

Tioga County Drug & Alcohol Planning Council
September 9, 2026
1:30 PM

Attendance: Roger Bunn, Lindsey Chambers, Cindy Grand, Rose Moore, Commissioner Nickerson, Mellissa Parsons, Sara, Rice, Laurie Roof, Commissioner VanLoon, Colleen Wilber, Heather Williams

Call to Order- Cindy called the meeting to order at 1:30 p.m.

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

Business:

July and August Intake Statistics: The Single County Authority(SCA) received 25 referrals during July and August, consisting of 17 males and 8 females, with the majority between the ages of 26 and 59. The most frequently reported primary substances of choice were methamphetamine (14), alcohol (4), marijuana (3), and opiates (3). Reported secondary substances included marijuana (5), methamphetamine (3), other opiates (3), and cocaine (2).

Recovery Fest Update: Lindsey provided an update on Recovery Fest, scheduled for September 26, 2026. Activities will begin with a motorcycle ride at 9:00 a.m., followed by a recovery festival at the Tokishi Building. The event will feature guest speakers, music, a cornhole tournament and lunch will be provided.

VisionQuest Youth Opioid Prevention Initiative: The SCA received a proposal from This Is My Quest requesting opioid settlement funds to support its VisionQuest Youth Opioid Prevention Initiative. Rose Moore attended the meeting to present the proposal. Proposal is attached. Referrals received for the program are primarily from parents, juvenile probation, and teachers. Approximately 90% of participating youth are considered at risk. Commissioners Nickerson and VanLoon expressed support for continuing the program to benefit local youth.

Discussion also addressed the long-term sustainability of the initiative, as opioid settlement funds are not a permanent funding source. The presenters indicated that they are exploring additional funding opportunities, including conservation-related state funding and partnerships that could support larger grant applications. It was emphasized that opioid settlement funds provide valuable support but should not be the sole source of funding for ongoing programming.

Commissioner VanLoon made motion to close meeting, Commissioner Nickerson seconded. Meeting adjourned at 1:58 p.m.

Roger C. Bunn
Secretary

THIS IS MY QUEST, INC.
VisionQuest Youth Opioid Prevention Initiative
Proposal for Continued Tioga County Opioid Settlement Funding

Funding Request: \$80,000
Prepared by Rose Anna Moore, Director of Programming
This Is My Quest, Inc.
Service Area: Tioga County

The question for VisionQuest is no longer whether we can reach youth. The question is whether we have the resources to spend enough time with them for that connection to matter.

Purpose of this request

This Is My Quest, Inc. respectfully requests \$60,000 in continued Tioga County Opioid Settlement funding for VisionQuest, our youth prevention initiative. The first county investment gave us the opportunity to build programming around something rural youth genuinely choose to attend. It allowed us to strengthen staff capacity, establish recurring programs, work through existing community partnerships, and learn what happens when young people are given repeated opportunities to return.

The most important lesson from that first funding cycle is simple. Reach is not our greatest challenge. Through our own programs and through partnerships with organizations already serving Tioga County families, we are able to meet youth in schools, community events, outdoor programs, and county systems. The greater challenge is having enough qualified staff time to turn those contacts into relationships.

For the next funding cycle, our intent is to deepen that engagement. We want youth to have enough time with VisionQuest to be known by adults, develop skills, practice healthy coping and decision making, experience responsibility, form positive peer relationships, and eventually become a source of support for other youth.

A rural prevention model built around connection

VisionQuest uses outdoor, conservation, and skill-based activities as the setting for prevention. Archery, fishing, trout and aquatic education, habitat work, macroinvertebrate programming, Bass Club, preschool programming, leadership, and community service are activities young people can participate in without feeling that they have entered a clinical program. The prevention value develops through what happens while they are there: trusted adult relationships, positive peer connection, confidence, problem solving, accountability, coping skills, responsibility, leadership, and belonging.

This role is complementary to behavioral health treatment and clinical services. VisionQuest is not intended to replace those services. It creates another point on the prevention continuum by providing environments where young people voluntarily engage and where supportive adults have repeated opportunities to build relationships before a crisis or substance use becomes the primary reason for contact.

Our own programs and our community partnerships

TIMQ operates recurring VisionQuest programming directly, including our Wellsboro and Westfield archery programs, trout and aquatic programming, habitat and conservation work, Head Start preschool programming, macroinvertebrate and watershed programming at the lake, Bass Club, Junior Board, peer

support, and other outdoor education opportunities. These are the programs where we have the greatest ability to see the same youth repeatedly and allow skills and relationships to develop over time.

