

**TIOGA COUNTY COMMUNITY SERVICES BOARD**  
**MH – ASA – OPWDD Subcommittee Meeting**

**Pending Approval**

**April 7<sup>th</sup>, 2026**

**9:30 a.m.**

**Via: Hybrid**

**Member Attendance:** Tina Lounsbury Colleen Arnold  
Nadia Constant Georges Oswald  
Anne Seepersaud Laura Smith  
John Crosby Karen Warfle  
Renee Nuzak Shannon Westbrook  
Kim Bailey-Poreda Kylie Holochak  
Gayle Pado Bob Williams

**Guest**

**Attendance:**

**Mental Hygiene Staff Attendance:** Danielle Fabregas, Clinical Program Director  
Angelica Deyo-Cruz, Corporate Compliance Officer/CSPOA  
Porshea Moore, Certified Recovery Peer Advocate  
Sue Graves, Secretary to the Director

**Meeting called to order at: 9:33am**

**Topic:**

**Review March 2026 Minutes**

- MH Subcommittee – Approved as written
- OPWDD Subcommittee – Approved as written
- ASA Subcommittee – Approved as written

**Topic**

**Clinical Director Report – Danielle Fabregas**

**Discussion:**

**Updates:**

- Staffing
  - Lorrie Woloszyn started 4/1 - Jail Clinical Social Worker
  - Rebecka Deretz started 3/27 – School based Social Worker at Tioga Central Schools
- May – Mental Health Awareness Month
  - Proclamation presented to the Legislature
  - Requested for the Court House to be lit up in green for awareness month
- Mobile Crisis
  - Up and running
  - Mobile Crisis Peer position remains open
- County Plan
  - All provided 2024 full plan & 2026 updates
  - Feedback is needed from each subcommittee
  - Please send updates to Sarah
  - Plan is due to the state in June

- Census
  - ADS
    - 86 Admitted
    - 10 Peer only
    - 33 Continued Care
  - MH
    - 573 Admitted

Status: Informational - Complete

Topic: OPWDD Subcommittee – John Crosby

Discussion: DDSO/DDRO Report – Renee Nuzak

- Website updated
  - Family resources page
  - Employment page – printable guide
  - Front Door Videos – in additional languages
  - Housing pages
  - Data

Achieve – Shannon Westbrook

- Day Hab
  - Full with 23 enrolled, 2 on intake list and 2 on wait list
  - Day program expanding as well

FFS Report – Gayle Pado

- Working on purchasing swag items
- Discussions on contract information - how providers are doing with milestones
  - Information reviewed at the statewide meetings
  - Regional responses reviewed as well that directly affects Tioga County.
  - Connecting providers to create internal mentor program in the region

CCO Reports

LIFEPlan – Anne Seepersaud

- Community Networking Event June 10<sup>th</sup> at Doubletree, Binghamton
  - Tabling event
  - Reaching out to schools
  - Discussion panel on Self-Direction
  - Group showing of “Unseen” – documentary
- Tioga County School District
  - Spoke with regarding OPWDD outreach & assistance
  - Helping families not connected to services
- Nick Cappoletti, CEO of LIFEPlan addressed the NYS Assembly regarding housing
  - Video link attached

- Virtual Summit held last month
  - Recording on website being sent to subcommittee

Prime Care –Tricia Tomm - not present

ST Connects – Emily Jackson – not present

Rackers – Gayle Pado

- Waiting list for ComHab
- Self-Direction - no waiting list
- April Events (attached)
  - Highlight – “Raising Kids Who Include” – virtual training
    - April 8<sup>th</sup>, 5:00-6:30pm
  - Brief overview of April activities
- New Series this Spring/Summer
  - “Growing Together” -adaptive gardening
    - More information to follow
- Texas Roadhouse field trip planned
  - April 27<sup>th</sup> from 11:00am – 1:00pm

Catholic Charities – Gabby Ayers – not present

Self- Advocate – Karen Warfle

- Surveys completed for various agencies

*Brief discussion ensued regarding surveys, results and increasing participation.*

Status:

Informational - Complete

Topic:

ASA Subcommittee – Kylie Holochak, Chair

Discussion:

