

COUNTY OF CLINTON)
:SS
STATE OF NEW YORK)

March 28, 2017

Stenographer's minutes of the Regular Session of the Clinton County Legislature held Wednesday, March 22, 2017 in the Legislative Chambers, 137 Margaret Street, Plattsburgh, New York.

PRESENT: Jonathan Beach, Area 2
Simon Conroy, Area 4
Mark Dame, Area 8
Samuel Dyer, Area 3
Robert Hall, Area 10
Pete Keenan, Area 5
Harry McManus, Chairperson, Area 1
Christopher Rosenquest, Area 9
Rob Timmons, Area 7
Patty Waldron, Area 6

ALSO PRESENT: Michael Zurlo, County Administrator
Rodney Brown, Deputy County Administrator
James Coffey, Esq., County Attorney
Melody Lemieux, Principal Stenographer

Chairperson McManus called the meeting to order at 7:00 p.m.

Following the pledge of allegiance to the flag, County Administrator Michael Zurlo conducted roll call. All Legislators were present.

Legislator Hall motioned to accept the minutes of the March 8, 2017 Regular Session, seconded by Legislator Dyer. Carried (10-0-0).

Chairperson McManus asked if anyone present wished to address the Legislature. Bonnie Black spoke on behalf of the Clinton County Postvention Suicide Response Team and distributed information regarding the newly-formed group. A copy of the handouts are attached and made part of the minutes.

There being no one further who wished to address the Legislature, Chairperson McManus entertained a motion to Waive Rule 13.2 to act on Resolution #234 titled, "Recognizing the Creation of the Clinton County Suicide Postvention Response Team in an Effort to Raise Awareness." The motion was offered by Legislator Conroy and seconded by Legislator Beach. Carried (10-0-0).

Kimberly Davis, the County Treasurer, reported on the tax foreclosure information and noted the judge signed the order on Thursday, March 16th. Certified letters have been mailed out to property owners and signs are being erected on the properties. Ms. Davis reported there are a total of 89 properties (six commercial properties, 41 vacant properties and 42 residential properties). The deadline to pay will be 5:00 p.m. on Monday, May 1st. Guaranteed funds (cash, bank check or credit card) have to be in the Treasurer's Office by 5 p.m. and payments cannot be postmarked.

There being no one further who wished to address the Legislature, Chairperson McManus moved on to Committee Reports.

Buildings and Grounds Committee - Legislator Timmons

Legislator Timmons reported he will be checking with Committee members to inquire changing the dates of the next Buildings and Grounds and Transportation Committee meetings.

Children and Family Services Committee - Legislator Waldron

Legislator Waldron reported the next Children and Family Services Committee meeting is scheduled for Tuesday, April 4th at 6:15 p.m.

Economic Development and County Operations Committee - Legislator Rosenquest

Legislator Rosenquest reported the Economic Development and County Operations Committee was polled on Resolution #208 titled, "Selecting Saranac River Trail Greenway Blue Trails Schematic Design Preferred Alternative Alignment." The next Economic Development and County Operations Committee meeting is scheduled for Wednesday, April 12th at 6 p.m.

Finance Committee - Legislator Dame

Legislator Dame reported the next Finance Committee meeting is scheduled for Wednesday, April 5th. The Committee will be reviewing requests for Tobacco Settlement funding. As a reminder, all requests should be submitted to the Legislative Office by Wednesday, March 29th for inclusion on the agenda.

Health Committee - Legislator Beach

Legislator Beach reported the next Health Committee meeting is scheduled for Tuesday, April 4th at 5:15 p.m.

Human Services Committee - Legislator Keenan

Legislator Keenan reported the next Human Services Committee meeting is scheduled for Wednesday, April 5th.

Personnel Committee - Legislator Dyer

Legislator Dyer reported the next Personnel Committee meeting will be held Monday, April 3rd at 5:15 p.m.

Plattsburgh International Airport Committee - Legislator Hall

Legislator Hall reported the Plattsburgh International Airport Committee met earlier and discussed Resolutions #209, #210, #236 and #237 which are on the agenda.

Jack Penning provided a presentation on the Air Service Development Plan and Market Study. Additionally, the Committee was provided with an update on the New York State Department of Transportation 2017 Upstate Airport Economic Development and Revitalization Grant.

The next meeting is scheduled for Wednesday, April 26th at 5:15 p.m.

Public Safety Committee - Legislator Conroy

Legislator Conroy reported the Public Safety Committee met Monday, March 13th. Resolutions #211 through #217 have been placed on the agenda as a result of the Committee's recommendation.

