

Tioga County Drug & Alcohol Planning Council

March 11, 2026

1:30 PM

Attendance: Roger Bunn, Lindsey Chambers, Cindy Grand, Kimberly Jayne, John Newell, Commissioner Nickerson, Mellissa Parsons, Commissioner Rice, Sara Rice, Laurie Roof, Mike Spencer, Commissioner VanLoon, Colleen Wilber

Call to Order- Sara called the meeting to order at 1:30 p.m. with the Pledge of Allegiance and a Moment of Silence.

Secretary's Report- Sara asked the members to review the January meeting minutes. No questions, concerns or comments. Commissioner VanLoon made a motion to accept the minutes as presented, Commissioner Rice seconded. Motion carried.

Business:

Sara informed the Planning Council Members that Diane Weed has retired and a caseworker in the department has resigned. Lindsey Chambers was introduced to the Council as the Drug and Alcohol Assistant Administrator effective 3/23/2026. We are currently interviewing for the caseworker position.

A review of the Opioid Settlement Dollar process was reviewed with the members to re-establish the Planning Council Members' role regarding these dollars. We opened a proposal process for use of these dollars to providers and community members who saw a need within our county. These proposals are sent to the Agency and then we bring those proposals to the Planning Council meetings. This allows the provider or community member to attend the meeting to present their request. Once presented, it will allow for discussion among the members to decide if it follows under Exhibit E and if it meets a need in our county, no matter which provider/individual is requesting these funds. It isn't about who is requesting these funds, it is a matter of if their request would benefit Tioga County. The Planning Council meetings are public meetings and the provider/individual who submitted the proposal is welcome to stay during the discussion. The purpose is so that these ideas can be vetted prior to going to the County Commissioners for final approval.

In assisting the Planning Council members with their decisions, during each meeting, the Drug and Alcohol Assistant Administrator will discuss monthly prevention efforts, outreach efforts, and treatment trends. Suggestions and ideas are always welcome at each meeting.

Mike Spencer from Harbor Counseling has submitted and presented a proposal request to use Opioid Settlement Dollars for their Drop-In Center. Request is attached to meeting minutes. During discussion, it was clarified that there would be a staff member during the drop-in center hours present. If there were any safety or security concerns during the hours, all Harbor Counseling staff are trained in deescalation and if needed, the police would be called. Commissioner Nickerson appreciates the efforts that Harbor Counseling has made over the last few years for the recovering community. Part of becoming sober is finding a community to surround yourself with especially in the early stages. Lindsey asked about how many individuals attend each meeting? It has averaged about 6 people per meeting. The Drop-In Center is not open 24-hours, only during program hours. Overall, planning council members support this proposal and it will be sent to the Commissioners office for final approval.

Colleen Wilber informed the members of Tioga County's Medicaid numbers. In 2025 \$1,915,448 was paid for Tioga County serving 425 total distinct members. The top three diagnosis for 2025 were stimulant-related disorders, opioid-related disorders, and alcohol-related disorders. Behavioral Health Alliance of Rural Pennsylvania (BHARP) has an Opioid Management Training on 3/18/2026 and a Restoration and Recovery training on 03/27/2026 for providers.

Cindy made motion to close meeting, Roger seconded. Meeting adjourned at 2:22 p.m.

Roger C. Bunn

Roger C. Bunn
Secretary



Sara Rice
Administrator

HARBOR COUNSELING

7095 ROUTE 287
WELLSBORO, PA 16901

570-724-5272

March 4, 2026

Tioga County Commissioners
Tioga County Courthouse
118 Main Street
Wellsboro, PA 16901

Re: Proposal for Harbor Recovery Center – Community Drop-In Center

Purpose: Strengthening Recovery, Connection, and Hope In Tioga County

Harbor Counseling is grateful for the continued partnership with Tioga County as we work together to support individuals and families affected by substance use. Last year, with the County's support, we opened a Men's Recovery House in a previously vacant County-owned building. The home is now thriving, providing safe, stable housing for eight men and a live-in house manager.

The building's lower level offers a unique opportunity to expand this work by creating a Community Drop-In Center—a warm, welcoming space where people in recovery can gather, build relationships, and access the support they need to move forward in their lives. Our goal is simple: to create a place where individuals feel valued, connected, and supported every time they walk through the door.

The Drop-In Center will provide a safe, sober environment where individuals with substance use disorders can participate in educational groups, social activities, and peer-led programs. A Certified Recovery Specialist (CRS) will be available to offer guidance, encouragement, and referrals to essential community resources, including employment services, housing supports, life-skills programs, and 12-step or alternative recovery pathways.

