



2023 Goals and Plans Form

Cortland County Department of Mental Health

Goal 1: Reduce the number of overdose deaths by 25%

Goal 2: Increase access to supported housing for target populations (DD, MH, CD) by 25%

Goal 3: Decrease the number of MH emergencies diverted to ED by 25%

Annual and intermediate plans for addiction services:

This goal utilizes strategies from OASAS 5.07 plan and priority needs identified in Cortland. Pursues encourage, stabilize, and enhance community treatment resources to more immediately respond to community substance use treatment needs. Promotes access to SUD/OD services and supports for Cortland County residents. Promotes substance use (broadly defined to include tobacco, alcohol, opiates, methamphetamines, cocaine, etc.) treatment options which include prevention, recovery, treatment, and mobile community crisis intervention strategies. This priority and goal definitively aligns with other Cortland strategic planning such as the Public Health CHIP/CHA and the SAMHSA/Columbia University/CACTC NYS Healing Community Study in Cortland.

Strategic Matching Objectives:

1. Support the implementation of the Cayuga Addiction Recovery Services (CARS) Outpatient Treatment Program (OTP) in Cortland
2. Increase collaboration with all county schools to align OASAS prevention funds with education and prevention initiatives
3. Increase Naloxone distribution sites/events
4. Increase training programs to expand the workforce relating to education and treatment
5. Support regional efforts to develop core programs for new staff in the areas of care management and peer services

Measurable Outcomes:

1. Measured through DOH CHIP/CHA statistics
2. Measured through the NYS Columbia/Cortland/ CACTC Healing Communities Data
3. Measured through the Cortland SOC Collaboration Data
4. Measured through the OASAS WITNYS Prevention Plan Data

5. Measured through quarterly reports from Cortland's OASAS providers to LGU and CD subcommittee

Attainable:

Can be attained within 2023 with the intent to expand/extend into the next four-year LSP planning cycle per NYS requirements for Cortland sustainability.

Relevant:

Directly related to the work of the CD subcommittee of the CSB, Cortland Public Health Department CHIP/CHA, Cortland Legislature Health & Human Services, Cortland OASAS 2023 Prevention Plan submissions and NYS Columbia/Cortland/CACTC Healing Communities goals.

Time Bound:

Complete by the end of 2023, yet adaptable to expand/extend into the next four-year LSP cycle.

Annual and intermediate plans for developmental disability services:

This goal utilizes strategies from OMH, OASAS, and OPWDD 5.07 plan seeking to ensure that safe affordable housing is available to all in Cortland, with the appropriate supports to promote successful community living and community integration. Ensure that safe affordable housing is available to targeted vulnerable populations, with the appropriate supports to promote successful community living and full community integration. Support Empire State Supported Housing Initiative (ESSHI) housing development grant opportunities for Cortland County inclusive of options for any of the following: homeless, mental health, substance use, and/or developmental disabilities. This goal supports the NYS implementation of Housing and Urban Development and regional Continuum of Care (HUD/COC) and Cortland's Housing Authority. This goal seeks to assist the efforts of Cortland specialty housing providers such as Catholic Charities, Springbrook and the YMCA. This priority and goal definitively aligns with other Cortland strategic planning such as the Cortland Planning Department and the Social Services Department homeless housing goals and the City of Cortland housing goals.

Strategic Matching Objectives:

1. Collaborative involvement with 2022 established group of County/Local leadership to assess and address homelessness and housing needs in Cortland
2. Behavioral Health Ad Hoc group to work with local landlords to problem solve and encourage cooperation with community agencies
3. Assist/support Catholic Charities of Cortland HUD application for 2023
4. Advocate/support Springbrook integrated supported housing (ISH) initiative
5. Support regional efforts to develop core programs for new staff in the areas of care management and peer services

Measurable Outcomes:

1. Measured through Catholic Charities OMH Adult Housing reports to the Child and Adult Integrated Reporting System (CAIRS) for Residential Program Indicators (RPI)
2. Measured through the OASAS monthly Housing Bureau reports
3. Measured by Cortland SPOA Program collaboration
4. Measured by the OPWDD Integrated Supportive Housing (ISH) reporting
5. Assessments from Cortland DSS housing insecure data
6. Regional Continuum of Care (COC) data assessments and reports
7. Measured through quarterly reports from Cortland's behavioral health housing providers to LGU and MH, CD, and DD subcommittees

Attainable:

Can be attained within 2023 with the intent to expand/extend into the next four-year LSP planning cycle per NYS requirements for Cortland sustainability.

