

**Tioga County Department of Human Services  
Advisory Board  
June 12, 2024  
12:00 p.m.**

**Attendance:** Isobel Anderegg, Jenny Bowen, Kristin Hamilton, Brett Kennedy, Commissioner Shane Nickerson, Mellissa Parsons, Commissioner Marc Rice, Sara Rice, Sue Sticklin, Kale Thompson, Commissioner Sam VanLoon, Diane Weed, Mary Wilson

**Remote Attendance:** Katlyn Lutchko

**Call to Order:** Kristin called the meeting to order at 12:00 p.m. with the Pledge of Allegiance and a Moment of Silence.

Sara introduced Brett Kennedy, Lead Pastor at Vineyard. He has agreed to a 3-year term on the Advisory Board. Commissioner VanLoon made a motion to have Brett join the board, Sue seconded. 8 Ayes, 0 Nays. Motion Carried. Sara introduced Kale Thompson, high school student, to the board. Kale will be taking Isboel's spot on the board to fill the student position as she is going away to college.

**Secretary's Report:** Sara asked the Advisory Board to review the minutes from the March 2024 meeting. No voiced concerns, questions, or discrepancies. Commissioner Rice made a motion to accept the minutes as presented, Commissioner Nickerson seconded. Motion carried.

**Treasurer's Report:** As of the end of May 2024, the Advisory Board balance is \$3228.49. No funds were spent since the last meeting. Commissioner Nickerson made a motion to accept the treasurer's report, Commissioner VanLoon seconded. Motion carried.

**Business:**


Kristin invited Jenny Bowen to present CONCERN's Crisis Presentation regarding crisis intervention. Jenny educated the board on crisis intervention and the process of 302's. Presentation information attached.


Kristin invited Diane Weed to present stigma regarding those with substance use disorder. Diane provided the board resources regarding stigma Attached is the presentation.

Next meeting is scheduled for Friday August 9, 2024.

Sue made a motion to adjourn the meeting, Commissioner Rice seconded. Meeting adjourned at 12:46 p.m.

Submitted by:

