

Jail Study Committee
Regular Meeting Minutes (same as Notes) – Approved 1-19-17
Thursday, December 15, 2016 5:00 PM
Legislature Chambers

Attendance

Attendee Name	Title	Status	Departed
Rich John	Chair	Present	
Martha Robertson	Member	Present	
David McKenna	Member	Present	
Anna Kelles	Member	Present	
James Dennis	Member	Present	5:55 PM
Joe Mareane	County Administrator	Present	
Patricia Buechel	Probation & Community Justice Director	Present	
Paula Younger	Deputy County Administrator	Present	
Deb Dietrich	Director of OAR	Present	
Frank Kruppa	Public Health Director	Present	
Ray Bunce	Jail Administrator	Present	
Susan Cook	Chair, CJA/ATI	Present	
Michelle Pottorff	Chief Deputy Clerk	Present	
Lance Salisbury	Supervising Attorney, Assigned Counsel Program	Present	
Bill Rusen	Cayuga Addiction Recovery Services	Present	

Guests: Jared Parker Carver, Mental Health Association of Tompkins County

Call to Order

Mr. John, Chair, called the meeting to order at 5:04 p.m. He said he received a preliminary progress report on the re-entry program by Kenneth Schlather and one of the interesting comments is that they are identifying 40% of the inmates in the Jail have issues with mental health and 40% have an issue with substance abuse, although some of those included in these percentages may be overlap. Mr. John said there will be discussion of what can be done while someone is incarcerated to treat these kinds of problems.

Changes to Agenda

There were no changes to the agenda.

Public Comment

Josephine Cardamone, City of Ithaca, shared information about different counties around the country that are providing mental health services in jails. She also read from an article about what is happening in San Antonio, Texas, and said the goal to reduce jail population should include providing services in the community.

Eric Chen, City of Ithaca, said he fully supports the alternative-to-incarceration programs. He also said providing mental health services is the key to reducing the Jail population and the need for Jail expansion.

Chair's Report

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Mr. John said he visited a companion committee in Cortland County that is struggling with the same issue. He said they are looking at this from a different direction. They had a good discussion of how Tompkins County's and Cortland County's approach differ but there may be some benefit to having a conversation and sharing ideas and discussed having a joint committee meeting in February, possibly at TC3. He said it will be interesting in hearing how another upstate county is addressing the same problem. He also said he drafted an op-ed piece and asked Committee members to provide him with comments.

Ms. Robertson said this is a special committee to address the CGR study. The idea of meeting with another County is interesting but she is not sure it should be a meeting that would substitute for this Committee's work as she doesn't want it to slow the Committee's work.

Mr. John said a date for a public information session with consultants in January needs to be scheduled and would like to do that after this meeting.

Update on Current Services Offered at the Jail

Mr. Bunce spoke of the current conditions of the Jail. In terms of services offered, he said youth educational services are provided every day and is paid for by the Lansing Central School District's contract with B.O.C.E.S. It is mandatory that the Lansing Central School District provide educational services for anyone under the age of 21. Programs are written on a monthly basis and problems are addressed as they arise.

Mr. Bunce said a physician comes into the Jail six hours a week and a Jail nurse is available 40 hours a week. A medical record is maintained for every inmate, there are sick calls for all inmates on a daily basis, medication management, medical referrals for inmates entering or leaving the Jail, limited infectious screenings, immunizations, and the Health Department comes in and does an anonymous HIV screening. Medical education and mental health services are provided by a Tompkins County Mental Department Social Worker who comes in six hours a week and conducts assessments on an as-needed basis. The Social Worker assesses someone based on their screening during the admission process and makes a recommendation for any medication needed to manage a mental health condition. The Mental Health Association of Tompkins County comes in and does a wellness recovery action plan each Friday in the visitation room. The purpose is to help inmates develop an individual plan to manage their mental health and this has been very well attended. A Talk Program is held every Monday; this is a group discussion that is intended to reduce overall stress among the inmate population.