CASA Trinity – Laura Smith

- Waverly Schools
  - Josh is finishing up programming for grades 5-8
  - Running a “Life skills” program with a lunch group
  - Group attendance is good
- Spencer VanEtten Schools
  - Kim is running a prevention group for grades 7-8
- Met with Spencer & Waverly schools to discuss dropping the contract
  - Work continues as it has without the contract

EMS – Bob Williams

- Open House at the end of May
- TAM training May 12<sup>th</sup> – 14<sup>th</sup> at the Public Safety Building
  - Register online
  - More information forthcoming

**Coroner Report – Bob Williams**

- Had one overdose death this past Saturday
  - Waiting on toxicology report

**Sheriff's Office report – Trevor Yaeger – not present**

**Certified Recovery Peer Advocate – Porshea Moore**

- Spike in overdoses in Broome County
  - Tabled at an event this past Saturday
  - All Narcan boxes and kits given away
- Spike in need for housing and food insecurities
  - Broome County has more resources but finding people do not want to leave Tioga County

**ASAP Coalition – Kylie Holochak**

- Call with the State Overdose Program
  - They want to see more reported overdose figures
  - Decline in county overdose deaths
  - Porshea suggested creating a reversals report
    - To include a way for clients to report
- CLYDE Surveys
  - Meeting with schools regarding their survey results
    - Waverly, Newark Valley & Owego reviews done
    - Spencer VanEtten & Tioga Central reviews next week
    - Candor schools at the end of May
  - Initiatives to be implemented in September
  - Biggest issues – Mental Health & Bullying in grades 7 & 8
  - Survey showed numbers for alcohol use, vaping, prescription med misuse and Zins to be much lower than perceived
    - Note regarding Zins – fewer people using, but those individuals are using a lot of them

**Public Health – Kylie Holochak**

- Tabled at the Newark Valley for Wellness Week
- Drug Take Back Day
  - April 25<sup>th</sup> from 10:00am – 2:00pm
  - Promoting “Every day is take back day”
- Public Health & Coalition Collaboration
  - Safety Symposium April 28<sup>th</sup>
  - Starting discussions regarding vape disposal
  - Goal is to get it to the state level

**Status:**

Informational - Complete

**Topic:**

MH Subcommittee – Angelica Deyo-Cruz, Chair

**Discussion:**

Rehabilitation Support Services – Colleen Arold

- Housing
  - 2 opening in the CR

- Will have a total of 3 at the end of April
- 2 openings in the TAP program
- Supported Housing – 17 of the 22 beds are filled
  - Accepting applications/referrals

Public Health – Kylie Holochak

- Working on Community Health Improvement Plan (CHIP)
- ASAP Coalition & Suicide Prevention Coalition working together on a new data program (Metopio)
  - Kylie gave a brief overview of how the program can benefit both organizations
  - The program updates daily
  - Has 150 data sets
  - Kyle to share more once the program is live

Hea Hea – Nadia Constant & Georges Oswald

- Open and treating clients
  - Experienced Clinical Social Worker hired for mental health & substance misuse hired
- Struggling with insurance companies
  - Issues with getting paid for services
- Clients are doing well in treatment & families are happy
- Doing community outreach
  - Engaging in television & radio presentations
  - Georges developing a podcast
  - Roundtable for families, community & service providers
- Currently have 4 clients enrolled in PHP
- IOP expanding age group to provide services to 11–35-year-olds
  - OMH will need to do an in-house visit
- A clinic in Elmira closed services for adults with eating disorders
  - Hea Hea can't take on any more client currently
- Experiencing transportation issues with clients
  - Georges noted BC/BS will not pay transportation costs for a PHP program
  - Group provided numerous resources for transportation assistance

Status:

Informational - Complete

Adjournment:

The meeting adjourned at 10:36am. The next meeting is scheduled for Tuesday, May 5<sup>th</sup>, 2026, at 9:30am

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## Graves, Susan

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**From:** Seepersaud, Anne <Anne.Seepersaud@lifeplanccony.com>  
**Sent:** Tuesday, April 7, 2026 10:56 AM  
**To:** Graves, Susan  
**Subject:** [EXTERNAL] Re: MH-ASA-OPWDD Subcommittee Meeting  
**Attachments:** LIFEPlan Southern Tier Community Networking Event 6.10.2026.pdf

**Follow Up Flag:** Follow up  
**Flag Status:** Flagged

Hi Susan,

Please share this information from LIFEPlan CCO that was presented at the meeting this morning. All are welcome to the Community Networking Event on June 10<sup>th</sup> from 10 am to 2 pm at the DoubleTree. Please register at [2026 LIFEPlan & ACANY Community Networking Events – Fill out form](#) to help with planning.