The next Public Safety Committee meeting is scheduled for Monday, April 10th at 6:15 p.m.

Transportation Committee - Legislator Timmons

Legislator Timmons reported the Transportation Committee met Monday, March 13, 2017 at 5:15 p.m.

Al Rascoe, the Clinton County Highway Superintendent, presented Resolutions #220 through #225 on the agenda.

Rodney Brown, Planning Director, and James Bosley, Clinton County Planning Technician, were also present to discuss Resolutions #218 and #219 on the agenda.

There was discussion regarding Public Transit's 2016 budget shortfall. The final State Transportation Operating Assistance clean-up payment for 2016 was received. While this was the largest clean-up payment ever received, a shortfall still remains in the overall operating budget. Several ideas were discussed to boost revenues with further discussion scheduled for the April meeting.

The next meeting of the Transportation Committee is scheduled for Monday, April 10th at 5:15 p.m.

Liaison Reports

Board of Health – Legislator Beach

Legislator Beach reported the Board of Health met Monday, March 13th and had its annual Corporate Compliance Training.

Chamber of Commerce – Legislator Rosenquest

Legislator Rosenquest reported the next meeting will be held Friday, April 7th at which time the Committee will be discussing the Destination Master Plan.

Community Services – Legislator Conroy

Legislator Conroy reported the Community Services Board met Tuesday, February 28th. Richelle Gregory has been selected as the new Director of Mental Health and Addiction Services. The next Community Services Board meeting will be held Tuesday, March 28th at 4:30 p.m. at 130 Arizona Avenue.

Cooperative Extension – Legislator Timmons

Legislator Timmons reported Cooperative Extension was scheduled to meet Tuesday, March 14th; however, the meeting was cancelled due to the snowstorm.

Intercounty Legislative Committee of the Adirondacks – Legislator Waldron

Legislator Waldron reported the Intercounty Legislative Committee of the Adirondacks will be meeting in Lewis County on Thursday, March 23rd.

Soil and Water – Legislators Dyer, Timmons

Legislator Dyer reported the Soil and Water Conservation Board will meet Thursday, March 23rd.

Workforce Development Board – Christopher Rosenquest

Legislator Rosenquest reported the Workforce Development Board met Friday, March 10th. There was a presentation by SUNY Plattsburgh students regarding the gap of training opportunities in Clinton County, as well as issues and concerns facing public transit. Legislator Rosenquest would like to invite the students to a future Transportation Committee meeting to discuss their findings.

Staff Reports

County Attorney James Coffey did not have a report.

County Administrator Michael Zurlo did not have a report.

Chairperson McManus invited all legislators to attend a meeting with Senator Gillibrand at the Strand Theatre on Friday, March 24th at 10:30 a.m. Senator Gillibrand will be present to discuss the arts.

There being no further business, Chairperson McManus moved on to resolutions. The following resolutions were approved unless otherwise noted.

Resolutions #208 through #237 were approved.

There being no further business, Legislator Keenan motioned to adjourn the meeting at 7:32 p.m., seconded by Legislator Waldron. Carried (10-0-0).

Respectfully submitted,



Melody Lemieux
Principal Stenographer

:ML

TIPS FOR SUICIDE SURVIVORS
closeddoorsopenwindows.wordpress.com

Call on your personal faith to help you through
you CAN survive & beyond
Find a good listener
and your own limits
join or start a support group don't panic if feelings return
physical reactions
to grief are common
DON'T BE AFRAID TO CRY. TEARS be patient

ARE HEALING

Remember, the choice was not yours
BE AWARE OF THE PAIN OF FAMILY & FRIENDS
struggle with WHY until satisfied
take 1 moment / 1 day
at a time
ANGER
GUILT
confusion
seek professional help

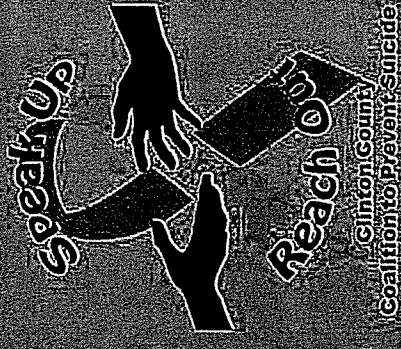
The Clinton
County Suicide
Postvention
Response Team is

