite Care

Tracking Number: 3

Outcome Statement:

Enhance/Expand respite services for Tioga County residents.

Target population, Identification of data sources and Quantification of Need (exact number of people to be served is not required): Families with children or adults at home with need for planned respite services.

Preliminary Strategies and Action Steps:

Development of a free-standing respite by Franziska Racker Centers. A two county free-standing respite to be developed on the border of Tioga and Tompkins Counties to enable serving families from both counties. Neither county has sufficient need to create a single county program.

Support has been obtained from the DCSs of Tioga and Tompkins Counties.

Communication has taken place with the Broome DDSO about this proposal.

Individuals who will utilize the respite program will have significant behavioral issues or physical limitations. The physical layout of the facility will need to accommodate these needs

Projected Timeline of Resolution: 1-3 years

Responsible Parties:

Franziska Racker Centers

Broome DDSO

Director of Community Services

Section 4
Statement of Selected Outcomes

County: Tioga

Year: 2007-2009

Selected Outcome

Topic: Crisis Intervention

Tracking Number: 4

Outcome Statement:

Development of responsive crisis and family support services for individuals in crisis and at risk of failing in their home setting.

Target population, Identification of data sources and Quantification of Need (exact number of people to be served is not required): Children and adults who have MRDD diagnoses and who experience a psychiatric and/ or behavioral crisis that places them at risk of needing a more restrictive and intensive level of residential care. This includes individuals who have behavioral reactions that require medication changes or who experience short term behavioral difficulties due to medication changes. Includes children with autism diagnosis that have severe behavioral problems

Preliminary Strategies and Action Steps:

Seek support form NYS OMRDD and Broome DDSO for development of services to support individuals and families in crisis.

Review recent and current problems involving families and individuals who have experienced significant disruption in their lives due to the lack of crisis and supportive services to clarify the need.

Develop responses that include in-home support, crisis beds, consultation and support for individuals requiring CPEP (and emergency room) evaluation.

Consider utilizing mobile staff capacity and/or temporary allocation of staffing to support maintaining an individual in a family setting.

Projected Timeline of Resolution: 1-3 years

Responsible Parties:

NYSOMRDD

Broome DDSO

MRDD subcommittee

Director of Community Services

Provider agencies

Section 4
Statement of Selected Outcomes

County: Tioga

Year: 2007-2009

Selected Outcome

Topic: Communications

Tracking Number: 5

Outcome Statement:

Improve the availability and exchange of information related to obtaining, planning and coordinating services.

Target population, Identification of data sources and Quantification of Need (exact number of people to be served is not required):

Families in need of services/ information about services

Communication/ coordination between the three subcommittees of the CSB

Preliminary Strategies and Action Steps:

Complete and disseminate the Tioga County Road Map to services to families and key providers, schools, etc. in the community.

Share annual plans among the CSB subcommittees, look for ways to integrate planning and services.

Training of subcommittee and provider staff on critical issues including facilitation of inclusion, awareness of epilepsy, autism issues, etc.

Projected Timeline of Resolution: 1-3 years

Responsible Parties:

MRDD subcommittee

Director of Community Services

CSB and other subcommittees

Section 4
Statement of Selected Outcomes

County: Tioga

Year: 2007-2009

Selected Outcome

Topic: System Performance Indicators

Tracking Number: 6

Outcome Statement:

Availability of performance indicators that provide meaningful information on the status of MRDD services within Tioga County.

Target population, Identification of data sources and Quantification of Need (exact number of people to be served is not required):

Data that is reliable, user friendly and meaningful that is made available to the MRDD subcommittee, providers, the Director of Community Services and families. This would also include indicators measuring performance of any new and existing programs or services available for Tioga County residents. School related data including the effectiveness of aging out transition services to be included.

Preliminary Strategies and Action Steps:

Work with NYS OMRDD and the Broome DDSO to develop the means to track key indicators and produce meaningful data at regular intervals to measure the performance of services and the broader system of care for individuals with MRDD diagnoses.

Projected Timeline of Resolution: 2-5 years

Responsible Parties:

NYS OMRDD

MRDD subcommittee

Director of Community Services

Providers

Families

Section 5
Assessment of Progress

County: Tioga

Year: 2007 update of 2006-2008 proposal

Selected Outcome:

Topic: Residential

Tracking Number: 7

Outcome Statement: Addition of 6 bed home for medically frail adults by Franziska Racker Centers.

