

HEALTH & HUMAN SERVICES  
COMMITTEE MEETING MINUTES - MAY 31, 2023

HEALTH & HUMAN SERVICES COMMITTEE MEMBERS PRESENT: Clary, Campbell, Shaw, Wilson

HEALTH & HUMAN SERVICES COMMITTEE MEMBERS ABSENT: Fedler, Skellie, Nolan

SUPERVISORS: Henke, Hall, O'Brien  
Sandy Huffer, Deputy Clerk  
Melissa Fitch, County Administrator

Roger Wickes, County Attorney  
Al Nolette, County Treasurer

AGENDA AS PRESENTED IN MEETING NOTICE:

1. Call to Order
2. Accept Minutes – April 26, 2023
3. Department Reports/Requests
  - A. Mental Health/Community Services Board
    1. Budget Amendment Request – Recognize NYS OMH - \$60,926
    2. Mental Health Facilities Tour – June 12<sup>th</sup>
  - B. DSS
    1. State Budget Updates
    2. Overnight Stay Request
  - C. OFA/ADRC
    1. Overnight Travel Request
  - D. Public Health
    1. NYS Budget Update
    2. Overnight Request
    3. Public Health Emergency Preparedness Grant
    4. Program Updates
4. Other Business
5. Adjournment

Chair Clary called the meeting to order at 10:01 AM in the Board of Supervisors classroom, Room B214, Washington County Municipal Center, Fort Edward, NY.

A motion to accept the minutes of the April 26, 2023 meeting was moved by Mr. Shaw, seconded by Mr. Wilson and adopted.

MENTAL HEALTH/COMMUNITY SERVICES BOARD – Rob York, Executive Director addressed the following with the committee:

- Budget Amendment Request – Requesting a resolution to accept and pass through 100% state aid from NYS Office of Mental Health for minimum wage adjustments and supportive housing enhancements. A motion to approve amending the 2023 budget in the amount of \$60,926 for 100% state aid, was moved by Mr. Campbell, seconded by Mr. Wilson and adopted.
- Mental Health Facilities Tour – The tour of Mental Health facilities will be on June 12<sup>th</sup> at noon. The Administrator stated that seven people have signed up and will have two vehicles. Will meet at the municipal center and do a driving tour ending in Glens Falls. Mr. York has a list of facilities and stated they will stop at a few of them and meet staff. Mr. Campbell stated that mental health has been a big issue and it's a good idea to see where our mental health dollars go.

- Proclamation – May is Mental Health Awareness Month – A Proclamation will be issued. Rob presented some mental health information sheets from the National Alliance on Mental Illness. The 988 suicide & crisis lifeline is now operational. Also attached is information from NY FarmNet (attached). NY Farmnet was founded by the College of Agriculture and Life Sciences at Cornell University in response to the national farm crisis in the 1980's.
- Open House flyer (attached) – The Addictions Care Center of Albany is opening an 18 bed residence for men at 68 Quaker Road in Queensbury to serve individuals of Warren and Washington County and are having an open house on June 7, 2023 from 2 – 4 PM.

DEPARTMENT OF SOCIAL SERVICES – Tammy DeLorme, Commissioner addressed the following with the committee:

- State Budget Updates
  - Raise the Age fiscal plan submissions are due June 30, 2023.
  - Supervision and Treatment Services for Juveniles Program (STSJP) – These allocations come with some set aside for detention and some for STSJP. They can shift funds from detention to STSJP. The detention amount is \$98,435 and we have to match 50%. When funds are shifted from detention to STSJP, we are committing a 38% match. Last year we shifted \$78,435 from detention to STSJP and rolled in \$9,000 unspent from the previous year for a total budget of \$207,212. STSJP services are mostly provided by Youth Bureau/Alternative Sentencing providing juvenile electronic monitoring, juvenile community restoration, youth employment, parenting skills and other services. They will be developing the plan this year and will continue to shift those funds to YB/AS with a local share of at least \$78,000 going toward these services. This decreases the amount of funds for detention. Their goal is to never have a child go to detention.
  - Code Blue – No formal guidance yet but included in the state budget is that Code Blue funding moving forward would be a straight allocation. State is now saying it will be an allocation based on previous years and no longer 100% covered. Code Blue was enacted by Executive Order by Governor Cuomo.
- Overnight Stay Request – Requesting permission for overnight stays on July 17-18 for the Commissioner at the NY Public Welfare summer conference in Saratoga Springs. Costs were included in the 2023 travel plan. A motion to approve overnight stay for the Commissioner in Saratoga Springs for the NY Public Welfare summer conference, was moved by Mr. Campbell, seconded by Mr. Wilson and adopted.
- The committee recently authorized the purchase of a minivan. The dealership is not able to meet the criteria or provide the minivan off that bid. As an alternative, requesting to piggyback off another bid and purchase an SUV, Chevy Traverse. The price is over what the minivan was by less than \$2,000 and has funds in the budget.
- No information yet on when the Medicaid rate will change.

