



2023 Goals and Plans Form

Tompkins County Mental Health Services

Goal 1: Support the implementation of recruitment and retention strategies by mental hygiene service providers in Tompkins County as measured by a reduction in vacancies.

Goal 2: Promote activities to increase the availability of affordable, emergency, and supportive housing that best meets the needs of individuals who require intensive, specialized community-based interventions for stabilization and success across the mental hygiene system including housing first solutions.

Goal 3: Support the development of comprehensive crisis services that address the mental hygiene needs of Tompkins County and our region.

Goal 4 (Optional): Improve access to care across through a cross systems-based approach.

Goal 5 (Optional): Recognize the importance of social determinants of health, health equity and the importance of peer supports

Annual and intermediate plans for addiction services:

Goals identified to meet the priority needs of the ongoing workforce shortage, limited access to affordable, emergency, and supportive housing, need for more crisis services and an emphasis on nonclinical services such as the social determinants of health frequently crossed all three mental hygiene services. Objectives for each goal area are outlined in the attached supporting documentation and include timeline for completion. Specific areas of focus that will only be addressed by the Substance Use subcommittee in 2023 to improve addiction services include:

- Advocating for additional emergency and supportive housing solutions.
- Supporting strategies that improve the integrated treatment of co-occurring disorders and improved service coordination to better meet the complex needs of recipients.
- Supporting greater awareness and utilization of peer support services in the community.
- Improving data integrity/collection related to opioid overdose deaths to guide prevention efforts

Annual and intermediate plans for developmental disability services:

Goals identified to meet the priority needs of the ongoing workforce shortage, limited access to affordable, emergency, and supportive housing, need for more crisis services and an emphasis on nonclinical services such as the social determinants of health frequently crossed all three mental hygiene services. Objectives for each goal area are outlined in the attached supporting documentation and include timeline for completion.

Specific areas of focus that will only be addressed by the Developmental Disabilities Subcommittee in 2023 to improve intellectual/developmental disabilities services include:

- Prioritize restoration of OPWDD residential beds lost during COVID to better address housing needs.
- Promote new regional CSIDD services now available for individuals' receiving services through OPWDD.
- Learn about the CLMHDs and OPWDDs piloted work with Mobile Crisis Teams – lessons learned, strategies to implement locally
- Clarify what services are available to individuals with cross system's needs by creating a side-by-side comparison of services in OASAS, OMH and OPWDD to maximize service provision.
- Advocate for OPWDD Waiver flexibility to better meet cross-system's needs.
- Collaborate with 211 to ensure information is updated, accurate and offers linkages across mental hygiene services to improve access to care.
- Identify ways to reduce potential barriers to post-secondary transition support services for transition age youth receiving OPWDD services.
- Become familiar with the barriers to healthcare access including dental and optical care for Medicaid recipients receiving developmental disabilities services.

Annual and intermediate plans for mental health services:

Goals identified to meet the priority needs of the ongoing workforce shortage, limited access to affordable, emergency, and supportive housing, need for more crisis services and an emphasis on nonclinical services such as the social determinants of health frequently crossed all three mental hygiene services. Objectives for each goal area are outlined in the attached supporting documentation and include timeline for completion. Specific areas of focus that will only be addressed by the Mental Health subcommittee in 2023 to improve mental health services include:

- Implement at least two activities designed to improve relationships between law enforcement departments and mental health recipients
- Explore options with community stakeholders on ways to address gaps in current crisis services offered that are financially sustainable.
- Establish next steps to promote greater understanding of the impact Adverse Childhood Experiences (ACES) and the importance of early intervention strategies to build resiliency in youth and families.

