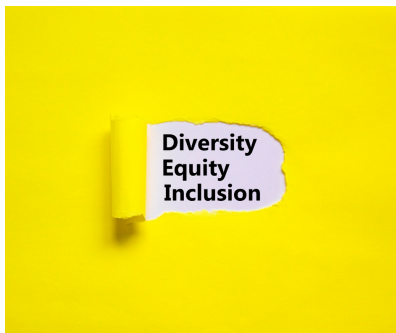


A bi-weekly newsletter for nonprofit staff of the Southern Tier & Finger Lakes.

## Professional Development Opportunities

Hosted by *The Institute for Human Services, Inc & Steuben Rural Health Network*



*The cost for IHS members is \$15, non-members can join for \$30.*

### Getting Comfortable with DEI: Where do I start?

*Tuesday, October 10<sup>th</sup>, 2023  
2:00 pm-3:30 pm EST*

Getting comfortable discussing diversity, equity, and inclusion takes time and personal investment. What's the best way to get started? This interactive session will introduce participants to the ARC of Racial Justice, a model developed by author, Jemar Tisby. ARC stands for Awareness, Relationships and Commitment. During the session, participants will discuss ways to increase awareness and build new relationships while also developing their own personal plan and commitment to dismantling racism.

*(Level I: Beginners)*

[Register Today](#)

### Developing Strategic Plans Through a DEI Framework

*Wednesday, October 11<sup>th</sup>, 2023  
2:00 pm-3:30 pm EST*

Participants will be introduced to a



comprehensive framework that identifies organizational focus areas and internal and external players, along with the stages of development necessary to work through to achieve transformed and equitable environments.

*(Level II: Advanced Level)*

*The cost for IHS members is \$15,  
non-members can join for \$30.*

**Register Today**

## How to: Update IHS 211 Helpline Food Resource Agency Listing

*(archived from July's Provider Edition)*



Increasing food costs, a reduction in federal SNAP benefits and personal circumstances are stretching food budgets for families and individuals across the Finger Lakes Region. 211 is here to provide information and referrals to those families and individuals in need.

Does your organization provide food related services/programs to the community? If so, please be sure to update your agency listing information with 211. It takes just a few minutes and a few steps to ensure that 211 has your agency's most current information.

**"HOW TO" Instructions**

### **Need help finding food resources for your family or for clients?**

To speak to a Referral Specialist who can assist you with food resources, dial 2-1-1 or text your ZIP code to 898211. You can also find food programs near you listed on the IHS Website. Information provided is for residents of 11 counties in the Finger Lakes Region. Click below to be directed.

**Find Food Help Here**

## Members' News & Events

If you have **newsletters or events** that your organization would like to share with IHS members, please email content to [provider@ihsnet.org](mailto:provider@ihsnet.org) for it to be included in the next edition. Please be sure to share upcoming events with clients, patients, and the community.

## September 2023 Calendars and Parent Education Opportunities

Pro Action Resilient Children and Families Community-Based Family Resource Centers is excited to share their September offerings.



[Calendar](#)

## FLX Trainings are Posted



Sign up for trainings to boost your campaign and ignite your Giving Day Success!

Webinars and training videos are a great way to learn more about FLXGives campaign strategies, and put your organization on the path to success!

Join for a live webinar with your FLXGives team, or check out the pre-recorded training videos designed to help you learn more about specific topics of all levels. No matter the size and shape of your organization, we've got the tools to help you succeed!

Save the date for FLX Gives: November 16th and November 17th.

[Register Now!](#)

## Narcan Training

*Steuben County Public Health*

Watch a quick video online and have Narcan mailed to you for free!

Narcan can reverse the effects of an opioid overdose if used timely.

Get trained. Get free Narcan. Carry Narcan. Save Lives.



\*Pass along this amazing opportunity to colleagues, friends, family, and to the community.\*

[Get Trained Now](#)

## Adult Services

*Schuyler County DSS*

Schuyler County DSS Adult Services would like to welcome you to a training with Instructor Michael Bruggman. Mr. Bruggman is a former New York State Police Investigator that provides training to various groups including law enforcement, corrections officers, medical staff, substance abuse counselors, community groups, schoolteachers, as well as local Department of Social Services.