Relevant:

Directly supports Catholic Charities HUD/COC application, Springbrook Mixed ISH initiative and ESSHI opportunities. Matches goals the of the CSB, Cortland Public Health Department CHIP/CHA, Cortland Legislature Health & Human Services, Cortland County and City housing assessments and goals.

Time Bound:

Complete by the end of 2023, yet adaptable to expand/extend into the next four-year LSP cycle.

(Please note I/DD services noted in other sections as well)

Annual and intermediate plans for mental health services:

This goal utilizes strategies from OMH, 5.07 plan to ensure active response to behavioral health crisis needs. Expand and support the capacity to recognize and respond more immediately with behavioral health crisis assessment and supports to address the urgent needs of all the citizens of Cortland County. Pandemic and post-pandemic needs for behavioral health crisis support to our community are trending higher than average. Stabilize and support services able to respond in the community and/or provide access to immediate services and supports to stabilize behavioral health crises. Supports the successful Cortland implementation of 988. This priority and goal definitively aligns with other Cortland strategic planning such as the Cortland Public Health and Mental Health Department suicide prevention efforts and the City of Cortland Crisis Intervention Team (CIT) goals.

Strategic Matching Objectives:

1. Expand community understanding & use of the Mobile Crisis Unit through collaboration and increase hours/staffing
2. Collaborate with Guthrie and OMH/OPWDD to increase crisis services to I/DD and dual diagnosed population
3. Promote/expand respite opportunities for all ages and the DD population
4. Advocate for increased inpatient psychiatric beds at Guthrie Cortland for children/adults
5. Collaboration/planning with NYS OMH Suicide Prevention Council and "Speak Up" Suicide Prevention Coalition for Suicide efforts
6. Support Guthrie Cortland's Zero Suicide initiative in 2023
7. Support Cortland's CIT collaboration with 2023 behavioral health training implementation for law enforcement crisis response

Measurable Outcomes:

1. Measurable through Guthrie ED, OMH Inpatient, & Zero Suicide report data
2. Measurable through the CNYDPG Mobile Crisis response data reports
3. Measurable through Cortland's CIT data reports
4. Measurable through OPWDD CSSID implementation in region 2 and YAI reporting to Cortland
5. Measurable through Liberty Resources, Inc Mobile Crisis Team and Contact Crisis Services 988 data reports
6. Measurable through Speak Up Cortland Coalition assessments and data
7. Measurable through Cortland MH & DSS Department SOC & Family First assessments and reports
8. Measured through Cortland's mental health providers to LGU and MH subcommittees

Attainable:

Can be attained within 2023 with the intent to expand/extend into the next four-year LSP planning cycle per NYS requirements for Cortland sustainability.

Relevant:

Meets ongoing need for MH and dual diagnosed cases in Cortland County. Matches goals of the Mental Health Department, Cortland Public Health Department CHIP/CHA, Cortland Legislature Health & Human Services, and Guthrie Cortland Hospital assessments and goals.

Time Bound:

Complete by the end of 2023, yet adaptable to expand/extend into the next four-year LSP cycle.

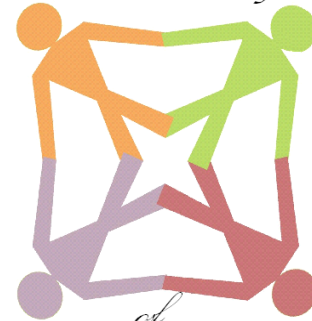
LGU Representative Name: Sharon MacDougall