Please check out Nick Cappoletti's, CEO of LIFEPlan testimony to the NYS Assembly Hearing regarding the need to improve housing and support system for people with IDD. This testimony reflects the challenges many individuals and families experience every day. <https://youtu.be/HAYloB8moPU>

On March 5th, LIFEPlan hosted an inaugural virtual summit on Supporting People with IDD and Complex Behavioral Health Needs. Five clinicians presented on ways a service provider can support ppl. The presentations can be found on our website: [Provider Topics - LIFEPlan CCO NY](#)

Many providers like Catholic Charities of Tompkins Tioga are screeners and navigators through the social care network, Care Compass that is funded through the 1115 Waiver. [Catholic Charities Tompkins/Tioga | Stronger Together](#)

Care Compass helps people who are on Medicaid receive support in areas of *Housing, Food Insecurity, Transportation and other health related social needs.* [Home | Care Compass Network](#)

As people are identified as needing help with health related social needs, contact Catholic Charities or Care Compass to have the person screened and then gain assistance.

Please reach out to me with any questions or concerns.

Thank you,  
Anne Seepersaud  
Director of Provider Relations  
LIFEPlan CCO NY

1249 Upper Front Street  
Binghamton, NY 13905  
Direct Line & Fax (607) 214-0618

*Sign Up for Provider Relations E-newsletters:*  
[LIFEPlan CCO NY \(list-manage.com\)](http://list-manage.com)

Visit us at [lifeplanccony.com](http://lifeplanccony.com)  
For Live Support, call (855) 572-2669  
or email [questions@lifeplanccony.com](mailto:questions@lifeplanccony.com)

To reach my supervisor, Lori Kearsing  
contact [lori.kearsing@lifeplanccony.com](mailto:lori.kearsing@lifeplanccony.com)



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**From:** Graves, Susan <GravesS@tiogacountyny.gov>

**Sent:** Tuesday, March 31, 2026 2:29 PM

**To:** Begeal, Sarah <BegealS@tiogacountyny.gov>; Carolyn Galatzan <rgalatzan@aol.com>; Colleen Arnold <CArnold@rehab.org>; Corbin, Donna <Donna.Corbin2@dfa.state.ny.us>; Deyo-Cruz, Angelica <deyo-cruza@tiogacountyny.gov>; Francis Bialy <franb@anewhopecenter.org>; Gabriella Ayres <gabriella.ayres@dor.org>; Kari Nichols <knichols@aspirehope.org>; Lounsbury, Tina (State) <49A577@dfa.state.ny.us>; Nadia Constant <Nadia@heahearetreat.com>; Sarah DiNunzio <SarahD@anewhopecenter.org>; Wait, Katie <WaitK@tiogacountyny.gov>; Blinn, Sydney <blinns@tiogacountyny.gov>; Chelsea Menio <cmenio@casa-trinity.org>; Fabregas, Danielle <fabregasd@tiogacountyny.gov>; Holochak, Kylie <HolochakK@tiogacountyny.gov>; Jennifer Bayer <JBayer@nycourts.gov>; Judy Aupont <jaupont@abcservices.org>; Julie Nedza <jnedza@nycourts.gov>; Laura Smith <lsmith@casa-trinity.org>; Moore, Porshea <moorep@tiogacountyny.gov>; Rachel Pena <rpena@casa-trinity.org>; Russell, Kristin <russellk@tiogacountyny.gov>; Standing, William <standingrw@tiogacountyny.gov>; Williams, Robert <WilliamsR@tiogacountyny.gov>; Yaeger, Trevor <YaegerT@tiogacountyny.gov>; Seepersaud, Anne <Anne.Seepersaud@lifeplanccony.com>; Bailey Poreda, Kimberly <Kimberly.BaileyPoreda@dfa.state.ny.us>; 'Brittany Gaynor' <bgaynor@achieveny.org>; Carey Peters <PetersC@southerntierconnect.org>; Christine Schweitzer <chriss@anewhopecenter.org>; Emily Jackson <JacksonE@southerntierconnect.org>; Gayle Pado <gaylep@racker.org>; Jamie Kelly <Jamie.M.Kelly@opwdd.ny.gov>; johncrosby@stny.rr.com <johncrosby@stny.rr.com>; 'Karen Warfle' <kwarfle4@hotmail.com>; Mackenzie Myers <mackenzie.myers@comop.org>; Pat Gillule <patgillule@gmail.com>; Renee Nurek <renee.m.nurek@opwdd.ny.gov>; 'Shannon Westbrook' <swestbrook@achieveny.org>; 'Teresa Edwards' <Teresa.Edwards@yai.org>; Tricia Tomm <tricia.tomm@primecareny.org>

