



Patchogue PROS

148 members, ages 18+

Lauren Scupp, LMHC, CRC, Senior Rehabilitation Therapist

10:00 -10:45	DE Little Help From My Friends Lauren S	DE Cause and Effect Kelli	DE Little Help From My Friends Jennifer	DE Reality Check Ashley	DE Me First Lauren S
	CST Climb Your Mountain Ashley	CST Put Stress to Rest Lauren S	CST Anxiety Management Ashley	CST Depression Workshop Michele	CST The Art of Letting Go Meghan
	BLST Listening Skills Sharon	BLST Discover Your Comfort Zone Jennifer	BLST Building Resiliency Meghan	BLST Building Boundaries Meghan	BLST Think Before You Act Amanda
11:00-11:45	DDE Sober Steps Ashley	DDE Kicking Butts Jennifer	DE Wellness Self Management Amanda	IRPRV Trauma & Recovery Michele	CST Conflict Resolution Kelli
	CST Anxiety Management Jennifer	CST Power of Positive Thinking Kelli	IRPRV The Quiet Within Christie	CST Spirituality Ashley	DDE Activities for Sober Living Michele
	BLST Think Before You Act Amanda	BLST Planning For Change Ashley	BLST Assertive Communication Michele	BLST Discover Your Comfort Zone Christie	BLST Independent Living Skills Ashley

Remote

- ▶ Clinic day for IM's Tuesdays (mail, scan, fax)
- ▶ PROS facebook group
- ▶ Changed the group schedule to reflect College semester schedule for interns
- ▶ Weekly check in's with client's - individual sessions with clients
- ▶ Advocacy Program, POWER program

Goal Orientated

- ▶ Stay healthy group - walk during the group time
 - ▶ Mail worksheets
 - ▶ FaceTime using employment cell phone to apply for jobs, complete resume's/cover letters, practice interview questions
- Assisted clients with completing ACCES-VR applications and mailing them/emailing necessary documents to client to be completed

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 -10:45 Room 1 In Person	MICA Relapse Prevention Lauren	CST Healing Through the Arts Amy	DE Cause and Effect Amy	DE Know Your Diagnosis Sarah V	DDE Sober Steps Luciano
Room 2 In Person	BLST Planning for Change Brianna	BLST The Game of Work Brianna	CST Music Therapy Sarah V	CST Discover Your Comfort Zone Nicole	BLST Building Boundaries Stephanie
Room 3 In Person	CST Activities for Stress Reduction Sarah V	CST Men's Issues Luciano	IRGA Employment and Recovery Brianna	IRPRV Hearing Voices Amanda	CST Little Help From My Friends Sarah M
Room 5 In Person	DE-Road to the Peace Amy	DE Reality Check Samantha	IRPRV The Quiet Within Stephanie	BLST Brain Busters Lauren	BLST Community Newsletter Amanda
Room 6/ Telehealth	BLST-Freedom From Emotional Eating Kelli	CST Depression Workshop Nicole	BLST Significant Relationships Luciano	BLST Embracing Imperfections Stephanie	BLST Assertive Communication Jamie

Hybrid

- ▶ Staff is fully in person
- ▶ 5 groups being ran every hour with one hybrid group
- ▶ Psychiatrist works remote on Friday's and see's clients onsite via HD office
- ▶ Program participation during lunch hour
- ▶ Monthly events and presentations
 - ▶ October Art Show, November Talent show and Planned Parenthood, December NYCB

Heather Sanford
LCSW, MPA

Tompkins County PROS

REELING DEALING FEELING



TOMPKINS COUNTY PROS

- Location:
 - Tompkins County is in Upstate NY, about an hour South of Syracuse, home to Cornell University and Ithaca College
 - Population estimated at 105,740 (April 2020, US Census)
 - Tompkins County is located on the traditional homelands of the Gayogoḥó:nq' (the Cayuga Nation).

RACIAL BREAKDOWN TOMPKINS COUNTY

<https://www.census.gov/quickfacts/tompkinscountynyork>

Race and Hispanic Origin	
White alone, percent	81.2%
Black or African American alone, percent <u>(a)</u>	4.4%
American Indian and Alaska Native alone, percent <u>(a)</u>	0.5%
Asian alone, percent <u>(a)</u>	10.4%
Native Hawaiian and Other Pacific Islander alone, percent <u>(a)</u>	0.1%
Two or More Races, percent	3.5%
Hispanic or Latino, percent <u>(b)</u>	5.4%
White alone, not Hispanic or Latino, percent	77.0%

TOMPKINS COUNTY PROS

March 2020

- Director, Social Worker, Two Rehabilitation Specialists, Employment Specialist, Part-time Nurse, Casework Assistant and three interns (two Masters level, one Bachelors level)
- Number of participants (enrolled, screening, working/school)
(63, 34, 15)

October 2021

- Director, Social Worker, Two Rehabilitation Specialists, Employment Specialist, Part-time Nurse, Casework Assistant and four interns (all Masters level)
- Number of participants (enrolled, screening, working/school)
(75,39,24)

MAINTAINING ENGAGEMENT

Staff

- Transparency
- Communication
- Decision making
- Social interaction
- Program ownership
- Scheduling preferences
- Ensuring safety and material needs

Participants

- Transparency
- Communication
- Decision making
- Social interaction
- Program Ownership
- Service Delivery Preferences
- Ensuring safety and material needs

STAGES OF SERVICES

Reeling (March 2020)

- Phone contact with every participant weekly
- Basic necessities
- Gathering email addresses
- Setting up technology
- Identifying needs

Dealing (4/20-11/20)

- Creating new schedule, increased offerings
- Reinforcing DBT skills
- Reviewing/creating safety and relapse prevention plans
- Ongoing contact

Feeling (12/20-present)

- Full schedule available
- Continued focus on trauma work
- Individual and group discussions of the effects of isolation
- Looking forward
- Setting goals
- Celebrating wins
- Making connections

ALL VIRTUAL MARCH 2020 – OCTOBER 2020

Individual
contact by
phone or zoom

Groups offered
through zoom-
video/phone

IN PERSON/VIRTUAL (OCTOBER 2020- NOVEMBER 2020)

Individual contact by phone/zoom or in person (masked and socially distanced)

Groups offered through zoom four days a week and in person one day a week (masked and socially distanced)

ALL VIRTUAL DECEMBER 2020 –
MARCH 2021

Individual
contact by
phone or zoom

Groups offered
through zoom-
video/phone

IN PERSON/VIRTUAL (APRIL 2021- PRESENT)

Individual contact by phone/zoom or in person (masked and socially distanced)

Groups offered through zoom two days a week and in person three days a week (masked and socially distanced)

FUTURE OF SERVICE PROVISION

Participants have the opportunity to choose in person or virtual based on their needs and goals.

Increased flexibility in services offered – hybrid model.

Ability to meet more diverse needs.

Create service options to overcome community barriers.

COVID CELEBRATIONS



Personal Successes

Service Dog training
Returning to college
Finding/maintaining employment



Reaping the Fruit

Increased confidence
Maintaining Safety
Celebrating successes



Connections

Creative ways to build relationships
Expanded support systems
Flexibility to meet more people where they are

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