LGU Representative Title: Director of Community Services

Submitted for: Cortland County Department of Mental Health

2023
CORTLAND COUNTY
LOCAL SERVICES PLAN (LSP)

Mental Health Department



CORTLAND COUNTY

2023

**Cortland County Mental Health Department
Local Governmental Unit (LGU) and Community
Services Board (CSB)**

New York Mental Hygiene Law (MHL 41.16) requires that each local government unit (LGU) annually develop and submit a comprehensive plan, establishing long term mental hygiene system goals and objectives for the county. LGU responsibilities for this Local Services Plan (LSP):

- ✓ Determine community needs and encourage programs for prevention, assessment, treatment, social and vocational rehabilitation, education, training, and public education related to behavioral health,
- ✓ Review behavioral health services and local facilities in relation to needs,
- ✓ Establish long range goals consistent with those of the state,
- ✓ Seek to assure that all population groups are covered, and sufficient services are available,
- ✓ Promote cooperation and coordination of local providers and systems serving those with behavioral health challenges.

Cortland County Mental Health Department
Local Governmental Unit (LGU) Community Services Board (CSB)
2023 Local Services Plan (LSP)

In 2022 a NYS workgroup comprised of Directors of Community Services/LGU Planning Staff, State agency representatives, and Conference of Local Mental Hygiene Directors (CLMHD) staff revisited the Local Services Planning process to:

- Examine opportunities to streamline and simplify the process
- Ensure it is relevant and meaningful
- Take advantage of new technology
- Solicit input from the Director of Community Services/Planning Staff and new State Agency leadership

The NYS guidelines implement comprehensive changes to the LSP process, including moving from submitting a new LSP each year to creating a LSP that has a four-year timeline and submitting annual updates or addendums to the four-year plan. This transition from one year to four-year LSPs required an abbreviated version of the 2023 LSP due to NYS in the fall of 2022, while Cortland LGU prepares to implement four-year LSP cycle in early 2023.

The process to develop the LSP and priorities was led by LSP ad hoc committee during the summer of 2022 by members of the Community Service Board (CSB). This process was complicated by the on-going COVID-19 pandemic, which also influenced the goals in this plan. Implementation of last year's 2020-2021 was assessed and discussed. The ad hoc LSP CSB committee utilized the guidance from interagency OMH, OASAS and OPWDD group on how to develop the 2023 Interim LSP.

Summary of the 2022 Cortland LSP Ad. Hoc committee's development of the 2023 LSP:

- Previous year goals were reviewed, progress discussed, and strategies revised,
- Discussions of the effect of the on-going COVID-19 pandemic on Cortland's system of care,
- Explored access, utilization, and effective consumption of data to inform strategies,
- Revised goals and strategies utilizing "SMART" goal's structure to match NYS LSP requirements,
- County and regional community surveys and data reviewed for outcomes and effect on progress from previous LSP,
- Related County plans and community survey results were reviewed for alignment with other health and human service partners (such as CHIP/CHA),
- State plans were reviewed from OMH, OASAS, and OPWDD (5.07 Plans) for collaborative efforts and alignment of local services with state priorities,
- Discussion and reviewed by the CSB and Subcommittees for any final changes and approval.

In this LSP, the CSB recognizes the Cortland County community, providers and workforce for their resilience and dedication throughout the continued pandemic. This plan can only be achieved with our collaborative community, providers, and the behavioral health workforce. Expanding the behavioral health capacity of behavioral health supports to Cortland requires additional resources that are limited. This 2023 LSP adapts to those resource limitations, while advocating for NYS partnership to address those needs. We are honored to support our Cortland community and their needs are reflected directly throughout this LSP.

**Approved by Community Service Board Members (DATE)
2023 Local Services Plan**

Priority 1: Substance Use

Goal 1: Reduce the number of overdose deaths by 25%:

This goal utilizes strategies from OASAS 5.07 plan and priority needs identified in Cortland. Pursues encourage, stabilize, and enhance community treatment resources to more immediately respond to community substance use treatment needs. Promotes access to SUD/ODU services and supports for Cortland County residents. Promotes substance use (broadly defined to include tobacco, alcohol, opiates, methamphetamines, cocaine, etc.) treatment options which include prevention, recovery, treatment, and mobile community crisis intervention strategies. This priority and goal definitively aligns with other Cortland strategic planning such as the Public Health CHIP/CHA and the SAMHSA/Columbia University/CACTC NYS Healing Community Study in Cortland.

