ESSEX COUNTY MENTAL HEALTH
Terri Morse, LMHC, CASAC-Master, *Director*
Dava Clement, LMHC, *Director of Clinical Services*
P.O. BOX 8 – 7513 COURT STREET
ELIZABETHTOWN, NY 12932
PH: (518) 873-3670 / FAX: (518) 873-3777

COMMUNITY SERVICES BOARD
Laurie Kelley, *Chairperson*
Terri Morse, LMHC, CASAC-Master
Director

Essex County Community Services Board - Meeting Minutes

Alcohol Substance Abuse Subcommittee

March 12, 2025 – 1:30-3:30PM

BOARD MEMBERS:	PRESENT	ABSENT	EXCUSED
1. Angie Allen *(Board)*	☒	☐	☐
2. Audie Sparre *(Board, MH & ASA Subcommittee's)*	☒	☐	☐
3. VACANT *(Board & MH Subcommittee)*	☐	☐	☐
4. Bryan Bond *(Board & MH Subcommittee)*	☐	☒	☐
5. Cammy Sheridan *(Board Vice Chair & MH Subcommittee)*	☒	☐	☐
6. Charlie Lustig *(Board & ASA Subcommittee)*	☒	☐	☐
7. Dr. Kristin Mack *(Board & ASA Subcommittee)*	☒	☐	☐
8. Jo Ann Husslein *(Board & MH Subcommittee)*	☒	☐	☐
9. John Haverlick *(Board & MH Subcommittee)*	☒	☐	☐
10. Kenneth Hughes *(Board & ASA Subcommittee)*	☒	☐	☐
11. Krissy Leerkes *(Board & MH Subcommittee)*	☒	☐	☐
12. Laurie Kelley *(Board & DD Subcommittee Chair)*	☒	☐	☐
13. Leslee Mounger *(Board & ASA Subcommittee)*	☒	☐	☐
14. Linda Beers *(Board & DD Subcommittee)*	☐	☒	☐
15. Mary Bell *(Board Secretary, ASA & DD Subcommittee)*	☒	☐	☐

MENTAL HEALTH SUBCOMMITTEE:	PRESENT	ABSENT	EXCUSED
Dava Clement *(ECMH)*	☒	☐	☐
JoAnne Caswell *(FF)*	☒	☐	☐
Valerie Ainsworth *(MHA)*	☐	☒	☐

ALCOHOL SUBSTANCE ABUSE SUBCOMMITTEE:	PRESENT	ABSENT	EXCUSED
Emily Gokey *(ST. J)*	☒	☐	☐
Ernie Hough	☒	☐	☐
Traci Ploufe *(Prev. T)*	☒	☐	☐

DEVELOPMENTAL DISABILITIES SUBCOMMITTEE:	PRESENT	ABSENT	EXCUSED
Cheryl Blanchard	☐	☐	☐
Jack Mudge *(Mtn. Lake Services)*	☐	☐	☐
Nina Matteau	☐	☐	☐
Sara Evans	☐	☐	☐
Sara Stone *(Care Design NY)*	☐	☐	☐
Tiffany King (Citizens Advocates)	☐	☐	☐

OTHERS PRESENT:

- Terri Morse, Community Services Board Director.
- Abbey Cramer, Administrative Assistant.
- Dr. Chaudry- Works with Dr. Mack
- Zach Randolph
- Jackie Foster- 820 River Street
- Douglas Meyer- In place of Valerie A.
- Casie O,Reilly- OPWDD
- Cassidy (filling in for Linda Beers from Public Health)

AGENDA	DISCUSSIONS
Call to Order (1:30-1:35)	The meeting was called order at 1:30PM.
Meeting Minutes (1:35-1:40)	Motion for the approval of February 12, 2025 (General/Developmental Disability Subcommittee) meeting minutes: Moved to next month's meeting.
Introductions/ Announcements/ Correspondence (1:35-1:40)	The meeting began with introductions from members of the Community Services Board, as well as related organizations that were present at today's meeting.
Subcommittee Provider Reports (1:40-2:30)	**The Prevention Team –** Update on Prevention Needs Assessment (PNA) surveys throughout Essex County schools: • Traci Ploufe shared that The Prevention Team is working on various initiatives to address youth substance use and mental health issues in Essex County. They are conducting a Prevention Needs Assessment survey in schools, with one district (Lake Placid) not participating. The team is expanding their staff and capacity now to 16-17 employees. They are focusing on prevention education in elementary schools, which is showing positive results in building trust with students. • The team is also addressing issues like digital health, safe harbor, and suicide prevention. She discussed challenges being faced with funding, school access, and balancing administrative work with direct services. Recent data shows concerning trends in youth mental health and substance use, which may be related to trauma, family stress, and technology use. The team is using opioid settlement funds creatively to fill gaps in services not covered by other funding sources. **St. Joseph's Treatment and Recovery Center -** Update on Methadone treatment facility/services: • Zachery Randolph discussed St. Josephs's continuing progress in opening the Comprehensive Outpatient Program (COP) and Methadone clinic by July 31, 2025. This will require a CARF accreditation, which has been applied for, and they are working on the DA application as well. • They are happy to have secured a consultant, Mark Raymond, who has experience in OTPs. • Zach explained their thought processes on determining what makes the most sense in how and where to offer these clinics. Costs of options were discussed as well. • St. Joseph's has been partnering with Conifer Park in guest dosing. • Laurie Kelly asked about their Essex County Mobile Treatment Unit, which allows their staff to utilize vans and provide clients with Medicaid Transportation to internal programming, when necessary. This is currently being provided in the Keeseville and Ticonderoga areas but the need for mobile services in Elizabethtown has been discussed and is on the team's radar.