There will be a drug paraphernalia display set up for the entire day. It will contain no illegal or dangerous substances. All items are safe and the display contains simulated drugs only.

Please see the flyer by clicking below.



[Flyer](#)

## "Ounce of Prevention"

*Steuben Prevention Coalition*

Check out the latest events and updates from the Steuben Prevention Coalition.

[Full Newsletter](#)



## Steuben County Releases July Overdose Data

*Steuben County Public Health*

BATH, NY – The Steuben County Public Health Department and partners are sharing updated overdose data for July: 39 overdoses were reported. Two overdoses were fatal, and 16 instances of Narcan administration were cited.

“The overdose trend continues to be concerning, with July pushing Steuben to about 80% of the total overdoses seen in all of 2022,” said Public Health Director, Darlene Smith. “Overdose fatalities reported through July account for 83% of what occurred in



**Public Health**  
*Prevent. Promote. Protect.*  
**Steuben County NY**

2022. Help is available. Contact 211 for local resources.”

[View Full Press Release](#)

## NYS School Immunization Requirements

*Steuben County Public Health*

All children must be age-appropriately immunized to attend school in NYS.

NYS School Vaccine Requirements, [click here](#) to view.

[Click here](#) to view the 2023-24 School Year New York State Immunization Requirements for School Entrance/Attendance



## 2023 Harvest Party & Appreciation Event

*Food Bank of the Southern Tier*

### Event Timing

Thursday, October 12, 2023 11:00 AM-1:00 PM

### Event Address

Tioga Downs Casino Resort (2384 W River Rd, Nichols, NY 13812)

Registration Limits: **Maximum 3 registrants per agency**

Registration closes on Sept 29th OR when full. Free registration.

[Register Here](#)

## We are Dwyer Veterans One-Stop Center

### Who are we?

The PFC Joseph P. Dwyer Peer Support Program administered by the Veterans One-Stop Center focuses on building community for Veterans and preventing isolation.

### What do we do?

We organize free Veteran and family outings and gatherings, and we are now serving Steuben County! We are also the gateway to all the services offered by Veterans One-Stop Center.

Who to contact: Nicole Dabby is the Peer Support Specialist for Steuben County. Email [ndabby@vocwny.org](mailto:ndabby@vocwny.org) or call (716) 313-2932

[Downloadable Flyer](#)



## What's Happening at NYCON?

*Archived from August 11th Edition*

### Executive Director Leadership Retreat

The retreat is a multiple day training session for executive directors with 5 years or less experience. The retreat includes comprehensive training on various topics such as the role of the executive director, the executive director's relationship with the board of directors, nonprofit accounting, and fiscal accountability. Participants will also learn effective marketing and messaging strategies, legal accountability and compliance, human resource issues and strategies, and partnering with your board in fund development.

NYCON's **September 11-13, 2023** session will be held in Albany, NY. For more information email [membership@nycon.org](mailto:membership@nycon.org).

[Register](#)

## Funding Opportunities



### **SAMHSA**

*Substance Abuse and Mental Health Services Administration*

SAMHSA announces grant funding opportunities through Notice of Funding Opportunities (NOFOS).

[Grants Dashboard](#)

## Training Opportunity



## Stress-Free Leadership

Living Your Best Life While  
Inspiring Others

### Dates:

Corning, NY: October 11, 12,  
November 15, 16



### Expected Outcomes:

- ▶ Discover new strengths you didn't know you had
- ▶ Learn new strategies and tools to reduce stress
- ▶ How to resolve any conflict
- ▶ How to keep your balance when life gets tough
- ▶ Enhanced communication skills
- ▶ Powerful teamwork insights & secrets
- ▶ Inspiring those around you to top performance

Material based on presenters' book, *Heartfelt Leadership: Creating a Culture of Connection*

CALL Kate @  
**570-439-2004**  
to register

**\$639**

### Registration is limited.

Co-led by business culture and personal development  
experts Kate Sholonski and David Larson

[www.triumphleadership.com](http://www.triumphleadership.com)

[Click here](#) to view testimonials.

Downloadable Flyer

August Spotlight(s)



**BECOME A  
MENTOR  
CHANGE A LIFE**

Do you enjoy spending time with youth and consider yourself a positive role model?

Are you interested in making a difference in the lives of youth in your community?

We would love to hear from you!