**Cc:** Lounsbury, Tina <Tina.Lounsbury@dfa.state.ny.us>

**Subject:** MH-ASA-OPWDD Subcommittee Meeting

**When:** Tuesday, April 7, 2026 9:30 AM-11:00 AM.

**Where:**

<https://link.edgepilot.com/s/f19d0dff/5u4Y1kKL9U27kDxgv74GxQ?u=https://us06web.zoom.us/j/82008583529?pwd=U1QobVYmVTCmawjsyfSsJ5oXwtC7f.1>

# APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Virtual <b>INGO</b> and in person in Ithaca	2 Ithaca Craft Club <b>OTHER VOICES</b> 60+	3	4
5	6 Book Club Caregiver Group	7	8 <b>RAISING KIDS</b> WHO INCLUDE 5-6:30 PM	9 Ithaca Craft Club <b>OTHER VOICES</b> 60+	10	11
12	13 Gardening 101 3-4pm via ZOOM	14	15 Virtual <b>INGO</b> and in person in Ithaca	16 Ithaca Craft Club <b>OTHER VOICES</b> 60+	17	18
OWEGO LIBRARY CLOSED.						
19	20 Book Club	21	22 Virtual <b>INGO</b> and in person in Ithaca	23 Ithaca Craft Club <b>OTHER VOICES</b> 60+	24	25
26	27 Book Club	28 Gardening 101 5-8pm via ZOOM	29 Virtual <b>INGO</b> and in person in Ithaca	30 Ithaca Craft Club <b>OTHER VOICES</b> 60+		

For more information, contact [LendingLibrary@racker.org](mailto:LendingLibrary@racker.org)

More information about all other events can be found below:

VIRTUAL TRAINING

# RAISING KIDS

WHO

INCLUDE

Join us and our friends at [The Nora Project](#) for a ZOOM training on “Raising Kids Who Include”.  
This training is free and open to all.

Together we will discuss supporting disabled children in fostering disability identity, pride, and self-advocacy, while helping all children learn to expect, accept, and advocate for disability inclusion.

WEDNESDAY APRIL 8<sup>TH</sup> 5-6:30PM

To sign up,  
contact [LyndseyP@racker.org](mailto:LyndseyP@racker.org)  
or scan this QR code:



Events like these are made possible by the Family Support Services grant from the Office for People With Developmental Disabilities

[Raising Kids Who Include – Fill out form](#)

Racker  Autism & Sensory  
Lending Library

# Craft Club



New day  
&  
Location!

**Thursdays 4-5:30 PM**  
**3226 Wilkins Rd Ithaca NY 14850**

Get creative with the Lending Library & Sensory Room!  
Crafts can be customized for all ages & will include a  
rotating menu of do-it-yourself fidgets crafts.

Come once or come often.

The entire family is invited, no registration needed.

*Made possible by a Family Support Services grant from  
the Office for People with Developmental Disabilities*



# ADAPTIVE B I N G O GAME NIGHT

Join us from  
**5-7pm**

for bingo every wednesday!

**3226 Wilkins Rd Ithaca NY 14850**

or  
**Virtually!**

Enjoy a game designed with accessibility in mind, featuring large fonts, a relaxed calling pace, & a welcoming atmosphere.  
Families and CSP's welcome.