accessible 24-hours
a day, 7 days a
week

CALL:
1-800-724-0747*

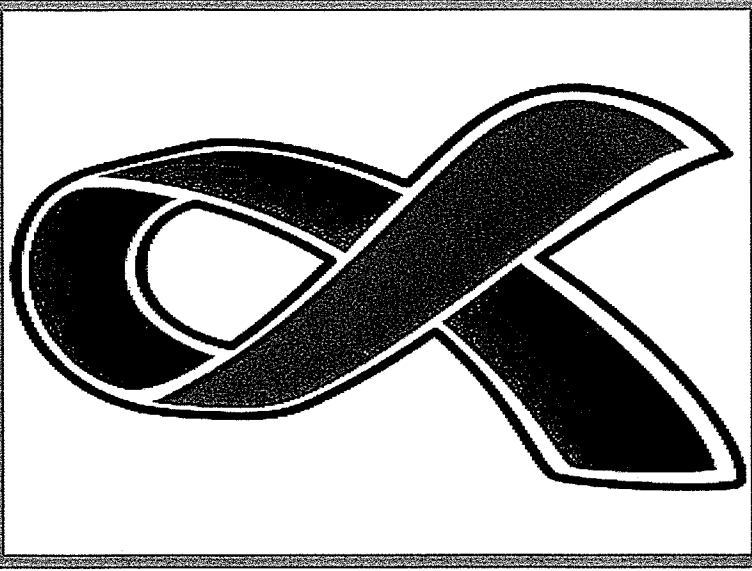
Ask for the
Suicide Response
Team Coordinator

*please note this line is also useful for
Employee Assistance Services (EAS)



Clinton County
Coalition to Prevent Suicide

The Clinton County
Postvention Suicide
Response Team



Promoting Healing
&
Reducing Risk
After a Suicide

WHO WE ARE

The Clinton County Suicide Postvention Response Team is a team of skilled, trained volunteers dedicated to providing postvention support services to families, faith-based groups, workplaces, schools, etc. who have lost a loved one to suicide in Clinton County.

All members of the response team are trained in a nationally recognized best practice program. The team responds in a coordinated and comprehensive way in the aftermath of a suicide, when requested to do so.

THE FACTS

- Nearly 45,000 Americans complete suicide every year.
- In the U.S., suicide rates are highest during the spring.
- Suicide is the 2nd leading cause of death for 15 -to -24-year-olds.
- On average, 1 person completes suicide every 16.2 minutes.
- Each suicide intimately affects at least 6 other people.
- On average, there are 121 suicides per day in the US.

WHY

Research has firmly established that family members of individuals who die by suicide - including parents, children, and siblings - are at increased risk of suicide.

Suicide prevention efforts should include a comprehensive postvention component that reduces risk and promotes healing for the immediate family and reaches out into the community to support the broader group of loss survivors

It takes a community to prevent suicide.

Suicide:

A Public Health Problem - Right Here

More people take their own life than are killed by someone else. This holds true in Clinton County at 4 times the state average. The most recent information from the NYS Department of Health (2011-2013 *Vital Statistics Data as of August, 2016*):

40 deaths by suicide **5 deaths by homicide**
Average total for NYS excluding NYC 2011-2013:
10 suicide deaths per county *2.9 homicide deaths*

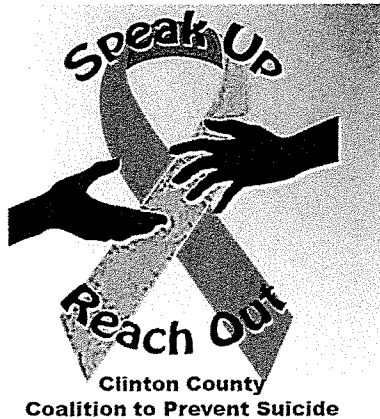


Clinton County
Suicide Hotline
1-866-5PREVENT
1-866-577-3836 TTY: 877-829-1278

- About 2/3 of people who complete suicide are depressed at the time of their deaths. Depression that is untreated, undiagnosed, or ineffectively treated is the #1 cause of taking one's own life.
- There is 1 suicide for every 25 attempted suicides.
- Males make up 79% of all suicides, while women are more prone to having suicidal thoughts.
- 1 in 65,000 children ages 10 to 14 die by suicide each year.
- Firearms account for almost 50% of all suicides.

including friends, coworkers, first responders, treatment providers, and others exposed to the death. (SPCMY)

New York State Office of Mental Health (OMH) recognizes suicide as a **serious statewide public health concern** and, accordingly, has established suicide prevention as a top priority. The *Suicide Prevention Center of New York* is operated by the Research Foundation for Mental Hygiene with funding from OMH.