  
Holly Lamonski  
Secretary

  
Sara J. Rice  
Administrator of TCDHS



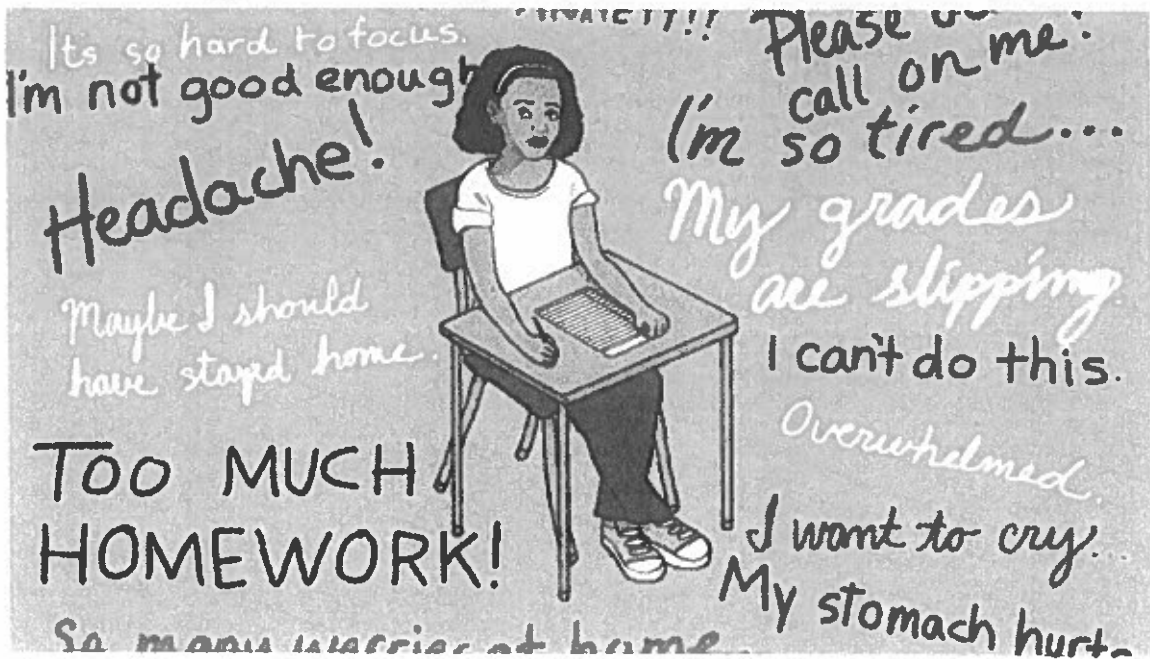


# CONCERN

Hope. Opportunity. Change.

[www.concern4kids.org](http://www.concern4kids.org)

## Feeling Overwhelmed or Hopeless?



**Need a Safe and Supportive place  
to talk with someone who can help?**

**CONCERN Crisis Line: Get help 24/7**

**877-724-7142**



## 4 Basic Steps to Crisis Intervention

1. Assess: ask questions while providing emotional and mental health support and ensuring the emotional and physical safety of the individual
2. Educate: inform the individual of their condition during the crisis
3. Offer Support: listen actively, providing non-judgmental, encouraging support and resources
4. Development of Coping Skills: help individuals by exploring and listing different solutions to problems, stress lowering techniques, and techniques for positive thinking

For more information about  
CONCERN Crisis Intervention  
Services and other available  
programs, contact the office  
nearest you.

**Towanda**  
846 Main St  
Towanda, PA 18848  
(570) 268-3073

**Mansfield**  
63 Third St  
Mansfield, PA 16933  
(570) 662-7600

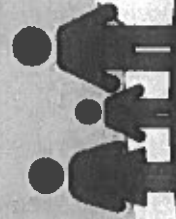
Bradford, Sullivan  
and Tioga Counties

"Getting help is a sign  
of strength and courage."

**24 Hour Toll Free Number**  
**1-877-724-7142**



Tag us @concern4kids



**CONCERN**  
Less. Oppression. Change.  
WWW.CONCERN4KIDS.ORG

## Services Provided

### Telephone Crisis

Our crisis staff provides appropriate crisis intervention, consultation and referrals, with immediate mental health assessments. They also assist those who represent or seek assistance for those in crisis and work closely with various service providers. Follow-up care is also provided. The main goal is to ensure the personal safety of the caller and to promote overall recovery and wellness. Telephone Crisis is available for residents of Bradford, Sullivan, and Tioga counties.

### Walk in Crisis

Sometimes individuals will require on-site, face-to-face crisis intervention with immediate mental health assessments. Intervention can be provided to the individual in need or someone trying to assist a person experiencing a mental health crisis. Crisis Intervention Specialists can make recommendations for appropriate interventions, resources and supports. Referral services are provided for

individuals with acute mental health needs along with follow-up care. Walk in Crisis is available for residents of Bradford, Sullivan, and Tioga Counties.

### Mobile Crisis

Depending on the crisis and location, crisis interventions with immediate mental health assessments are done at the location of the crisis. Referral services and supports are provided for individuals with acute mental health needs and work closely with other service providers. Follow-up care is also provided. Mobile Crisis is available for residents of Bradford, Sullivan, and Tioga Counties.

## Information

Anyone qualifies to use these services with no fee and regardless of whether or not he/she has health insurance.

### Age

Anyone can contact crisis; however, for children under the age of 14 a parent/guardian would need to be notified.