Strategic Matching Objectives:

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2. Increase collaboration with all county schools to align OASAS prevention funds with education and prevention initiatives
3. Increase Naloxone distribution sites/events
4. Increase training programs to expand the workforce relating to education and treatment
5. Support regional efforts to develop core programs for new staff in the areas of care management and peer services

Measurable Outcomes:

1. Measured through DOH CHIP/CHA statistics
2. Measured through the NYS Columbia/Cortland/ CACTC Healing Communities Data
3. Measured through the Cortland SOC Collaboration Data
4. Measured through the OASAS WITNYS Prevention Plan Data
5. Measured through quarterly reports from Cortland's OASAS providers to LGU and CD subcommittee

Attainable:

Can be attained within 2023 with the intent to expand/extend into the next four-year LSP planning cycle per NYS requirements for Cortland sustainability.

Relevant:

Directly related to the work of the CD subcommittee of the CSB, Cortland Public Health Department CHIP/CHA, Cortland Legislature Health & Human Services, Cortland OASAS 2023 Prevention Plan submissions and NYS Columbia/Cortland/CACTC Healing Communities goals.

Time Bound:

Complete by the end of 2023, yet adaptable to expand/extend into the next four-year LSP cycle.

Priority 2 Housing:

Goal 2 Increase access to supported housing for target populations (DD, MH, CD) by 25%:

This goal utilizes strategies from OMH, OASAS, and OPWDD 5.07 plan seeking to ensure that safe affordable housing is available to all in Cortland, with the appropriate supports to promote successful community living and community integration. Ensure that safe affordable housing is available to targeted vulnerable populations, with the appropriate supports to promote successful community living and full community integration. Support Empire State Supported Housing Initiative (ESSHI) housing development grant opportunities for Cortland County inclusive of options for any of the following: homeless, mental health, substance use, and/or developmental disabilities. This goal supports the NYS implementation of Housing and Urban Development and regional Continuum of Care (HUD/COC) and Cortland's Housing Authority. This goal seeks to assist the efforts of Cortland specialty housing providers such as Catholic Charities, Springbrook and the YMCA. This priority and goal definitively aligns with other Cortland strategic planning such as the Cortland Planning Department and the Social Services Department homeless housing goals and the City of Cortland housing goals.

Strategic Matching Objectives:

1. Collaborative involvement with 2022 established group of County/Local leadership to assess and address homelessness and housing needs in Cortland
2. Behavioral Health Ad Hoc group to work with local landlords to problem solve and encourage cooperation with community agencies
3. Assist/support Catholic Charities of Cortland HUD application for 2023
4. Advocate/support Springbrook integrated supported housing (ISH) initiative
5. Support regional efforts to develop core programs for new staff in the areas of care management and peer services

Measurable Outcomes:

1. Measured through Catholic Charities OMH Adult Housing reports to the Child and Adult Integrated Reporting System (CAIRS) for Residential Program Indicators (RPI)
2. Measured through the OASAS monthly Housing Bureau reports
3. Measured by Cortland SPOA Program collaboration
4. Measured by the OPWDD Integrated Supportive Housing (ISH) reporting
5. Assessments from Cortland DSS housing insecure data
6. Regional Continuum of Care (COC) data assessments and reports
7. Measured through quarterly reports from Cortland's behavioral health housing providers to LGU and MH, CD, and DD subcommittees

Attainable:

Can be attained within 2023 with the intent to expand/extend into the next four-year LSP planning cycle per NYS requirements for Cortland sustainability.

Relevant:

Directly supports Catholic Charities HUD/COC application, Springbrook Mixed ISH initiative and ESSHI opportunities. Matches goals the of the CSB, Cortland Public Health Department

CHIP/CHA, Cortland Legislature Health & Human Services, Cortland County and City housing assessments and goals.

Time Bound:

Complete by the end of 2023, yet adaptable to expand/extend into the next four-year LSP cycle.