FOR IMMEDIATE RELEASE:

**CONTACT: Amanda Bulris,
Chair of the Clinton County Coalition to Prevent Suicide
518-561-2685 ext 4, amanda@nami-cv.org**

**Clinton County Suicide Postvention Response Team
to announce “live date”**

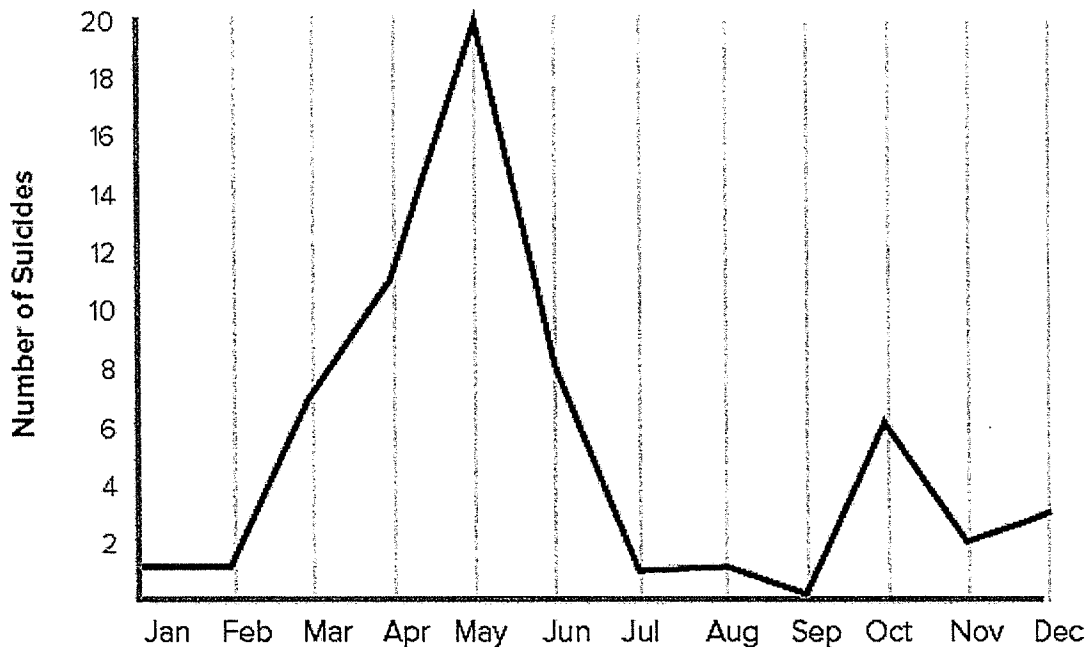
Plattsburgh, NY, March 8, 2017 – The Clinton County Suicide Postvention Response Team will be holding a press conference at **11AM, March 29th, 2017 at the Newman Center in Plattsburgh** to discuss their intention to go live with support services being offered to those in Clinton County.

The Clinton County Suicide Postvention Response Team is a team of skilled, trained volunteers dedicated to providing postvention support services to families, faith based groups, schools and work places etc. who have lost a loved one to suicide in Clinton County. All members of the response team are trained in a nationally recognized best practice program. The team response in a coordinated and comprehensive way in the aftermath of a suicide.

Members of the team are:

Bonnie Black
Amanda Bulris
Kelly Donohuge
Thomas Doyle
Nicholas Dubay
Bryan Hartman
Mary Skillan
Storm Trainor

Seasonality of Suicide



The graph in the slide is derived from a classic figure from Kraepelin's textbook, which demonstrates that there are definite peaks of suicide risk: **The highest risk is in the spring, and a smaller peak occurs in the fall.**

Note that fall/winter depression usually does not lead to suicide, whereas spring mania is much more likely to do so. This is probably because most manic episodes are not euphoric but, rather, dysphoric or mixed states. Mixed states, in which depressive and manic symptoms occur together, are known to be the states associated with the highest risk for suicide. These mixed manic episodes occur most frequently in springtime, a fact intuited well by the poet WH Auden, who wrote that "April is the cruelest month."

Image from Kraepelin,⁵¹ reprinted in Goodwin and Jamison.⁵²

SUICIDE IS PREVENTABLE. PERIOD.

Suicide Prevention Center of New York

The Suicide Prevention Center of New York, which works in collaboration with and is fully funded by the NYS Office of Mental Health, advances and supports local actions via education, training, consultation and coalition building to reduce suicide attempts and suicides in NYS and to promote recovery of persons affected by suicide.