Mr. Shaw asked what the criteria is for overnight stays. Currently if overnight stay is not in the travel plan and less than 60 miles, committee approval is required. He asked if the Government Operations committee should review the overnight stay authorization policy. The Administrator added that most of the overnight stay requests are for department heads. The DSS Commissioner added that the many DSS employees will be attending the conference but not staying overnight. Mr. Wilson feels the policy is working as it should.

OFA/ADRC – Gina Cantanucci-Mitchell, Director addressed the following with the committee:

- Overnight Travel Request – Requesting permission for overnight stay in Albany for Aging Concerns Unite Us conference facilitated by the Association on Aging in New York of which Gina serves on the executive board. The conference is June 26 – 28 and she is requesting two nights stay. This was included in the approved travel and training budget but is within the 60 mile radius and requires oversight committee approval. A motion to approve overnight stay for the OFA Director at the Aging Concerns Unite Us conference in Albany, was moved by Mr. Wilson, seconded by Mr. Shaw and adopted.
- Thanked the Chairman and the Board of Supervisors for May is Older Americans Month proclamation and for honoring the Senior of Year recipients, who were truly appreciative.
- Senior Picnic – The Senior Picnic will be on July 14<sup>th</sup> at the Washington County Fairgrounds. Compiling an announcement email and will forward when it is done.

PUBLIC HEALTH – Tina McDougall, Director addressed the following with the committee:

- NYS Budget Update
  - The State will be receiving \$7.5M in funding for tobacco use prevention and control. \$5M of that is from the Juul settlement. Doesn't know if any will be distributed to counties. There was an increase of \$1 on the cigarette tax.
  - Included in the budget are changes to promote more purchases of locally grown agricultural products. The bill allows local entities such as school districts to purchase foods grown, produced and harvested in New York up to \$150,000 without a competitive process.
  - Lead Service Line Inventory - Passed legislation to allow the use of bipartisan infrastructure law funding for municipalities to replace lead service lines. Allows access for municipalities, school districts, district corporations to NYS for loan funding, low or no interest loans.
  - Article VI Funding – There wasn't an actual increase. Last year it wasn't effective until April and this year the funding is for an entire year.
- Overnight Request – Requesting permission for overnight stay at the NYSACHO Harm Reduction symposium related to drug use in Syracuse June 14 – 15. Got permission for two employees to attend a few months ago. Requesting permission for two more people to attend, a staff Nurse & Kristin Hardy of the Sheriff's department. NYSACHO pays the conference fee and hotel. The only county expense is for mileage and dinner for one

night. They will be taking a county car. A motion to approve allowing two more employees to attend Harm Reduction symposium in Syracuse June 14 - 15, was moved by Mr. Wilson, seconded by Mr. Shaw and adopted.

- Public Health Emergency Preparedness Grant – Every year they receive an emergency preparedness grant. The amount of the grant is \$52,099 for the period of July 1<sup>st</sup> – June 30<sup>th</sup>. Asking for permission to apply and submit the budget to the NYSDOH. A motion to approve applying for emergency preparedness grant in the amount of \$52,099, was moved by Mr. Campbell, seconded by Mr. Wilson and adopted.

- Program Updates

- WIC – Due to COVID, appointments were changed to remote. Due to the federal public health emergency ending on May 11<sup>th</sup>, they have 90 days waiver to get back out into the field for in person appointments. New York State opted into another waiver that would give people the option of coming in for appointments or appearing remotely. They will be going back out for clinics in August however; clients can appear remotely. This waiver has been extended through 2026 and will be reevaluated then.
- Early Intervention – We have a wait list of 20, a majority of which are for speech therapy. This is a statewide issue due to a shortage of therapists. The state is looking at different things such as allowing speech therapy assistants to provide that service. Tina feels part of it is the rate paid. The State had an increase in the rate in the budget but the rate increase did not pass. Early Intervention providers are contracted through NYS.
- Preschool Supportive Services Program – Center for Disability Services at the Prospect location in Warren County will be closing their pre-school program. We had six children who were attending that center. Four have been placed in other preschool locations and one is on a wait list and they are checking on the status of the sixth child. It is the school district's responsibility to get these children placed in a center based program. For January through March of this year, we have an additional 13 children compared to last year and an additional \$153,000 more in expenses. They are tracking the expenses and will keep the committee informed.
- Reminder – Move Your Way Trails Day is this Saturday 10 – 2 at Mullen Park.