Priority 3 Mental Health Crisis:

Goal 3 Decrease the number of MH emergencies diverted to ED by 25%:

This goal utilizes strategies from OMH, 5.07 plan to ensure active response to behavioral health crisis needs. Expand and support the capacity to recognize and respond more immediately with behavioral health crisis assessment and supports to address the urgent needs of all the citizens of Cortland County. Pandemic and post-pandemic needs for behavioral health crisis support to our community are trending higher than average. Stabilize and support services able to respond in the community and/or provide access to immediate services and supports to stabilize behavioral health crises. Supports the successful Cortland implementation of 988. This priority and goal definitively aligns with other Cortland strategic planning such as the Cortland Public Health and Mental Health Department suicide prevention efforts and the City of Cortland Crisis Intervention Team (CIT) goals.

Strategic Matching Objectives:

1. Expand community understanding & use of the Mobile Crisis Unit through collaboration and increase hours/staffing
2. Collaborate with Guthrie and OMH/OPWDD to increase crisis services to I/DD and dual diagnosed population
3. Promote/expand respite opportunities for all ages and the DD population
4. Advocate for increased inpatient psychiatric beds at Guthrie Cortland for children/adults
5. Collaboration/planning with NYS OMH Suicide Prevention Council and “Speak Up” Suicide Prevention Coalition for Suicide efforts
6. Support Guthrie Cortland’s Zero Suicide initiative in 2023
7. Support Cortland’s CIT collaboration with 2023 behavioral health training implementation for law enforcement crisis response

Measurable Outcomes:

1. Measurable through Guthrie ED, OMH Inpatient, & Zero Suicide report data
2. Measurable through the CNYDPG Mobile Crisis response data reports
3. Measurable through Cortland’s CIT data reports
4. Measurable through OPWDD CSSID implementation in region 2 and YAI reporting to Cortland
5. Measurable through Liberty Resources, Inc Mobile Crisis Team and Contact Crisis Services 988 data reports
6. Measurable through Speak Up Cortland Coalition assessments and data
7. Measurable through Cortland MH & DSS Department SOC & Family First assessments and reports
8. Measured through Cortland’s mental health providers to LGU and MH subcommittees

Attainable:

Can be attained within 2023 with the intent to expand/extend into the next four-year LSP planning cycle per NYS requirements for Cortland sustainability.

Relevant:

Meets ongoing need for MH and dual diagnosed cases in Cortland County. Matches goals the of the Mental Health Department, Cortland Public Health Department CHIP/CHA, Cortland Legislature Health & Human Services, and Guthrie Cortland Hospital assessments and goals.

Time Bound:

Complete by the end of 2023, yet adaptable to expand/extend into the next four-year LSP cycle.

Summary: Continued Quality Improvement Planning:

The LGU and CSB will utilize this 2023 LSP at all 2023 planning and committee meetings as our strategic goals. CSB and subcommittee meetings will include regular reporting on these goals and objectives. The LGU will review data and assessments referenced in this plan for discussions with providers and County partners. The LGU will collaborate with all County initiatives related to this plan and report efforts to the CSB and subcommittees.

Cortland Mental Health Department LGU & CSB is proud to support our mental health, substance use and intellectual/developmental disability community and systems of care in Cortland County. This plan is officially submitted to NYS OMH, OASAS & OPWDD and Cortland County in compliance with New York State Mental Hygiene Law (§ 41) and as evidence of the LGUs & CSB commitment to continued quality improvement efforts to our community.



Office of Addiction
Services and Supports

Office of
Mental Health

Office for People With
Developmental Disabilities

2023 Needs Assessment Form

Cortland County Department of Mental Health

Case Management/Care Coordination Yes

Applies to OASAS? Yes

Applies to OMH? Yes

Applies to OPWDD? Yes

Need Applies to: Both Youth and Adults

Need description (Optional): Strategic Objectives Connected to Need:

Increase training programs to expand the workforce relating to education and treatment (MH, SU, & I/DD)

Support regional efforts to develop core programs for new staff in the areas of care management and peer services

Advocate/support Springbrook integrated supported housing (ISH) initiative (includes I/DD case coordination)

OPWDD CSSID implementation in region 2 and YAI implementation (I/DD case coordination)

CIT collaboration with 2023 behavioral health training implementation for law enforcement crisis response