LGU Representative Name: Harmony Ayers-Friedlander

LGU Representative Title: Deputy Commissioner, Director of Community Services

Submitted for: Tompkins County Mental Health Services

Mental Hygiene Subcommittee Goal Priorities and Objectives for the 2023 Local Services Plan

Need Area/ Additional Notes	Goal	Objectives	Time Frame for Objective & State Agency
<p>Workforce Recruitment and Retention <i>Problem Description: Workforce challenges remain a top priority in 2023. Mental hygiene services have been reduced because of the ongoing staffing shortage in all positions across service types. For instance, 30 residential beds are not currently operational due to the workforce shortage in OPWDD licensed programs in Tompkins County. Lack of diversity in the workforce also reduces access to care for minoritized members of the community.</i></p> <p>Objectives 1-4 recommended by Developmental Disabilities Subcommittee</p> <p>Objective 1 completes partially achieved objective in 2022 plan.</p> <p>Objective 5 recommended by Substance Use Subcommittee</p>	<p>Support the implementation of recruitment and retention strategies by mental hygiene service providers in Tompkins County as measured by a reduction in vacancies.</p>	<ol style="list-style-type: none"> 1. Compile a list of innovative recruitment/retention strategies across mental hygiene services to share with local providers. 2. Participate in ongoing advocacy efforts to highlight the severity of workforce crisis at the state and local level. 3. Solicit staff vacancy information from participating provider agencies to better understand local impact 4. Quantify loss of services in community due to workforce shortage across service sector based on vacancy information collected above. 5. Gather point in time data on staff diversity in local mental hygiene system. 	<p>Q1 One Time All Mental Hygiene Subcommittees</p> <p>Q1-Q4 Ongoing All Mental Hygiene Subcommittees</p> <p>Q1-Q4 Ongoing All Mental Hygiene Subcommittees</p> <p>Q2-Q4 Ongoing All Mental Hygiene Subcommittees</p> <p>Q2 All Mental Hygiene Subcommittees</p>

Mental Hygiene Subcommittee Goal Priorities and Objectives for the 2023 Local Services Plan

<p>Housing <i>Problem Description: Housing has been added as a priority goal in 2023 due to the severe shortage of affordable, emergency, and supportive housing. As a result, the shelter has experienced need above their capacity. There are limited options for individuals returning to the community after hospitalization and residential treatment who need housing with ongoing supports for stabilization. Unhoused people often require intensive supports in the initial stages of becoming housed.</i></p> <p><i>Tompkins County lost 30 residential beds in the OPWDD system due to the workforce shortage.</i></p> <p>Objectives 1-3 recommended by Developmental Disabilities Subcommittee</p> <p>Objective 4 recommended by Substance Use Subcommittee</p>	<p>Promote activities to increase the availability of affordable, emergency, and supportive housing that best meets the needs of individuals who require intensive, specialized community-based interventions for stabilization and success across the mental hygiene system including housing first solutions.</p>	<ol style="list-style-type: none"> 1. Gather information about local housing including residential supports available. 2. Learn about new/proposed housing solutions including residential programming, their challenges, and successes. 3. Prioritize restoration of OPWDD residential beds lost during COVID. 4. Advocate for additional emergency and supportive housing solutions 	<p>Q1 All Mental Hygiene Subcommittees</p> <p>Q2 All Mental Hygiene Subcommittees</p> <p>Q1-Q4 Ongoing Developmental Disabilities</p> <p>Q1-Q4 Substance Use Subcommittee</p>
<p>Crisis Services <i>Problem Description: Crisis services</i></p>	<p>Support the development of comprehensive</p>	<ol style="list-style-type: none"> 1. Promote new regional CSIDD services now available for 	<p>Q1-Q4</p>

Mental Hygiene Subcommittee Goal Priorities and Objectives for the 2023 Local Services Plan