#### OTHER BUSINESS:

Chair Clary reported that the opioid workshop group has been meeting and will report to this committee in July.

The meeting adjourned at 10:51 AM.

*Sandy Huffer, Deputy Clerk, Washington County Board of Supervisors*

# You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

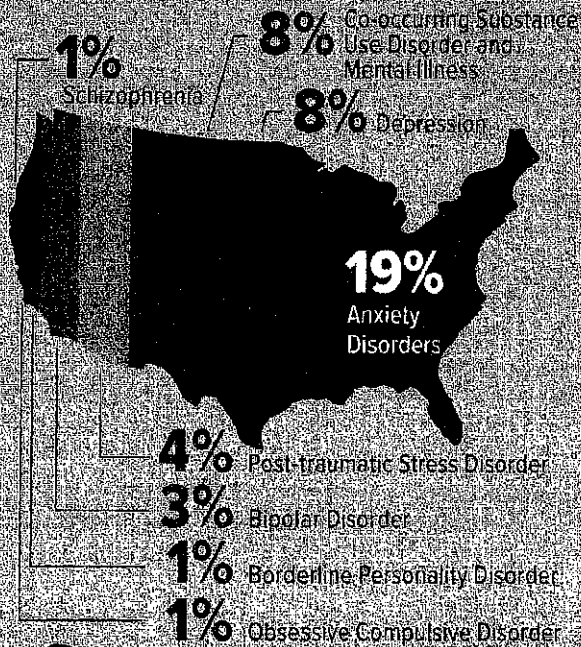
1 in 20

1 in 20 U.S. adults experience serious mental illness

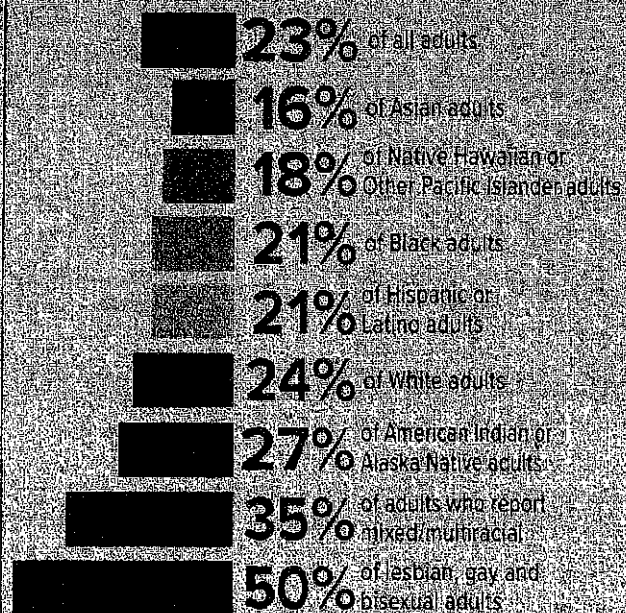
17%

of youth (6-17 years) experience a mental health disorder

## 12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



## 12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



### WAYS TO REACH OUT AND GET HELP

Talk with a health care professional

Call the NAMI HelpLine at 800-950-NAMI (6264)

Connect with friends and family

Join a support group

© 2014 NAMI. All rights reserved. NAMI is a 501(c)(3) nonprofit organization.

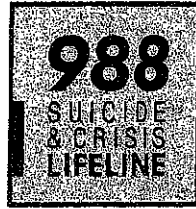
NAMI HelpLine  
800-950-NAMI (6264)



National Alliance on Mental Illness



If you or someone you know  
needs support now,  
call or text **988**  
or  
chat [988lifeline.org](https://www.988lifeline.org)



PEP22-08-03-001

## **NY FarmNet**

**NY FarmNet** ([www.NYFarmNet.org](http://www.NYFarmNet.org)) was founded by the College of Agriculture and Life Sciences at Cornell University in response to the national farm crisis in the 1980s. NY FarmNet still operates at Cornell as part of the Charles H. Dyson School of Applied Economics & Management. The Dyson School is part of both Cornell's College of Agriculture and Life Sciences and the SC Johnson College of Business. NY FarmNet is funded by the NYS Department of Agriculture & Markets, NYS Office of Mental Health, the private sector, and individual donations.

