# TIOGA COUNTY COMMUNITY SERVICES BOARD

## MH Subcommittee Meeting

## Pending Approval

## November 3rd, 2026

## 10:30am

## Via: Hybrid

Mental Hygiene Staff Attendance:

Sarah Begeal, Director of Community Services  Danielle Fabregas, Clinical Program Director
Sue Graves, Secretary to the Director

| MH Members Present | Absent | Guests |
|---|---|---|
| Angel Deyo-Cruz | Tina Lounsbury | Colleen Arnold |
| Sarah DiNunzio | Nadia Constant | Kari Nichols |
| Katie Wait | Carolyn Galatzan | |
| Kristine Maslin | | |
| Porshea Moore | | |
| Pat Gillule | | |

Meeting called to order at 10:34am

Topic: Review of the October 2026 Minutes

- Motion to approve Kristine Malsin, seconded Porshea Moore, approved as written

Status: Informational – Complete

Topic: Director's Report – Sarah Begeal

- Federal Update House Democrat ENC Medicaid
  - Updates & impacts on local counties discussed
  - There is CMS scrutiny over the New York program
  - Could be looking at financial pressure with Tioga County programs
  - Could reduce services available and access to care for individuals
  - County fiscal impact
  - Could see an uptick in Emergency & Crisis services
  - Could affect continuity of care
  - Estimated $ 7.7 billion annual reduction in funding for New York State
  - Unclear what this will look like for Tioga County
- Staff
  - Brenda Fazio, PT Account Clerk Typist starting 11/30/26
  - Becky Mosier, Accounting Associate II starting 11/30/26
- AOT Coordinator
  - Position offered and individual is in the background check process
  - Currently have 6-7 individuals on the AOT- significant increase from previous years
  - Hospital screening everyone to see if an AOT is needed

- ACT Team is currently at capacity

Status: Informational – Complete

Topic: Clinical Program Director Report – Danielle Fabregas

- Census is 570 for Mental Health
- 198 are ages 17 and under

Status: Informational – Complete

Topic: Agency Reports

A New Hope Center – Sarah DiNunzio

- Workforce – struggling to hire
- Had people connected to Access-VR for support
- Affordable Housing
  - Catholic Charities received rapid rehousing funding
  - Pays 6 months of rent but with numerous limitations
  - Must be an apartment with a signed lease
  - Very strict guidelines
  - Sounds very similar to a HUD program
- Shelter is currently full
  - A number have moved to the transitional housing in Waverly
- SAFE Funding (flex money)
  - Used for safety assistance
  - Funds are being used up quickly
- Prevention
  - Safe Harbor advocates in full swing at schools (Spencer Van Etten, Candor & Newark Valley)
- Housing continues to be a major issue with why people don't leave their abusers
- Financial & economic issues continue

RSS – Kristine Maslin & Colleen Arnold

- No Facebook responses for hiring – using Indeed
- The Community Residence is full as well as the Apartment Program
- Supported Housing has 2 openings with all Long Stay beds open
  - Location of apartments are important – walking distance to the office
- Medicaid Transportation issues
  - Must have a standing order to use the Medicaid cabs

Public Health – Katie Wait

- Building Capacity for Rural Suicide Prevention Grant
  - General messaging – billboards going up
  - Trying to engage older men
  - Focusing on increasing prevention services

- Safety Kits – reaching out to Lock-N-Load, Tioga County Sportsmen's Club, Sheriff's office
    - Kits contain medication lock boxes, Credible Minds cards, and brochures with suicide prevention resources for the home

Certified Recovery Peer Specialist – Porshea Moore

- Dealing with a lot of grief
    - Uptick in suicides in recent history – 4 attempts and 1 completion
    - Currently have a grief group in the clinic and another in the community
    - Resources being provided
- Housing
    - Have schizophrenic individual struggling to find housing
    - Sometimes symptoms are too intense to live alone
    - Social Security was obtained

*Colleen may be able to assist*

- Seeing a lot of homelessness – families with children
    - Kids going to school periodically
    - At school kids are warm and fed

*Katie shared that Public Health could vaccinate at no cost, but they would need to come to the clinic.*

Status: Informational – Complete

Topic: Additional Discussion

- Articles for Pennysaver
    - October – Domestic Violence Awareness Month – Porshea Moore (published article attached)
    - November – Men's Mental Health Awareness Month – Porshea Moore
- Subcommittee is recruiting for current openings:
    - 1 consumer
    - 1 Parent or relative of MH services

Status: Informational – Complete

Adjournment: The meeting adjourned at 11:15am. The next meeting is scheduled for Tuesday, December 1st, 2026, at 10:30am

# Domestic Violence Awareness Month: Awareness, support, hope in Tioga County

**BY PORSHEA MOORE**
FOR THE PENNYSAVER

October is Domestic Violence Awareness Month—a time to honor survivors, remember those whose lives have been lost to domestic violence, and bring attention to an issue that affects individuals and families in communities everywhere, including here in Tioga County.

