

MINUTES
Saratoga County Community Services Board Meeting
January 30, 2019

Present: Wes Carr, James Colamaria, Amy Hughes, Katie Lewis, Ph.D., Maureen Lewsey, Paul Morcone, Captain Daniel Morley, and RJ Stutzmann. Also present: Michael S. Prezioso, Ph.D. and Cari Abatemarco from the Mental Health Center.

Other guests included Cynthia Varney and Owen Allie from Northern Rivers.

Absent: Edmond Amyot, M.D., Ranjit Bhagwat, Ph.D., Erin Christopher-Sisk, Ph.D., Lillian McCarthy, and Maria Morris-Groves.

I. CALL TO ORDER

Ms. Hughes called the meeting to order at 4:05 p.m.

II. ROLL CALL

Roll call was taken. A quorum was established.

III. MINUTES

A motion to accept the minutes from 11/28/18 was made by Ms. Lewsey, seconded by Mr. Colamaria. Motion carried.

IV. PUBLIC TO BE HEARD

None present.

V. DIRECTOR'S REPORT/OLD BUSINESS

A. Pharmacy Update – The landlord has agreed to the new site location and separate entrance. There is agreement between the Paralegal from the Pharmacy and the County Attorney on the language that will go into an amended proposal that reflects the new site location and new agreements about the rent. Dr. Prezioso is planning to submit the proposal today or tomorrow in order to get it before the Health and Social Services Committee next week. Then they can move the proposal forward to the full Board to amend the initial sublease agreement. Once that happens, the pharmaceutical company will be free to submit the application to the BOP. Once approved, it will be up to the pharmaceutical company to get the permits required, identify a contractor and proceed.

B. Veterans Program – Dr. Prezioso has been working with the Veterans Agency and Peer-to-Peer on developing a structured program for veterans. They have partnered with a gym in Clifton Park that has a wellness-based approach. Ms. Hughes and Frank McClement will aid in identifying ten veterans to pilot through this program.

At the gym, the veterans will have access to a functional movement assessment and a series of rehabilitative activities to help restore functioning that may have been lost through injury/age. Nutrition consultation, meal planning and shopping lists will also be provided, in addition to chiropractic care. For a period of 100 days (3 times per week), the veterans will have access to this gym and the main focus will be building resilience utilizing integrated training modules. This will also be a fundraiser. Members of the gym can either make contributions outright or buy in for \$100.00. For every percent of body fat any individual loses, they will take \$10 per percentage of body fat to donate back to the Veterans Agency to act as seed money for the program.

- C. Research – Austen Riggs – We have a unique opportunity to do some suicide-related research here at SCMHC. Katie Lewis, Ph.D. is currently doing research related to suicide. Her role is the Research Psychologist at Austen Riggs and the main study she has been running for the past two years has been trying to understand how daily interpersonal experiences influence the intensity of suicidal ideation. The patients that go to Austen Riggs are from all over the country and have had multiple psychiatric hospitalizations, multiple medication trials and treatment that hasn't been working for them. The study that she has been doing is trying to understand how their daily interpersonal experiences and interpersonal supports are either serving as triggers for suicidal ideation or as buffers against suicidal impulses. They are using a method called Ecological Momentary Assessment, which is asking them to report on their thoughts and experiences multiple times throughout the day over a two-week period. This study would be conducted in Saratoga County using a secure app that has been designed by researchers, which is HIPPA compliant. It would involve meeting with Dr. Lewis to get a baseline assessment to get a sense of suicide attempt history, sources of interpersonal support and triggers. From there, patients would have a two-week period of reporting on their smart phones about their daily experiences and suicidal thoughts in order to get a broader picture and understanding of things that are acting as triggers or buffers. This would translate back to a greater understanding about how suicidal thoughts fluctuate in daily life. The hope is to design more creative interventions for providing people with support. This research has been vetted by the Institutional Review Board at Austen Riggs.

VI. NEW BUSINESS

- A. Local Service Planning process – The Local Service Plan is due in June. Dr. Prezioso is looking for input from the board members. He would like them to identify three significant needs that we need to continue to address in the County in terms of behavioral health.
- B. Recognition - Dr. Lewis and Mr. Bhagwat will be presenting at the NYS Psychological Association Annual Conference in June. Also, Captain Morley will be speaking to a national audience in April for the National Prescription Drug Abuse and Heroin Summit. Captain Morley submitted a presentation and was selected and he

accepted to speak. One of our social workers, Kasey Lloyd, and our outreach worker, Jill Petteys, will also be attending, along with Dr. Prezioso.

- C. Meeting Schedule - Mr. Carr would like to propose decreasing the number of times we meet per year. He suggested amending the by-laws to reflect that we meet a minimum of six times per year as opposed to 11 times per year. Dr. Prezioso is comfortable with meeting less than once per month and has no operational concerns. Ultimately, it is the Boards decision. Ms. Hughes thinks if meeting less becomes an issue, we could go back to meeting monthly. Her only concern is having low attendance if we meet less often. We would also need to establish a quorum. Mr. Stutzmann suggests providing a calendar well in advance to help keep attendance up. This will be further discussed at our next meeting.

VII. NEXT MEETING

The next meeting is scheduled for February 27th at 4:00 p.m.

VIII. ADJOURNMENT

The meeting was adjourned at 4:40 p.m.

Respectfully submitted by: Cheryle Ellsworth