Suicide Prevention is Everyone's Business!

Our Clinton County Coalition to Prevent Suicide provides both **educational resources** as well as **crisis prevention and postvention in an evidenced-based manner** through our state and nationally trained members.

In Person Training

suicideTALK

suicideTALK is a 90-minute session that helps participants reduce suicide stigma and become more aware of suicide prevention opportunities in their communities.

safeTALK

SafeTALK (Safe Tell, Ask, Listen & KeepSafe)

This half-day workshop that prepares participants to identify people with thoughts of suicide and connect them with life-saving first aid resources. This three-hour training prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.

ASIST

ASIST (APPLIED SUICIDE INTERVENTION SKILLS TRAINING)

Applied Suicide Intervention Skills Training (ASIST) is an intensive, interactive and practice-dominated two-day workshop that teaches participants to carry out life-saving interventions for people at risk of suicide. Professionals, volunteers and informal helpers all need to know how to help persons with thoughts of suicide in ways that increase their suicide safety.

QPR (Question, Persuade, Refer)

QPR stands for Question, Persuade, and Refer -- 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR can be learned in our Gatekeeper course in as little as one hour.



CONNECT: Postvention

CONNECT postvention training is designed to reduce risk and promote healing following a suicide death and is a designated National Best Practice program. CONNECT helps communities prepare for suicide deaths and to mobilize to prevent suicide clusters. The 3-4 hour training provides specific knowledge and skill development for various professions who might be involved in suicide response.



YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.



Lifelines Trilogy

Lifelines is an Evidence Based, whole-school program made up of three unique components: Prevention, Intervention and Postvention. The Lifelines trilogy is based on over 20 years of suicide-in-youth research that indicates an informed community can help to prevent vulnerable teens from ending their lives.

Prevention (A Suicide Prevention Program): Designed for implementation in middle schools and high schools, it targets the whole school community by providing suicide awareness resources for administrators, faculty and staff, parents, and students. It fits easily into health class programming and lesson plans.

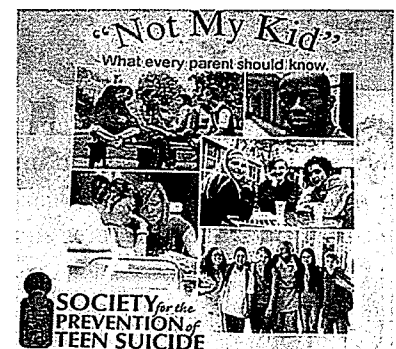
Intervention (Helping Students at Risk for Suicide): Provides information on how to be prepared to address and respond to threats or signs of suicide and intervene - before it's too late.

Postvention (Responding to Suicide and Other Traumatic Death): This comprehensive, whole-school best-practices manual is designed for middle and high school communities. This unique program educates everyone in the school community on how to successfully address and respond to not only suicide, but any type of traumatic death that profoundly affects the school population.

Available for CSO, PTA and other PARENT groups:

“Not My Kid” – What Every Parent Should Know

This is a facilitated viewing and group discussion for school districts to offer their students’ parents and interested community members. Local and national resources are made available at the conclusion of this evening’s event.



SURVIVORS OF SUICIDE

GRIEF SUPPORT GROUP

*A SUPPORT GROUP FOR THOSE COPING WITH A SUICIDE OF A
FAMILY MEMBER OR FRIEND*

If you have lost someone to suicide you are not alone. We invite you to gain strength, hope, and encouragement through attending our monthly support group.

**2nd Tuesday of every month
5:30 pm – 7:00 pm**

For more information, please contact the NAMI:CV office at 518-561-2685
or by email at: amanda@nami-cv.org

Sponsored by the National Alliance on Mental Illness of Champlain Valley (NAMI: CV)
NAMI: CV is a member of the United Way of the Adirondack Region

An Evening of Healing

Stories of STRENGTH

Be inspired by the touching stories of resilience and hope—tragedy to triumph—told by the heroes and survivors in our community.

Monday April 24, 6 – 7:30 pm
FREE to the public

The Newman Center, 90 Broad St., Plattsburgh
FOR MORE INFORMATION CALL 518.562.8206, EXT. 135

THE
Foundation
Champlain Valley Physicians Hospital

NI Northern Insuring
Agency, Inc.

 BEHAVIORAL HEALTH SERVICES NORTH, INC.
Partners in Wellbeing

TWINSTATE
TECHNOLOGIES*

Speak Up

Reach Out
Clinton County
Coalition to Prevent Suicide