### Crisis Services

#### Towanda Walk in Crisis:

(M-F, 8:00 am-4:00 pm)

#### Mansfield Walk in Crisis:

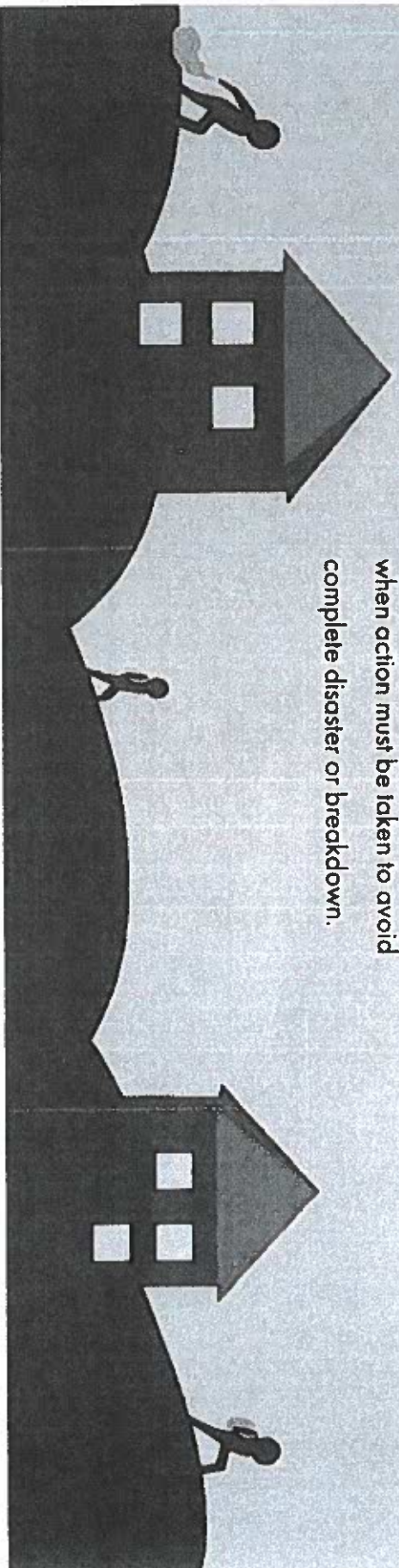
(M-F, 8:30 am-4:30 pm)

*(not available on holidays/incl. inclement weather days)*

#### Telephone and Mobile Crisis:

24hrs./day, 7 days a week

**A Crisis is defined** as a situation or period in which things are very uncertain, difficult, or painful, especially a time when action must be taken to avoid complete disaster or breakdown.



## Crisis Services Quiz

1) T/~~E~~. Crisis services are only delivered in the ER setting. (1pt)

2) How do you access Crisis services? (1pt)

A. Call the CONCERN Outpatient office

B. Call 1-877-724-7142

C. Call the County Delegate

3) What are the times of day that Crisis services are available? (1pt)

4) Who is able to consent to Crisis services:

For ages 13 and under? \_\_\_\_\_ (1pt)

For ages 14-17? \_\_\_\_\_ (1pt)

For ages 18 and up? \_\_\_\_\_ (1pt)

5) Can you name one of our Crisis staff? (1pt+1 Bonus for each additional staff listed!)

6) What are the 3 types of Crisis services we offer? (3pts)

- 
- 
- 

Bonus: Do Crisis workers and Delegates do the same job? Y/N  
(1pt)

Total Points Earned: \_\_\_\_\_ (11 possible + bonus points)





### 13 Most Common Addiction Stereotypes

Bad influences

Some drugs are better than, or not as bad as, others

They have a criminal history and will have regular contact with the police

The "Dumpster-junkie" image

Addicts "are violent people"