Daily programming will include CRS- or peer-led groups on topics such as relapse prevention, MAT education, step work, and recovery skills for both men and women. The center will also be open for informal social time, offering access to a pool table, ping-pong, darts, cornhole, TV and video games, and a small library of recovery-focused books and films. To help build community and connection, we plan to host at least one special event each month—such as bowling, skating, holiday gatherings, or trips to regional recovery events.

Coffee and light snacks will be available daily, with occasional meals and pizza nights to support group activities and encourage participation.

We offer solutions for substance abuse problems.

Start-Up Needs and Monthly Budget

Some initial costs have already been covered through Opioid Settlement Funds used to furnish the recovery house, and Harbor Counseling has contributed additional items as needed. To fully launch the Drop-In Center and maintain consistent programming, we are requesting support for remaining start-up items and a modest monthly operating budget.

Start-Up Equipment & Furnishings

Item	Vendor	Quantity	Price	Amount
Mini fridge	Lowe's	1	229.00	\$229.00
Countertop pizza oven	Amazon	1	189.00	\$189.00
Folding tables	Walmart	2	49.99	\$99.98
Wooden room divider	Amazon	1	119.99	\$119.99
Crockpot	Walmart	1	80.00	\$80.00
Couch	Belter's or Dunham's	1	900.00	\$900.00
Coffee table	Belter's or Dunham's	1	400.00	\$400.00
Charging station	Walmart	1	42.99	\$42.99
Blackstone electric griddle	Walmart	1	347.00	\$347.00
Total				\$2,417.96

Monthly Budget Request

Item	Amount
Food & snacks for programs & activities	\$200.00
Monthly trip or special Event	\$800.00
Total Monthly Request	\$1,000.00
Total Annual Request	\$12,000.00

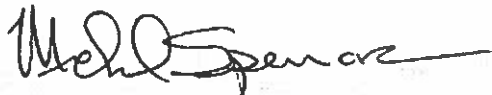
This investment represents a meaningful and cost-effective way to support Tioga County residents in recovery. A welcoming space, consistent programming, and opportunities for connection can make a profound difference—helping individuals stay engaged in recovery, reducing isolation, and ultimately saving lives.

This budget is an estimate and can be billed monthly based on actual services, events, and participation levels.

Harbor Counseling will continue to pursue additional grant opportunities for recovery and drop-in centers. We are an active member of the North Central PA Recovery Hub, collaborating with 12 counties and their SCAs to identify funding sources and share best practices. Many counties are using Opioid Settlement Funds to support CRS staffing; Harbor already employs CRS staff who will dedicate part of their time to the Drop-In Center, reducing the need for additional personnel funding.

We appreciate your consideration of this request and look forward to working together to bring this needed resource to our community.

Sincerely,

A handwritten signature in black ink, appearing to read "Michael Spencer", with a long horizontal flourish extending to the right.

Michael E. Spencer, BS, CADC
Clinical Director, Recovery House Manager
Harbor Counseling

March 2026

Highlights for March

- 11th & 12th **Raise the Region**
- 14th **District 46 Workshop**
- 21st **Emotional Sobriety**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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2	3	4	5	6	7	8
Women's Way through the 12 steps/ 5p-7p		8a.m. Early Bird Meeting 6p-9p Archery 7p-9p Pool with Kenny CRS 1p-3p	Tacobout Recovery 5:30p-7:30p CRS 1p-3p	Step-Study with Scott @ 1:30p.m. CRS 1p-3p		
9	10	11	12	13	14	15
Women's Way through the 12 steps/ 5p-7p		Raise the Region 8a.m. Early Bird Meeting 6p-9p Archery 7p-9p Pool with Kenny CRS 1p-3p	Raise the Region Relapse Prevention 5:30p-7:30p CRS 1p-3p	Step-Study with Scott @ 1:30p.m. CRS 1p-3p	District 46 Workshop, 3 Legacies AA @10 am - 1PM - Speaker topics	
16	17	18	19	20	21	22
Women's Way through the 12 steps/ 5p-7p		8a.m. Early Bird Meeting 7p-9p Pool with Kenny CRS 1p-3p Pine Creek Trout Stocking 11AM	Guided Meditation 5:30p-7:30p CRS 1p-3p	Step-Study with Scott @ 1:30p.m. CRS 1p-3p	Emotional Sobriety - AA @ 10 am - 2pm In Williamsport	
23	24	25	26	27	28	29
Women's Way through the 12 steps/ 5p-7p		8a.m. Early Bird Meeting 7p-9p Pool with Kenny CRS 1p-3p	Arts & Crafts 5:30p-7:30p CRS 1p-3p	Step-Study with Scott @ 1:30p.m. CRS 1p-3p		
30	31					
Women's Way through the 12 steps/ 5p-7p						