**TO APPLY**

**VISIT: [NYSMENTORINGPROGRAM.NY.GOV/SIGNUP](http://NYSMENTORINGPROGRAM.NY.GOV/SIGNUP)**



**Family Service Society, Inc.**

*Planting the Seeds for a Better Tomorrow*

IF YOU HAVE ANY QUESTIONS OR WOULD LIKE MORE  
INFORMATION PLEASE CONTACT US OR VISIT:

607-936-3507 • [ymst@familyservicesociety.org](mailto:ymst@familyservicesociety.org)

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

**Downloadable Flyer**



# HYGIENE DRIVE FOR STUDENTS



United Way  
of the Southern Tier

Many children in Chemung and Steuben counties are in need of the most basic of items such as toothpaste, toothbrush, soap, deodorant and more.

Why is the need high? In our area, nearly 20% of children under 18 live in poverty, and while hygiene is a basic need, SNAP and WIC do not cover these items.

In addition, physical appearance is among the top reasons children say they are bullied by other children. You can help children in need in our area by collecting these items.



## HYGIENE ITEMS NEEDED

- Toothpaste
- Toothbrush
- Bar Soap
- Deodorant
- Shampoo
- Lip Baum (ChapStick)
- Hand Cream
- Comb/Brush/Pick
- Small Packets of Tissues
- Small Hand Sanitizer

**Drive ends on September 15, 2023.**

**Please deliver your items to United Way or arrange for a pick-up. United Way will distribute the items to local schools and youth centers where there is identified need.**

Contact: Lois Wilson | United Way of the Southern Tier | [lwilson@uwst.org](mailto:lwilson@uwst.org) | 607-377-5834

[Downloadable Flyer](#)

# Open Access Hours

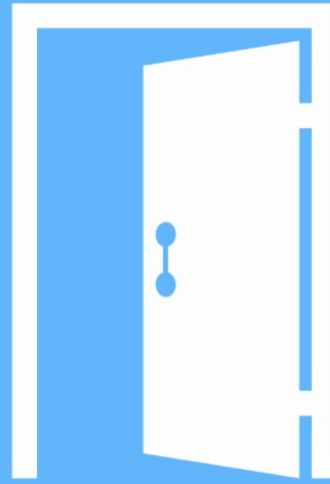
## Livingston County Mental Health

Starting August 2, 2023, every Wednesday  
from 8AM - 5PM

First come, first served.  
Children and adults welcome!

**Please be aware**, there will be some paperwork to  
complete before the appointment.

**If you would like to schedule an intake  
appointment, call 585-243-7250.**





## INVESTMENT OPPORTUNITIES FOR NOT-FOR-PROFIT ORGANIZATIONS

**Tuesday, October 3rd  
9:00 - 11:30 a.m.**

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Join experts from Excellus BlueCross BlueShield to find out more about investment opportunities available for not-for-profit organizations, while learning about our health equity strategy, community investments/partnerships and the impact they have on the community.

Breakout groups will allow you to connect with local organizations to discuss social determinants of health and specific needs surrounding your community.

Staff from Excellus BCBS will also be available to share information on the resources available to you.

Please RSVP by Tuesday, September 26th to

**Amber Granger,**  
**Community Investments and Partnerships Manager,**  
at [amber.granger@excellus.com](mailto:amber.granger@excellus.com)

Event location:



**Elmira Country Club**

1538 West Church Street, Elmira, New York 14905

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**Everybody Benefits**

# Nonprofit Employment Opportunities



If you have **job posts** that your organization would like to share with IHS members, please email content to [provider@ihnet.org](mailto:provider@ihnet.org) for it to be included in the next edition.



**Catholic Charities Chemung & Schuyler**

\*Multiple Vacant Positions\*



**CASA-Trinity**

\*Multiple Vacant Positions\*



**Public Health**  
Prevent. Promote. Protect.  
**Steuben County NY**

[Steuben County Public Health](#)

## Public Health Nurse Openings!

At the Chemung County Health Department

Apply today using  
this QR Code!

Check out other job  
postings for the CCHD  
using this QR Code!



\*Multiple Vacant Positions\*

Supervising Public Health Nurse  
Registered Professional Nurse



Community Health Worker  
OFA Aging Well Planner



\*Multiple Vacant Positions\*



50 Liberty Street, Bath, NY 14810  
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