For Questions or Registration issues, contact:  
[LendingLibrary@racker.org](mailto:LendingLibrary@racker.org)

Scan to Register:



This program is made possible through Family Support Services grant from the Office for People with Developmental Disabilities

Sign up for BINGO: [Adaptive Bingo – Fill out form](#)



PARENT NETWORK

# CAREGIVER GROUP

CAREGIVERS OF THOSE WITH DEVELOPEMENTAL  
DISABILITIES (OF ALL AGES) ARE INVITED TO JOIN  
THIS MONTHLY PEER-DRIVEN GROUP,  
WHERE YOU CAN MEET OTHER CAREGIVERS, SHARE  
RESOURCES, OFFER ADVICE, & FIND KINDNESS.

COME ONCE, COME OFTEN,  
STAY FOR A MINUTE OR STAY FOR MANY.

**1ST MONDAY OF EACH MONTH**

**5:00-6:30PM VIA ZOOM**

TO SIGN UP: CONTACT (607) 529-0224 OR  
LYNDSEYP@RACKER.ORG



EVENTS & TRAININGS ARE MADE POSSIBLE BY FAMILY SUPPORT SERVICES GRANT  
FUNDING FROM THE OFFICE FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES.

Click here to sign up for Caregiver Group: <https://forms.office.com/r/nxpACG3bD7>



# Adaptive **BOOK**

# **CLUB**

**Mondays 6:30-7:30pm**

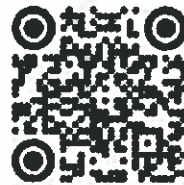
**882 NY-13, Cortland, NY 13045 & Zoom**

**LendingLibrary@racker.org**

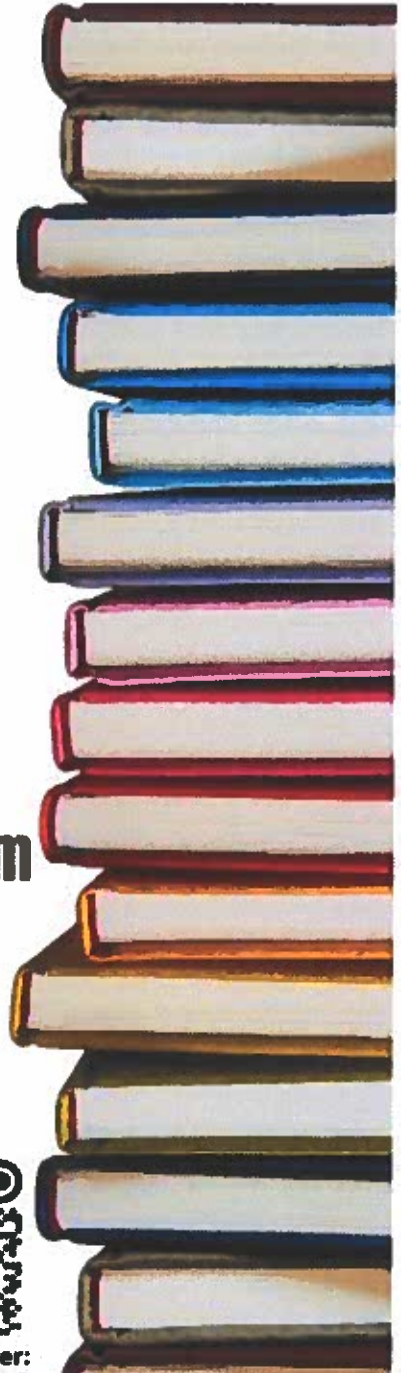
Join us as we explore the world of books  
& how they can be adapted for all to enjoy.  
Book club is an excellent way to experience new topics  
together and make friends.



- \*OPWDD Diagnosis
- \*FSS Eligible
- \*Enrolled in the Lending Library



Scan to Register:



This program is made possible through Family Support Services grant from the Office for People with Developmental Disabilities

Racker 



Autism & Sensory  
Lending Library

# GROWING TOGETHER SERIES

SPRING-SUMMER 2026

Stay tuned for our new plant series where we will explore adaptive gardening tools, tricks, gardening basics, & free seed/plant exchanges. This initiative helps increase access to fresh & nutritious produce through home & container gardening. Which helps empower families to provide their own food & combat rising grocery costs.