Action Steps Implemented:

Program is operational

Progress Noted:

A six bed residential program for medically frail individuals was opened in Apalachin, NY in 2006.

The program is operating well and has been well received by the community and the families needing this service.

Noteworthy Best Practices or Obstacles Encountered:

Recommendations for Overcoming Obstacles and Revisions to Planning:

Section 5
Assessment of Progress

County: Tioga

Year: 2007 update of 2006-2008 proposal

Selected Outcome:

Topic: Residential

Tracking Number: 8

Outcome Statement:

Development of a 6 bed SOIRA within Tioga County by the Broome DDSO.

Action Steps Implemented:

Property secured on Tracy Creek road in Waverly

Renovations underway

Expect certification in the fall of 2007

Progress Noted:

Noteworthy Best Practices or Obstacles Encountered:

Addressed community concerns about a residential facility in a residential neighborhood

Recommendations for Overcoming Obstacles and Revisions to Planning:

Section 5
Assessment of Progress

County: Tioga

Year: 2007 update of 2006-2008 proposal

Selected Outcome:

Topic: Respite/ Recreation

Tracking Number: 9

Outcome Statement:

Franziska Racker Centers will develop a minimum of 10 recreational events for a target group of 8 participants at each event. Target is serving 35 families over a 12 month period.

Action Steps Implemented:

This has been implemented as a family support program.

Progress Noted:

Have over 40 individuals participating.

Noteworthy Best Practices or Obstacles Encountered:

Recommendations for Overcoming Obstacles and Revisions to Planning:

Section 5
Assessment of Progress

County: Tioga

Year: 2007 update of 2006-2008 proposal

Selected Outcome:

Topic: Day Habilitation

Tracking Number: 10

Outcome Statement: Broome DDSO will develop an Arts Habilitation program serving 50 individuals.

Action Steps Implemented:

Program implemented and has been well received.

Progress Noted:

Noteworthy Best Practices or Obstacles Encountered:

Flooding of 2006 required moving the program. This was successfully completed.

Section 5
Assessment of Progress

County: Tioga

Year: 2007 update of 2006-2008 proposal

Selected Outcome:

Topic: Crisis Intervention

Tracking Number: 11

Outcome Statement: Submission of a family support or OTPS proposal by Franziska Racker Centers to increase family Support Services from 5 hours a week to 10 hours a week.

Action Steps Implemented:

Program implemented.

A behavioral specialist is currently available 10 hours per week.

Progress Noted:

Noteworthy Best Practices or Obstacles Encountered:

Recommendations for Overcoming Obstacles and Revisions to Planning:

Section 5
Assessment of Progress

County: Tioga

Year: 2007 update of 2006-2008 proposal

Selected Outcome:

Topic: Blended Supports

Tracking Number: 12

Outcome Statement: Capabilities, Inc. will pursue maintaining, or seek to increase if needed, supported volunteering.

Action Steps Implemented:

May be included as part of an OTPS funding proposal.

Progress Noted:

Program is operational.

Capabilities is currently serving 4 Tioga County residents in other programs. For various reasons these 4 individuals have not engaged in the supportive volunteering program. It remains an option for Tioga County residents.

Noteworthy Best Practices or Obstacles Encountered:

Recommendations for Overcoming Obstacles and Revisions to Planning:

Section 5
Assessment of Progress

County: Tioga

Year: 2007 update of 2006-2008 proposal

Selected Outcome:

Topic: Transitional Planning

Tracking Number: 13

Outcome Statement: Franziska Racker to explore the feasibility of a transitional support program in Tioga and neighboring counties to provide 3 years of day services, life skills training and prevocational training for individuals aged 18 – 21.

Action Steps Implemented:

Franziska Racker Centers is providing educational consultation in lieu of the proposed service. There are no plans to pursue this proposal further.

Progress Noted:

Noteworthy Best Practices or Obstacles Encountered:

Recommendations for Overcoming Obstacles and Revisions to Planning:

Section 5
Assessment of Progress

County: Tioga

Year: 2007 update of 2006-2008 proposal

Selected Outcome:

Topic: Consumer participation

Tracking Number: 14

Outcome Statement: The MRDD subcommittee will seek to add consumer representation to the MRDD subcommittee meetings.

Action Steps Implemented:

Contacts made with various providers to locate available participants.

Progress Noted:

Two individuals have begun attending the meetings.

Noteworthy Best Practices or Obstacles Encountered:

Transportation can be a barrier to attendance.