Addicts come from broken homes

**moral failing**

You can stop if you really wanted to

You have nothing to contribute to society

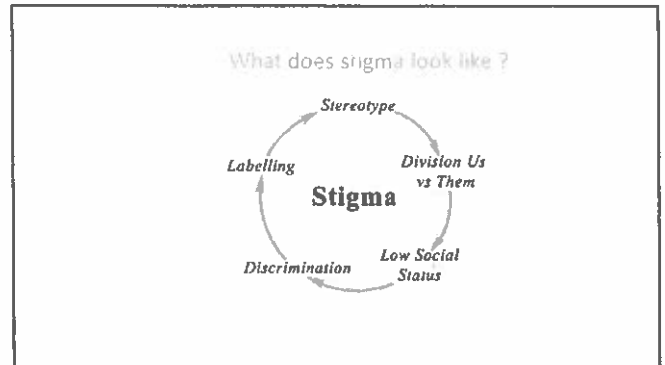
Addiction is a choice

People who are addicted to say, heroin, can still drink

They steal money and belongings from family and friends

SPECIALLY, TEENAGERS AND YOUNG ADULTS

1



4

Stigma

- "An attribute or quality which significantly discredits an individual in the eyes of others."
- A mark of disgrace associated with a particular circumstance, quality or person

2

The communities and society we live in influence us, and we can internalize stigmatizing words and beliefs. Here are some examples of how stigma can make a person who uses substances feel.

- A sense of shame that stops you from seeking help
- Believing you, as someone who uses substances, will not receive help if you ask for it
- You are not heard, seen or cared about

Stigmatizing language and attitudes towards people who use substances can sound like:

- Prejudice towards a person's identity by equating that identity with substance use
- Belittling a person's value based on their use of substances
- Denigrating a person through labels

5

### Four types of stigma

- **Public Stigma** – people's social and psychological reactions to someone with a perceived stigma
- **Self-Stigma** – how one reacts to the possession of a stigma
- **Stigma-by-Association** – social and psychological reactions to people somehow associated with a stigmatized person
- **Institutional Stigma** – the legitimization and perpetuation of a stigmatized status by society's institutions and ideological systems

3

### What Can I Do?

6

Seven Things You Can Do to Reduce Stigma

- 1. Know the facts**  
 Educate yourself about mental illness including substance use disorders.  
 Resources: [see above](#)
- 2. Be aware of your attitudes and behavior**  
 Examine your own judgemental thinking, reinforced by upbringing and beliefs.  
 Consider empowerment over shame.
- 3. Choose your words carefully**  
 The way we speak can shape the attitudes of others.  
 Resources: [see above](#)

7

TEDEd Student Talks

**HOW WORDS AFFECT US... AND OUR CELLS**

<https://youtu.be/vvGapsV3KaBQ?si=YVZAWatH1KZjdn>

10

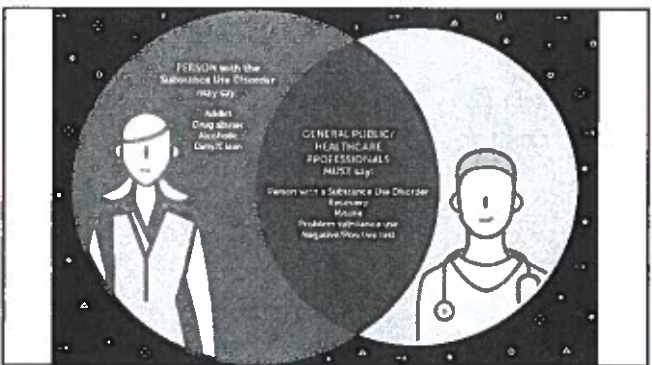
- 4. Educate others.**  
 Pass on facts and positive attitudes, challenge myths and stereotypes.
- 5. Focus on the positive**  
 Mental illness, including addictions, is a medical condition, not a character judgment.
- 6. Support people.**  
 Treat everyone with dignity and respect. Offer support and encouragement.
- 7. Include everyone**  
 Work against the likeability bias, which can lead to isolation and poor health outcomes.

8

Resources:

- [9 Ways to Fight Mental Health Stigma | NAMI, National Alliance on Mental Illness](#)
- [CGARE Anti-Stigma Campaign - HealthChoices Members - Community Care \(cch.com\)](#)
- [Addiction Stigma \(shatterproof.org\)](#)
- [Resources | Life Unites Us](#)
- [Overcoming Stigma, Ending Discrimination Resource Guide \(samhs.gov\)](#)
- [Overcoming Stigma Through Language: A Primer | Canadian Centre on Substance Use and Addiction \(ccsa.ca\)](#)

11



9