We also participate in programs and events operated by other organizations. Community Care Initiative gives us access to youth through five established school-based locations. The Children's Health Fair, Child Abuse Awareness programming, Sheriff's Night Out, Tioga County Sportsmen's Youth Field Day, Earth Day at Mill Cove, and similar community opportunities allow us to meet youth and families where they already gather.

We are careful not to present total event attendance as though every child at a partner event was served by VisionQuest. For example, Sheriff's Night Out draws more than 400 youth countywide and Tioga County Sportsmen's Youth Field Day drew approximately 113 youth. Those figures demonstrate the size of the community opportunity, not an unduplicated TIMQ participant count. This distinction is important because an introduction to VisionQuest and sustained participation in VisionQuest are not the same level of prevention contact.

What sustained participation already looks like

Our Wellsboro archery program operated every Wednesday from December 2025 through July 2026 and averaged approximately 27 youth. That schedule provided an eight-month period in which young people could return to the same program, work with familiar instructors, develop competency, and remain connected to a consistent peer group.

Westfield archery, which was in its first year, averaged approximately nine youth and also incorporated peer support from members of the TIMQ Junior Board. Through Community Care Initiative, VisionQuest worked across five school locations with average participation of approximately 25 youth per school. Junior Board members also supported those CCI programs as peer helpers and junior coaches.

Broader community partnerships extend our reach further. The Children's Health Fair and Child Abuse Awareness programming each provided access to approximately 170 youth. These community contacts are valuable, but our goal is to create a pathway from first exposure into the recurring programs where connection can deepen.

Thirteen young people who show us what time can do

The clearest example of the potential of sustained engagement is our 13-member Junior Board. These young people have found significant purpose within TIMQ programming. They do not simply attend activities intended for them. They consistently volunteer to help other youth.

Junior Board members have served as peer supporters and junior coaches during Community Care Initiative programming and Westfield archery. They volunteer at community events, including Earth Day at Mill Cove, and routinely step into roles where younger participants look to them for instruction, encouragement, and example.

Their development has also extended into civic participation. All 13 Junior Board members prepared speeches and testified at a Pennsylvania Fish and Boat Commission meeting in opposition to the stocking of nursery trout. Before doing so, they spoke before the Wellsboro Area School District School Board to explain why they were requesting time away from school to participate in that public process.

Regardless of the outcome of the issue they were advocating about, the progression itself matters. These youth researched an issue they cared about, organized their thoughts, prepared to speak publicly, explained their request to local education leaders, and then addressed a state agency. They learned that participation in their community can extend beyond attending an activity. Their voices, preparation, and actions can matter.

For VisionQuest, this is one of the strongest examples of prevention through connection. A young person may initially participate because they want to shoot a bow, catch a fish, explore a stream, or work

outdoors. Continued engagement allows them to become known, develop skills, earn trust, take responsibility, and eventually help create the same sense of belonging for another young person.

Expanding peer support in Northern Tioga County

The next phase of VisionQuest will intentionally build on what we have learned from the Junior Board by expanding structured peer support opportunities into Northern Tioga County. This is not a plan to place youth in counseling roles. Peer supporters will remain under adult supervision and will be taught how to encourage other youth, model safe and positive participation, communicate responsibly, understand appropriate boundaries, and recognize when an adult needs to become involved.

This expansion creates two levels of prevention benefit. Younger participants gain positive peer connections in addition to adult support. The youth serving in peer roles receive substantially more time with qualified adults, more responsibility, more leadership development, and a meaningful reason to continue showing up.

Peer leadership also illustrates why funding for staff time matters. A title alone does not create a capable peer supporter. Youth need preparation, mentorship, supervision, feedback, and repeated opportunities to practice leadership responsibly.

Heather's role in health, wellness and participant advocacy

Heather Williams's role as TIMQ's Behavioral Advocate is central to this next phase. Significant training occurred during the first funding cycle. We are therefore limiting the professional development portion of this request and placing greater emphasis on giving Heather time to apply what has already been learned.

VisionQuest is not an off-the-shelf program replicated from another organization. As it grows, the health and wellness component has to be developed and refined around the youth and settings we actually serve. Heather's work includes participant advocacy, direct youth interaction, development and adaptation of evidence-informed content, instructor support, and integration of coping, resilience, emotional regulation, healthy decision making, positive relationships, and other protective factors into programming that still feels natural and useful to participants.

Participants frequently tell us they want more interaction and more opportunities to return. That is encouraging, but it also exposes our primary limitation. Meaningful participant advocacy takes time. Program refinement takes time. Being available to youth beyond a single activity takes time. Current funding limits how much of that interaction we can provide.