Mr. Bunce added that they are currently trying to work on a food safety program to give inmates who work in the kitchen a certificate to help them upon release. The program and also the Re-entry program is run by Cooperative Extension. In January they will also be scheduling a parenting program. OAR (Opportunities, Alternatives, and Resources) has a frequent presence at the Jail; they operate the bail program and are involved with the Re-entry program.

Presentation - Cayuga Addiction Recovery (CARS)

Bill Rusen, Executive Director, provided a brochure of services for the Cayuga Addiction Recovery Services (CARS) and a copy of its annual report. He said they offer a good menu of services and referenced an offer contained in a memo written last week to provide eight hours of

services at the Jail. He said he is very optimistic and bullish on what he described as "an opportunity the country has been given to confront the heroin epidemic". He believes we are in a situation where we can take a very difficult problem and do something very positive with it. He said CARS is in the transformation business; most of the people who come to see them are in the later stages of addiction and at a point where they have lost a lot of things because their life has been consumed by the addiction. He said that out of more than 100 of the screenings he has done the responders have answered the question: "in five or ten years how would you like people to talk about you?" with "I would like them to think of me as a sober, upright, decent person". He said this is where he thinks the hope lies in what CARS does. He read from *Dreamland: The True Tale of America's Opiate Epidemic*, a book by Sam Quinones, and said if a community like this can't harness something like heroin he doesn't think it can be done. He announced a \$970 million grant the Substance Abuse and Mental Health Services Administration will be administering to states and territories beginning in 2017 to help address the crisis. He said the anecdote to heroin is community. This disease is about isolation and shame and we need to break through those two things.

Presentation - Tompkins County Drug and Alcohol Council

Mr. John said Ms. Sullivan was unable to attend. In her absence, Deb Dietrich, Executive Director of OAR, said she has been working with Agency for ten years. She stated close to 60% of the people incarcerated at the Tompkins County Jail suffer from addiction and/or mental health problems and that caseload has increased and become even more severe than it was ten years ago. Ms. Dietrich said she is an alcoholic and believes transformation is possible but when you talk about the shame and stigma associated with it there isn't talk about the chronic nature of the disease. She said everyone deserves a chance but is not convinced transformation will happen in every case. She said we need to also address those who will not recover and lead a productive life. Positive steps have been taken in Jail programming, but that is not going to make long-term change; efforts need to continue upon release and there needs to be huge support systems for people when they are released. The Jail programming is just the beginning and the kinds of changes that are necessary is a long-term endeavor and not something that can only happen at the Jail.

Mr. Rusen responded to a question about what drugs are being used and said of the drugs being used heroin is more dangerous in terms of its immediacy which is one of its challenges. Alcohol and heroin represented 30% of the people who came into the Jail in 2016.

Report from Frank Kruppa, Mental Health Commissioner

Mr. Kruppa said a person's time in the Jail is a moment in time and when dealing with substance abuse or mental health issues it is a lifetime journey. The focus has to be on keeping people out of the Jail and subsequently providing services once they get out of the Jail and into the community. The Health Department has a Forensic Social Worker who goes to the Jail to provide assessment services three times a week for three hours a day. They are not huge proponents of providing a large amount of mental health services in the Jail. He said it is not a good setting to provide services as it can be difficult and sometimes dangerous for a person to be identified as having a mental illness when they are in a jail setting. They collaborate with others who provide services at the Jail and there is opportunity for improvement in the coordination of services being provided to make sure all things are having the most impact. He said he has asked the Dual Diagnosis Coordinator to bring people together in January to talk about what services are being provided to see that services are not being duplicated and hopes to have more information to report back on that. He also said there are gaps in the treatment system in the community that are preventing them from keeping people out of the Jail. Next week there is a

proposal coming to the Health and Human Services Committee to create a mobile crisis team which will be one more tool to help prevent hospitalizations and trips to the Jail.

Mr. Dennis was excused at this time.