<p><i>remains a top priority goal in 2023. Greater community awareness is needed to ensure utilization of newly established regional crisis supports through OPWDD. 988 services have just begun and will need support during the initial phases. There are efforts to establish a Supported Crisis Stabilization Center locally that will require coordination across numerous community-based partners.</i></p> <p>Objective 1 -2 Recommended by the Developmental Disabilities Subcommittee</p> <p>Objective 3 Recommended by the Substance Use Subcommittee</p>	<p>crisis services that address the mental hygiene needs of Tompkins County and our region.</p>	<p>individuals’ receiving services through OPWDD.</p> <p>2. Learn about the CLMHDs and OPWDDs piloted work with Mobile Crisis Teams – lessons learned, strategies to implement locally</p> <p>3. Explore solutions to expand access to crisis supports across the mental hygiene system including improved community awareness of service offerings.</p> <p>4. Implement at least two activities designed to improve relationships between law enforcement departments and mental health recipients.</p> <p>5. Explore options with community stakeholders on ways to address gaps in current crisis services offered that are financially sustainable.</p>	<p>Ongoing Developmental Disabilities</p> <p>Q2 Developmental Disabilities Subcommittee</p> <p>Q1 All Mental Hygiene Subcommittees</p> <p>Q2 Mental Health Subcommittee</p> <p>Q1 Mental Health Subcommittee</p>
<p>Cross System Services <i>Problem Description: This is a new category for 2023 and reflects the importance of integrated and coordinated work across the mental hygiene system and with agencies that provide supportive services. Advocacy is necessary for greater waiver flexibility in</i></p>	<p>Improve access to care across through a cross systems-based approach.</p>	<p>1. Clarify what services are available to individuals with cross system’s needs by creating a side-by-side comparison of services in OASAS, OMH and OPWDD to maximize service provision.</p> <p>2. Advocate for OPWDD Waiver flexibility to better meet cross-system’s needs.</p>	<p>Q1 Developmental Disabilities Subcommittee</p> <p>Q1-Q4 Ongoing Developmental Disabilities Subcommittee</p>

Mental Hygiene Subcommittee Goal Priorities and Objectives for the 2023 Local Services Plan

<p><i>OPWDD programs. There are several piloted projects in NY State to monitor between mental hygiene agencies that we can learn from for potential local implementation. It is also imperative that we understand how best to leverage the resources of each of all three mental hygiene systems to meet the complex needs of individuals who require supports across systems.</i></p> <p>Objectives 1-4 recommended by Developmental Disabilities Subcommittee.</p> <p>Objective 5 recommended by Substance Use Subcommittee</p>		<p>3. Collaborate with 211 to ensure information is updated, accurate and offers linkages across mental hygiene services to improve access to care.</p> <p>4. Identify ways to reduce potential barriers to post-secondary transition support services for transition age youth receiving OPWDD services.</p> <p>5. Support strategies that improve the integrated treatment of co-occurring disorders and improved service coordination to better meet the complex needs of recipients.</p>	<p>Q3 Developmental Disabilities Subcommittee</p> <p>Q1-Q4 Ongoing Developmental Disabilities Subcommittee</p> <p>Q1-Q4 Ongoing Substance Use Subcommittee</p>
<p>Non-Clinical Supports <i>Problem Description: Treatment services alone are often not sufficient for change. Social determinants of health like access to medical, dental, and optical care, health equity for minoritized communities, and ensuring needed non-clinical supports are available along with the invaluable work</i></p>	<p>Recognize the importance of social determinants of health, health equity and the importance of peer supports</p>	<p>1. Become familiar with the barriers to healthcare access including dental and optical care for Medicaid recipients receiving developmental disabilities services.</p> <p>2. Identify gaps in community supports for mental hygiene recipients.</p> <p>3. Collect benchmark data on health equity to improve access to quality services for minoritized communities.</p>	<p>Q2 Developmental Disabilities Subcommittee</p> <p>Q1-Q4 Ongoing All Mental Hygiene Subcommittees</p> <p>Q1-Q2 All Mental Hygiene Subcommittees</p> <p>Q3-Q4</p>

Mental Hygiene Subcommittee Goal Priorities and Objectives for the 2023 Local Services Plan