**Financial Analysis**--Knowing where a business stands financially is a critical step in identifying options for a brighter future. As a result of financial analysis and planning, you will have accurate information to make decisions that impact the future of your business. Moreover, one-on-one meetings with a NY FarmNet financial consultant can uncover options for the future that may not have been thought of before.

- Analyzing the present profitability of your farm
- Identifying options for improving farm viability
- Helping create useful cash flow budgets
- Evaluating proposed business changes and their impact on profitability
- Working with others to provide options for debt restructuring

**Business Planning**--A farm business plan is now required by most lenders. A business plan lets you know where you are, where you want to go, and how to get there. We offer free assistance with farm business analysis and planning. Our experienced consultants understand farm business and can provide you with the detailed map you need to move forward.

- Financial and production analysis
- Feasibility studies
- Business plans
- Budgets and cash flow projection

**Farming with Family**--It is critical that farm families maintain both positive business and family skills in order to be successful. NY FarmNet consultants provide free, confidential assistance in strengthening the communication skills required for farm families to make the most of their dynamic structure that is filled with daily opportunities and challenges.

- Setting goals
- Conflict management
- Management principles
- Conducting family meetings
- Financial management
- Business decision making
- Time management
- Farm succession planning

**Personal Well-Being**--The pressures and challenges of running a farm can affect every aspect of your life. NY FarmNet's family consultants can help support you with issues that can disrupt business, family, or personal well-being. Our consultants can assist with strategies to manage:

- Stress related emotional issues
- Relationship issues
- Family and/or parent-child concerns
- Domestic violence
- Divorce/separation adjustment
- Alcohol and drug concerns
- Grief/loss
- Depression and anxiety
- Farm conflicts and concerns
- Farm retirement, transfer or exit adjustment
- Health concerns
- Referrals to additional organizations and specialists

**Retirement & Estate Planning**--Planning for retirement can take as much effort as managing the business. With years of experience gained from helping other farm families, we can help plan the process so you are not alone.

- Retirement planning
- Long-term care
- Estate planning
- Leasing farm assets
- Selling farm assets
- Income tax planning
- Legal questions

**Business Transfers**--Transferring your business requires careful managerial and financial planning. We know that farm assets are a major source of retirement income for many farm families. NY FarmNet is dedicated to providing farmers with assistance in all aspects of business transfers including;

- Succession planning
- Non-family transfers
- Joint ventures/partnerships
- Help for start-up farmers

## **Outreach Programs**

- Stress management presentations
- Farm management seminars
- Business planning workshop
- Farm transfer conference
- Continuing legal education for attorneys working with farm businesses





350 Warren Hall, Ithaca NY 14853  
1-800-547-3276 nyfarmnet.org

## Signs of Depression or Suicidal Intent

The greater the number of signs of stress a farm family member is exhibiting, the greater the need for additional help and support. If farm family members are exhibiting the following signs of depression or suicidal intent, it is important that they get help as soon as possible. Many of these are signs and symptoms of fatigue and stress. However, when there are multiple signs, they should be taken seriously. If there are significant changes in the way someone typically functions, they may need immediate help or intervention.

- Appearance: Sad face, slow movements, unkempt appearance, lack of facial expression
- Anxiety and/or depression: Severe/intense feelings, appearance of anxiety or depression (both may be present)
- Unhappy feelings: Feelings of sadness, hopelessness, worthlessness
- Withdrawal or isolation: Reclusiveness, discouragement, listlessness, rejection of friends and support
- Negative thoughts: "I'm a failure," or "I'm no good"
- Helpless and hopeless: Sense of complete powerlessness, sense that no one cares.
- Reduced activity: Absence of planning, increased sleeping, feeling that "doing anything is just too much."
- Substance abuse
- People problems: Lack of interest in being social ("I don't want anyone to see me.")
- Previous suicide attempts: Previous attempts are important signs, regardless the severity.
- Physical problems: Sleeping problems, decreased appetite, various physical ailments from aches and pains to severe muscle tension or chronic pain
- Suicidal plan: Frequent or constant thoughts of a specific suicide plan
- Guilt and low self-esteem: "It's all my fault," or "I should be punished."
- Cries for help: Making a will, giving away possessions, making statements such as "I'm calling it quits" or "Maybe my family would be better off without me."

