

## **CSN Meeting**

**May 1, 2018**

**Ithaca Youth Bureau**

**9-10:30am**

**In Attendance:** Sally Ryan, Cathy Sinnott, Tamie Pushlar, Serena Ward, Cassie Landes, Ted Schiele, Michael Smith, Sam Hillson, Jeff Dunlap, Nora Rucker, Celia Clement, Suki Tabor, Sally Manning, Tommy Miller, Pat Vincent.

Thank you to the Ithaca Youth Bureau for hosting. Other venues with good parking that are centrally located would be helpful.

**Report on the Meet and Greet:** This was the first (possibly annual) Meet and Greet. 43 people attended and there were about 10-15 tables representing agencies and providers. Several people did spotlights which people found to be a great opportunity to share info and keep everyone in the loop. The Meet and Greet was helpful to those who are new in their position and to learn what others are doing in more depth. Should we think about doing it for the community at large? If so, this would be a different event. There are expenses involved including space rental and food. Sharing the organizing would be helpful; having more people involved in the planning. The biggest challenge was staying focused on the intent of the Meet and Greet.

**School Avoidance Summit:** The second part of the summit will take place on Tuesday, May 8 at Racker, Wilkins Rd. Anyone interested in attending can register on the Racker website. This will be an opportunity to hear what was learned at the first summit. The top 10 ideas from the first summit will be discussed and attendees will vote on the top three. Small groups will have a discussion about moving the three topics forward. Feedback from the first summit included that people appreciated the ability to connect, learn about resources and it gave families an opportunity to have a voice. Disappointment in the lack of school administration present was also expressed.

**May Mental Health Awareness:** Recently there was a meeting of multiple agencies coming together to plan events for May Mental Health Awareness. Highlights of events include:

- Svante Myrick will proclaim May as mental health month in Tompkins County on May 2<sup>nd</sup>.
- On May 19<sup>th</sup>, the Mental Health Association will hold their 4<sup>th</sup> annual MHA Carnival at the Henry St. John Building from 12-5. All are invited and agencies are encouraged to table. Dan the Snake Man and a dance troupe will be there among others. Skill builders will also be there to help support families.
- The film, "Resilience" will be screened at GIAC on May 24<sup>th</sup>. This film discusses the effects of trauma on the brain and body chemistry.
- Family & Children's Service of Ithaca is sponsoring a screening of, "The Mask You Live In" on May 31<sup>st</sup> at Cinemapolis at 6:15.

- The theme of May Mental Health Awareness is, "Be the One". Every person needs a safe, supportive, stable relationship. There will be bracelets and t-shirts and a group will be walking in the Ithaca Festival Parade. Can agencies help with donations for bracelets? We are hoping to launch the campaign at the Resilience screening.
- There will be an email sent out to the HSC listserv linking these events.

**The Latest and Greatest for the Mental Health Association:** Pat Vincent shared the latest news and programs from the MHA.

- The Mental Health First Aide Training has been very popular. Trainings are taking place at various locations; schools, churches, GIAC, Loaves and Fishes, local colleges. There are 1-2 trainings happening every week and the trainings are open to everyone. Call the MHA to sign up or visit their website.
- Wrap sessions are being held in the adolescent and behavioral unit at the hospital. One time a week at the jail and at day reporting.
- The young adult group (ages 18-25) meets twice a week. Some activities include learning computer skills, writing resumes and advocacy.
- The teen group (ages 13-18) meets once a week and will soon be meeting twice a week. The group has dinner and time to socialize. The kids run it and the MHA is there for guidance and support. No advance notice is required to attend; youth just show up. This group meets Thursdays from 5-7.
- The MHA has received a grant for doing Community Cafes. There will be one happening at the Y focusing on Senior Citizens and one will be happening at Loaves and Fishes.
- The Kids First Summer Camp will be starting on July 1<sup>st</sup> and going for 6 weeks. Camp runs daily from 9-4. The price to attend is on a sliding scale and available for kids ages 5-18. The MHA tries to make sure that any youth who needs this support will be able to attend.
- A parent support group happens twice a month on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month from 6:30-8:30. One meeting is just for parents (with childcare) and the other meeting is for families to do things together. Family Peer Advocacy is also happening at the Y every other Saturday with Pat available for four hours to talk with parents.
- The Jenkins Center is a drop-in center for those who use or have used mental health services. There are no expectations except to come.

**Community Announcements:**

- Amy Jo shared about a Transition Forum happening on May 29<sup>th</sup> at Finger Lakes Independence Center. The event will happen from 12:30-3 and will be an opportunity to learn about services and resources offered for people with disabilities.
- Sam shared info about a film screening happening May 8<sup>th</sup> from 7-9 at Cinemapolis. The film is, "Hilleman: A Perilous Quest to Save The World's Children" and is being sponsored by Ithaca is Immunized. There will be a panel following the film.
- June 10<sup>th</sup> is Family Fun Day with AGAPE at Stewart Park for foster, adoptive and kinship families.
- As of today, May 1<sup>st</sup>, all Ithaca Housing Authority units are smoke free. The mandate has come down from the US Housing and Urban Development.

- Cathy Sinnott shared that ICSD currently has \$200,000 in the current budget for mental health supports. They are currently developing a social/emotional curriculum and they are working to become a trauma-informed school district.
- Suki Tabor shared that the Ithaca Youth Bureau is having a Summer Day camp registration evening helping to guide families in the process of applying for DSS funds for summer camp.
- On May 14<sup>th</sup> at the Health Department, Erik Janson will be discussing what's happening in the Behavioral Unit at the hospital.
- On May 15<sup>th</sup> and 16<sup>th</sup> there will be a free Trauma-Responsive education workshop. If interested, contact Jaydn for more info.
- May 5<sup>th</sup>, Reimaging Recess will have a Community Play Day from 10-12 at Northeast Elementary and 1-3 at Fall Creek Elementary. They are accepting donated materials.

**Next Meeting:** There will only be project-based meetings over the summer and the group will reconvene on September 11<sup>th</sup>. Elizabeth will check for space at CCE, Amy Jo will check FLIC. The Mental Health Association, Ithaca Youth Bureau or Health Department are also meeting space options. Should we use a microphone for meetings? Cathy will facilitate the next meeting and Nora will bring snacks.