Recommendations for Overcoming Obstacles and Revisions to Planning:

It is difficult to have the transportation in place for consistent participation. Consideration should be made by NYS OMRDD to find a way to pay individuals for participation. This might be a kind of paid community involvement. Consumer participation in all areas of mental hygiene is hampered by the inability to remunerate consumers for participation despite the many challenges they face that are barriers to participation.

Section 5
Assessment of Progress

County: Tioga

Year: 2007 update of 2006-2008 proposal

Selected Outcome:

Topic: Education and information to families

Tracking Number: 15

Outcome Statement:

The MRDD subcommittee will develop and distribute a Road Map of services in Tioga County

Action Steps Implemented:

Road Map has been developed and approved by the MRDD subcommittee
Plans to be developed to update the Road Map at regular intervals.

Progress Noted:

Printing and Distribution will be the next steps taken.

Noteworthy Best Practices or Obstacles Encountered:

In addition to being a helpful resource for families this is also a valuable tool for various providers and other related human service organizations. This will be useful as an orientation for new human service staff in various agencies in the county.

Recommendations for Overcoming Obstacles and Revisions to Planning:

Section 5
Assessment of Progress

County: Tioga

Year: 2007 update of 2006-2008 proposal

Selected Outcome:

Topic: Availability of data on program/system performance

Tracking Number: 16

Outcome Statement:

Work with NYS OMRDD and Broome DDSO to develop meaningful and accessible data

Action Steps Implemented:

Carry over to 2007 plan priorities

Progress Noted:

Noteworthy Best Practices or Obstacles Encountered:

Lack of readily available, meaningful and user friendly data on the functioning and performance of MRDD services in Tioga County. This is a state-wide issue.

Recommendations for Overcoming Obstacles and Revisions to Planning:

Work with Broome DDSO and NYS OMRDD to develop performance indicators

Section 5
Assessment of Progress

County: Tioga

Year: 2007 update of 2006-2008 proposal

Selected Outcome:

Topic: Transitional Services

Tracking Number: 17

Outcome Statement:

Determine the effectiveness of current transitional services for individuals aging out of the school system.

Action Steps Implemented:

Communication with school districts to obtain data on current practices.

Progress Noted:

Inconsistent or no-comparable data obtained from school districts.

Noteworthy Best Practices or Obstacles Encountered:

Different cultures within each school district resulting in varied priority for transitional planning and assistance and differing ability on the part of school districts to provide data on the status of transitional activities.

Recommendations for Overcoming Obstacles and Revisions to Planning:

To be included in the data initiative proposed in the 2007 plan.

Section 4
Statement of Selected Outcomes

County:

Year:

Selected Outcome

Topic:

Tracking Number:

Outcome Statement:

Target population, Identification of data sources and Quantification of Need (exact number of people to be served is not required):

Preliminary Strategies and Action Steps:

Projected Timeline of Resolution:

Responsible Parties:

Section 5
Assessment of Progress

County: Tioga

Year: 2007 for 2006-2008 submission

Selected Outcome:

Topic:

Tracking Number:

Outcome Statement:

Action Steps Implemented:

Progress Noted:

Noteworthy Best Practices or Obstacles Encountered:

Recommendations for Overcoming Obstacles and Revisions to Planning:

MRDD PROPOSED 2008 PLAN

<u>NEED</u>	<u>OBJECTIVES</u>
<p>Group Homes (Residential) Living at home in Tioga County and developmental center</p>	<p>a) 6 bed IRA (ACHIEVE formerly ARC) b) Another agency – minimum of 12 beds over the next 3 years c) Developmental Center downsizing with unknown number abc from ARC List</p>
<p>Enhance/Expand Day Program</p>	<p>a) more day hab slots b) b,c,d ARC list e) Penn York Issue f) expand camp programs g) expand after school programs</p>
<p>Enhance/Expand Respite</p>	<p>a) ongoing Racker</p>
<p>Crisis Intervention (includes Dual Diagnosis) Continuum of care for Autistic diagnosis/children with severe behavior issues</p>	<p>a) In home support b) Individual beds c) CPEP (support/consultant)</p>
<p>Communications Roadmap Between subcommittees Parent Education Sensitivity to epilepsy Training to facilitate inclusion</p>	<p>a) Development of Cross Systems (Integrated approach)</p>
<p>Indicators of System Performance</p>	<p>a) data – reliable, user friendly, meaningful b) supportable performance – indicators for new programs c) school transition plan</p>