## How to Help

- Listen. Provide opportunities for the farmer or family member to talk about what they are going through. You don't need to have answers, but be aware of local resources so that you can refer them.
- Listen for signs that the individual needs more than a sympathetic ear—signs that person needs professional help that you can't provide, such as financial, legal, or personal counseling.
- Access the agency or community resource most appropriate to address the person's (or family's) problem.
- Discuss the referral with the person or family ("It sounds/looks like you are feeling \_\_\_\_\_. I think \_\_\_\_ could help you deal with your situation.")
- Explore the individual's or family's willingness to initiate contact with the community resource ("How do you feel about seeking help from this person/agency?" or "Can I help you contact \_\_\_\_\_ at this agency?")



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## Identifying Signs of Stress in Farm Families

By Extension Associate Daniel Welch and Extension Support Specialist Kate Downes

New York State farm families are experiencing higher levels of financial and emotional stress due in part to several years of low commodity prices. This is an especially difficult time for dairy farmers because regional conditions in dairy markets have further reduced farm revenues. Farm families can also experience stress as the result of a sudden event—such as crop loss, an accident, a personnel change, or family death. In other instances, it may be a gradual change from a prolonged physical illness, excessive working hours, or relationship difficulties.

### Warning Signs of Stress:

- **Change in routines:** Farmers or members of the farm family may change who attends a market, stop attending regular meetings or religious activities, drop out of other groups, or fail to stop in at the local coffee shop or feed mill.
- **Decline in the care of domestic animals:** Livestock or pets may not be cared for in the usual way.
- **Increase in illness:** Farmers or farm family members may experience more upper respiratory illnesses (cold, flu) or other chronic conditions (aches, pains, persistent cough, migraines).
- **Increase in farm accidents:** The risk of farm accidents increases with fatigue or loss of ability to concentrate. Children may be at risk if there isn't alternative child care.
- **Decline in appearance of farmstead:** The farm family no longer takes pride in the way farm buildings and grounds appear.
- **Signs of stress in children:** Farm children may act out, show a decline in academic performance, or be increasingly absent from school. They may also show signs of physical abuse or neglect, or become depressed.
- **Decreased interest:** Farmers or farm families may be less willing to commit to future activities, sign up for gatherings, or show interest in community events.

### Signs of Chronic, Prolonged Stress

When farm families are under stress for long periods of time, members of the family may exhibit:

- Headaches, backaches, etc.
- Irritability
- Depression
- Ulcers
- Anger
- Passive-aggressiveness
- Frequent sickness
- Exhaustion
- Loss of humor
- Memory loss
- Self-judgment (e.g., "I blew it.")
- Lack of confidence (e.g., "Why can't I...?")
- Sadness
- Bitterness
- Withdrawal
- Sleep disturbances
- Loss of spirit
- Substance abuse
- Violence
- Lack of self-confidence (e.g., "I'm a failure.")
- Lack of concentration
- Difficulty making decisions



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## Selected New York Resources to Support Stressed Farm Families

### NY FarmNet

NY FarmNet provides completely free and confidential on-farm services for farmers and farm families in New York. Specializing in personal wellbeing, stress management, family communication, financial analysis, business planning, transition planning, and estate planning, FarmNet financial and personal consultants guide farm families through periods of transition, opportunity or challenge.

1-800-547-3276, [www.nyfarmnet.org](http://www.nyfarmnet.org)

### National Suicide Prevention Lifeline

1-800-273-8255 (TALK), [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### Crisis Text Line

Text "START" to 741-741, [www.crisistextline.org](http://www.crisistextline.org)

### New York State County Mental Health Directory

[http://www.clmhd.org/contact\\_local\\_mental\\_hygiene\\_departments/](http://www.clmhd.org/contact_local_mental_hygiene_departments/)

*Adapted with permission from Associate Extension Professor Leslie Forstadt and Associate Extension Professor Tori Jackson, University of Maine, "The University of Maine Cooperative Extension Bulletin #4805, Recognizing Signs of Farm Family Stress."*  
[www.extension.umaine.edu/publications/4805e/](http://www.extension.umaine.edu/publications/4805e/)



# Open House

**Residence for Men**  
*offering Stabilization & Rehabilitation*

**June 7, 2023 | 2:00 pm - 4:00 pm**  
68 Quaker Road, Queensbury, NY 12854

[www.theacca.net](http://www.theacca.net)