- Terri Morse requested they provide data on client numbers for those who participated in treatment from Moriah, Port Henry, or Mineville areas during the period of June 1, 2024, to June 1, 2025, at the July 9th meeting.

Update on Management Letter from OASAS and Review of Financial Operations by OASAS:

- OASAS came to St. Josephs to perform an audit which resulted in them leaving very pleased in how services are being performed. Zachery Randolph shared one concern received from OASAS, in that they are spending more money on the cost of service than should be required to do so.

Essex County Heroine Opioid (ECHO) Coalition-

Updates on overdose data in Essex County to date:

- Doug Meyer from the Mental Health Association provided an update on the Essex County Heroin Opioid (ECHO) coalition's activities. He reported 10 reversed overdoses and 2 fatal overdoses in 2023, highlighting concerns about recreational cocaine users unknowingly consuming opioids. He emphasized the need for a local methadone maintenance clinic, faster access to case managers and peers for those in need, and supervised housing.
  The opioid crisis is still very present in our Essex County communities, with levels of addiction being much higher than ever seen before.
- The discussion transitioned to Cassidy from Essex County Public Health, who was prepared to share data on overdoses and opioid use disorders.
- Cassidy reported an increase in non-fatal overdoses but a decrease in fatal overdoses, attributing this to the availability of Narcan and community outreach programs. January 2024 saw a significant spike in overdoses compared to previous years, possibly due to a bad drug supply. The data shows that heroin and fentanyl are the main causes of overdoses in Essex County, followed by prescription drugs. Males in their 30s to 40s are the most common demographic for overdoses, with a recent increase in youth overdoses due to THC tracking.
- Cassidy also discussed the County's Community Care Kiosk Initiative, which offers free community supplies and has been well received. Cammy inquired about the possibility of installing a kiosk in the eastern part of Essex, to which Cassidy responded that they are open to expanding the initiative if it proves successful. Mary asked about accessing the data provided by Cassidy, to which Cassidy clarified that it is not publicly available due to privacy concerns.

Jackie Foster provided a brief update on the Baywood Center; 802 River Street program:

- They have had 20 referrals since December 2024, 8 assessments have been completed, and 2 assessments are scheduled.
- A few service delivery concerns include their staff working with clients to help overcome barriers to treatment including, adjusting schedules due to clients' working hours and taking a compassion approach when working with clients' who are pre-contemplative towards recovery services, meaning people who recognize the problem but aren't ready to act or engage in services.

	• Jackie shared several towns in Essex County that they have provided services within the last month. • Mary Bell suggested that Baywood add housing instability data within Essex County to their reports. Angie Allen shared data regarding homelessness in our Essex County Population, which consists of 36,787 people: • 31 households received temporary shelter from 1/1/24 - 10/31/24. • Average Length of Stay in 2024 was 57 days. • 15 households received temporary shelter from 1/1/23-10/31/23. • Average Length of Stay in 2023 was 3 days. • Number of hotels/motels: 6 motels. • Number of shelters (non-certified): 0 • Pressure points: Essex generally has temporary emergency housing immediately available for our individuals and families. Many of our applicants needing temporary housing are single individuals without children. It is a struggle to find these individuals permanent housing as their TA grant is not enough to cover full rent.
Old Business (2:30-2:35)	Discussion of this year's Community Services Board Retreat, which will be happening in June 2025. Current topic ideas include housing and future services, considering Federal initiatives. • Cammy Sheridan suggested that a member from Adirondack Action come to discuss community projects that they're looking to spearhead. • John Haverlick brought up the idea of challenges in hiring and retaining employees in the workforce. • All agree with this year's retreat topic revolving around the housing crisis.
Committee Reports (2:35-2:45)	Operations Committee (Cammy Sheridan, Chair) – Scheduling of Finance Committee annual meetings with Providers in June. • Please coordinate with Terri Morse to schedule provider CFR review meetings in August 2025. Nominating Committee (Angie Allen, Chair) – NEEDS: Full Board (1); ASA Subcommittee (1 member); Mental Health Subcommittee (1); Developmental Disabilities Subcommittee (1) • Discussion to continue seeking potential board members to fill one remaining position and committee vacancies. Please reach out if you know of any interested candidates. Community Education (Mary Bell, Chair) – No report. • Terri shared that BRIEF Coalition will be hosting community event on March 31, 2025 at North Country Community College about interacting with individuals who are neurodiverse.
Directors Report- (2:45-3:00)	• The Housing Committee (Audie Sparre, Mary Bell, Valerie Ainsworth, Jack Mudge, and Christine Laird) will be meeting on March 19 at 1:00 (via ZOOM) to discuss the needs of the CSB populations. The ideas developed will be brought forth to the Essex County Housing Task Force. Terri asked if anyone had data

	available for the first meeting. • Should we put out an RFP for a mobile Methadone service for our County? See notes about OASAS' quest to devise methadone between Plattsburgh and Albany. Laurie believes that we should take this under consideration. • John Haverlick asked about funding for the BRIEF Coalition. Terri explained the staffing logistics and the funding will likely come from the County, Opioid Settlement funding, as well as grants being applied for.
Other Business (3:00-3:15)	Motion to go into Executive Session- moved my Mary Bell, seconded by John Haverlick.
Adjournment (3:30)	Meeting adjourned at 3:30pm.

Next Meeting: April 16, 2025 (Mental Health Subcommittee)