Domestic violence can include emotional and verbal abuse, threats, intimidation, sexual violence, financial control, stalking, isolation from family and friends, destruction of property, digital monitoring, and controlling where someone goes, what they wear, who they speak to, or how they spend money.

**"Why Don't They Just Leave?"**

This is one of the most common questions asked about domestic violence—and one we need to reconsider. Leaving an abusive relationship can be incredibly complicated and may sometimes increase danger. Survivors may be worried about their children, housing, finances, employment, pets, retaliation, or where they will go. Some have been isolated from their support systems. Others have spent years being told they are incapable of surviving without their partner.

Instead of asking, "Why don't they leave?" Perhaps we should ask, "What barriers are preventing them from being safe, and how can we help?"

**Domestic Violence, Mental Health and Substance Misuse**

Substance misuse may also become another method of control within an abusive relationship. A person should never be denied compassion or safety because they are struggling with substance misuse or mental health concerns.

Here in Tioga County, survivors have access to local support. A New Hope Center, located at 20 Church Street in Owego, provides services for victims of domestic violence, sexual violence, and other crimes and abuse. Its 24-hour hotline/text line is 607-687-6866.

Tioga County Mental Hygiene can also be reached at 607-687-4000 for mental health services, substance misuse services, crisis services, including after-hour crisis services at 607-687-1010.

Also, offering peer services.

**Awareness Must Lead to Action**

Domestic Violence Awareness Month cannot simply be about wearing purple during October.

Awareness matters when it changes the way we respond to people. It means addressing the connections between trauma, mental health, substance misuse, housing, financial insecurity, and interpersonal violence. And it means making sure people in our community know that help exists before the moment they desperately need it.

This October, let us do more than raise awareness. Let us continue building a Tioga County where survivors are heard, supported, believed in, and reminded that they do not have to face abuse alone. Help is available. Hope is possible. And everyone deserves to feel safe in their own home.

*Porsche Moore, CRPA, CASAC, CJSR works with Tioga County Mental Hygiene.*

# Gather & Give: A Fall Fundraiser & Rural Health Awards Celebration

BINGHAMTON — On Oct. 27, Rural Health Network of SCNY will celebrate its 28th year with Gather & Give: A Fall Fundraiser & Rural Health Awards Celebration. The fundraiser will highlight its mission to advance the health and well-being of rural people and communities. Proceeds will support Rural Health Network's areas of focus: improving access to health services, education, food, transportation, well-being, and advocacy.

The event will feature cocktail-style appetizers and desserts, a basket auction, and the presentation of the Network's annual Rural Health Awards.

Our 2026 honorees are:

- Rural Health Champion, DCMO BOCES School Lunch Management
- Rural Health Legacy, Wendy Hitchcock
- Rural Health Leader, Cathy Popp-McKenna
- Rural Health Partner, Glover's Transport
- Rural Health Practitioner, Michael Alo

This is the organization's seventh year of presenting Rural Health Awards in the weeks leading up to National Rural Health Day (recognized on the third Thursday of November). Event sponsors include: Visions Federal Credit Union, Excellus BCBS, Guthrie, NBT Insurance Agency, United Health Services, GHS Federal Credit Union, Nottingham Financial Group, Nate Rentals, Peoples Security Bank & Trust, Dianne & Jerry Albrecht, Foam It, and more.

Sponsorships are still accepted. More information about sponsorship opportunities and ticket sales can be found here: rhnscny.org. Event Details: Oct. 27, 6 to 8 p.m. at the SUNY Broome Culinary & Event Center, 78 Exchange Street, Binghamton, NY 13901.

# Market 32, Price Chopper announce results of spring and summer hunger relief efforts

## *Annual Fill a Glass with Hope/Fill a Plate with Promise campaign raises more than $53,000 for regional food banks; baseball promotions provide almost 16,000 meals to local communities*

SCHENECTADY — In recognition of Hunger Action Month, Market 32 and Price Chopper are proud to announce the results of their spring and summer hunger relief efforts serving their local communities.

"Through our partnership with American Dairy Association Northeast, we've been able to support our neighbors in need by encouraging customers to make a small change at checkout, resulting in $53,776 in donations. Market 32 and Price Chopper contributed an additional $10,000 including milk," said John Chrisman, CEO of American Dairy Association North East. "For more than a decade, we've

At Heritage Financial Park in Wappingers Falls, NY, 100 meals were donated every time the Hudson Valley Renegades

At Frontier League Tri-City Valleycats games, Market 32 and Price Chopper donated 100 meals to the Regional Food