Committee Discussion

Mr. Kruppa said things that are in the works include:

- The Alcoholism Council is working to establish a detoxification crisis de-stabilization Center in Tompkins County;
- CARS received funding from the State to expand its female unit which will help them provide more services and to do so in a more effective manner;
- A mental health proposal to create a mobile crisis team which will consist of a social worker and a caseworker who will be on-call 24-hours to be able to respond to the need for intervention that could involve law enforcement and/or medical services at the time of the incident to hopefully prevent hospitalization and/or jail. It can also provide an opportunity to de-escalate a situation.

Ms. Robertson said it is clear that if a person doesn't have a safe, stable place to live they cannot work on long-term solutions and they will continue to be back in the Jail. She said one suggestion that came out of the Housing Summit was to pull together a high-level initiative among department heads to integrate services that includes housing.

Mr. John said he would like to hear more relative to the division between substance abuse treatment and mental health treatment and efforts to try to bring those together. He said people are in jail on different time schedules so it's hard to do anything that will be uniform or consistent and as Ms. Dietrich suggested he thinks it is preparing for a good handover of which housing is a component. He suggested looking at how to improve the system that begins at the Jail and beyond that.

Mr. Kruppa said there is a lot we can do. Even the time of day someone is released can make a huge difference in their success. When looking at the bigger issues of substance abuse and mental health and the dual issue it is a big challenge. Although progress is being made he said they are two totally different systems that were not designed to be combined. The general recognition of the field worker shows that shift has occurred and they are providing continual training about dual diagnosis. Social workers are getting trained and are helping individuals address mental health issues while dealing with substance abuse issues. Mr. Kruppa said the system is what is getting in the way but improvements are being made.

Mr. Rusen said there are a lot of challenges, there is no question about that but the work is happening. As far as the jail you are trying to design a care system where people come in who have a disorder of some sort and there is a care path where interventions can happen and they can be handed off. He agreed with Ms. Robertson on the need for housing.

Ms. Robertson said thought should be given to bringing in State representatives and either inviting them to a Committee meeting or put in our plan to travel to Albany.

Mr. John asked if there are any actions the Tompkins County Legislature can take to encourage action at the State level. Mr. Kruppa said the State is beginning to understand the problem and he has seen some change and more flexibility at the State level.

Ms. Kelles sees the financial aspect as a remaining area that needs to be addressed. Mr. Kruppa agreed and said the issue of Medicaid and what can be billed for it continues to be an issue but is improving.

Mr. Bunce said he would like to have further discussion on providing mental health treatment at the Jail. He sees this as a very good time to provide services as individuals are in a sober state. Mr. Kruppa said the Mental Health Department will work with the Jail and provide any services that are needed. He does not want the Jail to become the treatment center; it should be a stop-over where individuals are able to receive the services they need.

Mr. Rusen said CARS is willing to provide services in the Jail as he feels it is important to go to where people are and provide services.

Ms. Kelles said it is becoming clear that there will not be one solution. A continuum of care is ideal and that in the community there be mental health and substance abuse treatment and support that will reduce the number of people going into the Jail. Also, when someone is incarcerated and in a sober state without distractions is an opportunity to provide service. She doesn't see this as an either/or situation, it is more of what combination and coordination of things will be the most effective.

Ms. Buechel said there was a recommendation in the Ithaca Plan about pushing the issue of better communication between the two systems to provide more coordinated care for persons with dual disorders. Ms. Kelles said a committee is being formed to work on those recommendations.

Mr. McKenna said it almost goes back to the State, it goes back to when there used to be a facility where all of the services are provided that is not a jail facility.

Tompkins County is in a much better place than a lot of other communities to do something really good. He said he sees this as an opportunity to do something better. He is very encouraged about meeting that will take place with all of the treatment providers in January and would like the Committee to receive a report after that meeting.

Ms. Robertson said we need to make sure we have a connection with the court system including defense and judges.

Minutes Approval

October 20, 2016

RESULT:	DEFERRED
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October 27, 2016

RESULT:	DEFERRED
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November 1, 2016

RESULT:	DEFERRED
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November 17, 2016

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RESULT: DEFERRED

Schedule Public Information Meeting - January

The committee stayed after the meeting to schedule this event.

Adjournment

The meeting adjourned at 6:27 p.m.