Sign up for Garden Club by contacting  
[LyndseyP@racker.org](mailto:LyndseyP@racker.org) or scanning this QR code

Events like these are made possible by a Family Support Services  
grant from the Office for People With Developmental Disabilities

To sign up for Growing Together Garden series click here: [Growing Together 2026 – Fill out form](#)

# APRIL 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
5  EASTER 	6 	7 	1 Movie Night Neighborhood Depot 4:30-6:30pm	2 Arts, Crafts & Games Neighborhood Depot 11-2pm <b>BYL</b> A4: All Abilities Vestal Library 1-3pm	3 Eggstravaganza Ross Park Zoo 10am-4pm <b>\$\$</b>	4 Eggstravaganza Ross Park Zoo 10am-4pm <b>\$\$</b> Bunny Trail Downtown Owego (pickup passport at any business) 10am-5pm	<b>BYL</b> = Bring Your Lunch <b>\$\$</b> = Cost Associated <b>JJ</b> = Bring Junk Journal  <b>MUV Class</b> Owego Boys & Girls Club <b>TUES &amp; THURS 11:15am-12:30pm</b>  <b>Shuffle Board- Every</b> Wednesday Senior Center Broome West <b>12:30-3pm</b>  <b>Will Bowling - Every Thursday</b> Senior Center Broome West <b>9:30am-noon</b>  <b>GIGI's Playhouse</b> @Oakdale Commons Checkout schedule online
12	13 Bingo Neighborhood Depot 5-7pm	14 Intro to Junk Journaling Neighborhood Depot 12-2pm <b>JJ &amp; BYL</b>	8 Racker Bowling Night Owego Bowl 4-7pm <b>\$\$</b>	9 Intro to Junk Journaling Neighborhood Depot 4-6:30pm <b>JJ</b>	10	11	
19 Pins for Pets Owego Bowl 1:30-3:30pm <b>\$\$</b>	20 Game Club Spalding Memorial Library 5-7pm	21 Music Therapy Neighborhood Depot 10-11am Just Dance Neighborhood Depot 2-4pm	15 Cooking Class Nichols Fire dept 9:30am-12pm <b>MUST sign up (See Flyer)</b> A4: All Abilities Vestal Library 1-3pm	16 Open Mic Neighborhood Depot 12-2pm <b>BYL</b> A4: All Abilities Vestal Library 1-3pm	17	18 Daffodil Daze 292 Candor Hill Rd 10am	
26	27 Texas Roadhouse Legendary Field Trip Vestal Texas Roadhouse 11-1pm <b>MUST RSVP (See Flyer) \$\$</b> Game Night Neighborhood Depot 5-7pm	28 Arts, Crafts & Games Neighborhood Depot 12-2:30pm <b>BYL</b>	22 Cooking Class Nichols Fire dept 9:30am-12pm <b>MUST sign up (See Flyer)</b> Spectrum Connection Dick's House of Sports 6-8pm	23 Arts, Crafts & Games Neighborhood Depot 12-2:30pm <b>BYL</b>	24	25 Live with Autism Family Fun Walk Broome-Tioga Boces 11:30am-2pm Lalor Free Dental Care Lalor Dental, Vestal Office 7:30am	
			30 April Birthday's Celebration Neighborhood Depot 11:30-12:30 <b>BYL</b> (cake provided)				Virtual Activities available throughout the month. To get the calendar, email ChrisSt@racker.org



# Southern Tier Community Networking Event



Wednesday,  
June 10  
10am - 2pm

 DoubleTree by Hilton,  
225 Water St, Binghamton, NY

**Connect with local IDD providers and learn about the services and supports available in your community.**

**Care Managers, Members, Families - anyone seeking IDD support information welcome!**

*Panel Discussion  
at 11:00 am -  
Self-Direction*

*UNSEEN Film Screening  
at 1:00 pm -  
An honest glimpse into the  
lives of parent caregivers.*



**Register  
Now!**

[lifeplanccony.com/  
community-networking-events](http://lifeplanccony.com/community-networking-events)