<p><i>of peers with lived experience must be supported to ensure recovery and quality of life.</i></p>		<p>4. Identify strategies to improve health equity across Tompkins County.</p> <p>5. Support greater awareness and utilization of peer support services in the community</p> <p>6. Improve data integrity/collection related to opioid overdose deaths to guide prevention efforts</p> <p>7. Support implementation efforts of the Action Plan approved by the Collaborative Solutions Network, the System of Care (SOC) for children’s services in Tompkins County, to improve access to care through program expansion and improved communication/coordination of service offerings.</p> <p>8. Establish next steps to promote greater understanding of the impact Adverse Childhood Experiences (ACES) and the importance of early intervention strategies to build resiliency in youth and families.</p>	<p>All Mental Hygiene Subcommittees</p> <p>Q4 Substance Use Subcommittee</p> <p>Q1-Q4 Ongoing Substance Use Subcommittee</p> <p>Q1-Q4 Ongoing Mental Health Subcommittee</p> <p>Q1-Q2 Mental Health Subcommittee</p>
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Office of Addiction
Services and Supports

Office of
Mental Health

Office for People With
Developmental Disabilities

2023 Needs Assessment Form

Tompkins County Mental Health Services

Crisis Services Yes

Applies to OASAS? Yes

Applies to OMH? Yes

Applies to OPWDD? Yes

Need Applies to: Both Youth and Adults

Need description (Optional): Crisis services remains a top priority goal in 2023. Greater community awareness is needed to ensure utilization of newly established regional crisis supports through OPWDD. 988 services have just begun and will need support during the initial phases. There are efforts to establish a Supported Crisis Stabilization Center locally that will require coordination across numerous community-based partners.

Cross System Services Yes

Applies to OASAS? Yes

Applies to OMH? Yes

Applies to OPWDD? Yes

Need Applies to: Both Youth and Adults

Need description (Optional): This is a new category for 2023 reflecting the importance of integrated and coordinated work across the mental hygiene system and with non licensed agencies that provide supportive services. Advocacy is necessary for greater waiver flexibility in OPWDD programs. There are several piloted projects in NY State to monitor between mental hygiene agencies that we can learn from for potential local implementation. It is also imperative that we understand how best to leverage the resources of each of all three mental hygiene systems to meet the complex needs of individuals who require supports across systems.

Housing Yes

Applies to OASAS? Yes

Applies to OMH? Yes

Applies to OPWDD? Yes

Need Applies to: Both Youth and Adults

Need description (Optional): Housing has been added as a priority goal in 2023 due to the severe shortage of affordable, emergency, and supportive housing. As a result, the shelter has experienced need above their capacity. There are limited options for individuals returning to the community after hospitalization and residential treatment who need housing with ongoing supports for stabilization. Unhoused people often require intensive supports in the initial stages of becoming housed. Tompkins County lost 30 residential beds in the OPWDD system due to the workforce shortage.

Non-Clinical Supports Yes

Applies to OASAS? Yes

Applies to OMH? Yes

Applies to OPWDD? Yes

Need Applies to: Both Youth and Adults

Need description (Optional): Treatment services alone are often not sufficient for change. Social determinants of health like access to medical, dental, and optical care, health equity for minoritized communities, and ensuring needed non-clinical supports are available along with the invaluable work of peers with lived experience must be supported to ensure recovery and quality of life.

Workforce Yes

Applies to OASAS? Yes

Applies to OMH? Yes

Applies to OPWDD? Yes

Need Applies to: Both Youth and Adults

Need description (Optional): Workforce challenges remain a top priority in 2023. Mental hygiene services have been reduced because of the ongoing staffing shortage in all positions across service types. For instance, 30 residential beds are not currently operational due to the workforce shortage in OPWDD licensed programs in Tompkins County. Lack of diversity in the workforce also reduces access to care for minoritized members of the community.

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