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): Strategic Objectives connected to Need:

Increase training programs to expand the workforce relating to education and treatment

Support regional efforts to develop core programs for new staff in the areas of care management and peer services

Expand community understanding & use of the Mobile Crisis Unit through collaboration and increase hours/staffing

Collaborate with Guthrie Cortland Hospital and OMH/OPWDD to increase crisis services to I/DD and dual diagnosed population

Collaboration/planning with NYS OMH Suicide Prevention Council and "Speak Up" Suicide Prevention Coalition for Suicide efforts

Support Guthrie Cortland's Zero Suicide initiative in 2023

Support Cortland's CIT collaboration with 2023 behavioral health training implementation for law enforcement crisis response

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): Strategic Objectives Connected to Need:

Increase Naloxone distribution sites/events across system

Support regional efforts to develop core programs for new staff in the areas of care management and peer services

Collaborative involvement with 2022 established group of County/Local leadership to assess and address

homelessness and housing needs in Cortland

Behavioral Health Ad Hoc group to work with local landlords to problem solve and encourage cooperation with community agencies

Collaborate with Guthrie Cortland Hospital and OMH/OPWDD to increase crisis services to I/DD and dual diagnosed population

Housing Yes

Applies to OASAS? Yes

Applies to OMH? Yes

Applies to OPWDD? Yes

Need Applies to: Adults Only

Need description (Optional): Strategic Objectives Connected to Need:

Increase training programs to expand the workforce relating to education and treatment (includes Housing direct support workforce)

Collaborative involvement with 2022 established group of County/Local leadership to assess and address homelessness and housing needs in Cortland

Behavioral Health Ad Hoc group to work with local landlords to problem solve and encourage cooperation with community agencies

Assist/support Catholic Charities of Cortland HUD application for 2023

Advocate/support Springbrook integrated supported housing (ISH) initiative

Inpatient Treatment Yes

Applies to OASAS? No

Applies to OMH? Yes

Applies to OPWDD? No

Need Applies to: Youth Only

Need description (Optional): Strategic Objectives Connected to Need:

Advocate for increased inpatient psychiatric beds at Guthrie Cortland for children/adults

Support Guthrie Cortland's Zero Suicide initiative in 2023

Collaborate with Guthrie Cortland (Hospital) and OMH/OPWDD to increase crisis services to I/DD and dual diagnosed population (ER & Inpt. diversion efforts)

Outpatient Treatment Yes

Applies to OASAS? Yes

Applies to OMH? No

Applies to OPWDD? No

Need Applies to: Adults Only

Need description (Optional): Strategic Objectives Connected to Need:

Support the implementation of the Cayuga Addition Recovery Services (CARS) Outpatient Treatment Program (OTP) & 822 in Cortland (OASAS)

Collaboration/planning with NYS OMH Suicide Prevention Council and "Speak Up" Suicide Prevention Coalition for Suicide efforts (engage all outpatient providers to participate: OASAS, OMH, & OPWDD)

Prevention Yes

Applies to OASAS? Yes

Applies to OMH? No

Applies to OPWDD? No

Need Applies to: Youth Only

Need description (Optional): Strategic Objectives Connected to Need:

Increase collaboration with all county schools to align OASAS prevention funds with education and prevention initiatives

Increase training programs to expand the workforce relating to education and treatment

Support regional efforts to develop core programs for new staff in the areas of care management and peer services

Respite Yes

Applies to OASAS? No

Applies to OMH? Yes

Applies to OPWDD? No

Need Applies to: Youth Only

Need description (Optional): MH & DSS Cortland partnership between SPOA & Family First toward improved System of Care (SOC) encourages local youth crisis respite opportunities closer to Cortland to support families, schools, DSS, MH, and new Youth ACT team with diversion from ER/Hospital efforts.

Workforce Yes

Applies to OASAS? Yes

Applies to OMH? Yes

Applies to OPWDD? Yes

Need Applies to: Both Youth and Adults

Need description (Optional): Universal needs for increased workforce across all systems of care.

LGU Representative: Sharon MacDougall

Submitted for: Cortland County Department of Mental Health