Our goal is to increase Heather's organizational role toward full-time work so that health and wellness support is not confined to the hours surrounding individual activities. The opioid settlement request would support the portion of that work directly connected to VisionQuest while allowing TIMQ to continue developing other funding sources for the position.

Youth referred through Tioga County Juvenile Probation

VisionQuest is also expanding its ability to serve youth referred through the Tioga County Juvenile Probation caseload. This creates a new pathway for young people who may benefit from sustained contact with positive adults, structured responsibility, practical skills, and meaningful community participation.

When community service is required, TIMQ can provide more than a place to complete hours. Habitat work, conservation projects, outdoor skills, program support, and other service can reinforce reliability, accountability, teamwork, safe participation, practical competency, and the understanding that a young person's contribution has value.

As this partnership develops, we will track referrals, attendance, verified service hours, completed projects, reliability, and continued engagement. The purpose is to understand whether youth are doing more than completing an obligation and whether the experience is creating a pathway toward positive connection.

The mobile classroom and the cost of reaching rural youth

The mobile classroom is a significant addition to VisionQuest this year. It gives TIMQ the ability to bring equipment, educational resources, and programming into communities rather than requiring families to travel to one central location. For Northern and Southern Tioga County, that mobility can substantially improve access.

The classroom itself, however, does not remove the cost of rural delivery. Reaching youth across the county requires mileage, fuel, staff travel time, setup and breakdown, supplies, mobile operations, and enough qualified personnel to deliver programming safely once we arrive.

The value of the mobile classroom is therefore not that TIMQ owns another piece of equipment. Its value is that it can become working prevention infrastructure. With adequate operating and personnel support, we can return to communities often enough for youth there to receive the same opportunity for sustained connection as youth living closer to our primary program locations.

What the next investment will measure

The next funding cycle will measure both reach and depth. We will continue documenting community contacts, but we will keep those contacts separate from recurring program participation.

Where records support it, TIMQ will track unduplicated youth, total participant contacts, recurring sessions, repeat participation, and average contacts per recurring participant. We will track peer support participation and the additional hours youth spend in leadership roles. For probation-referred youth, we will document referrals, attendance, verified service hours, projects completed, reliability, and continued positive engagement. We will also document communities reached through mobile delivery and the evidence-informed health and wellness content developed or refined during the funding period.

These measures are intended to help us answer a more useful question than how many young people saw a TIMQ program. We want to know how many had enough contact for relationships, competency, responsibility, leadership, and belonging to begin to develop.

Funding request

TIMQ respectfully requests \$60,000 in continued Tioga County Opioid Settlement funding. The increase from the original \$40,000 award is intended primarily to purchase greater prevention capacity: qualified staff time, deeper health and wellness integration, expansion of recurring programming and peer support into rural areas, and the ability to serve youth entering VisionQuest through additional county systems, including Juvenile Probation.

Proposed use of funds:

- Program personnel, including Behavioral Health Advocate and qualified youth instructors: \$31,000
- Program Director and program oversight: \$10,000
- Transportation and mileage: \$6,000
- Prevention program supplies and equipment: \$4,000
- Facility, utilities and program space: \$3,500
- Mobile classroom operations: \$2,500
- Professional development and training: \$1,500
- Evaluation, prevention materials and printing: \$1,500
- Total request: \$60,000

The \$31,000 personnel allocation is intentionally flexible. It supports Heather's expanded behavioral health, wellness, advocacy, peer support, and direct program responsibilities while also allowing TIMQ to employ other qualified instructors when program size, geography, safety, or specialized activities require additional staffing.

Professional development is limited to \$1,500 because substantial training occurred during the first funding cycle. The priority now is implementation. The next county investment would allow trained people to spend more time applying what has already been learned directly with youth.

The intent of continued investment

The first Tioga County Opioid Settlement investment helped VisionQuest establish reach. We now know that young people will participate. We know they will return. We have young people asking for more interaction, and we have 13 Junior Board members showing us what can happen when participation grows into responsibility and purpose.

Our next challenge is not to create more isolated activities. It is to make sure the youth we are already reaching have enough opportunities to come back, enough qualified adults available to know them, and enough time for those relationships to develop into something meaningful.

The question for VisionQuest is no longer whether we can reach youth. The question is whether we have the resources to spend enough time with them for that connection to matter.

This Is My Quest believes that is where continued opioid settlement investment can have its greatest impact. We respectfully request \$60,000 to give rural Tioga County youth more than an introduction to prevention. We are asking for the capacity to give them time, consistency, connection, responsibility, and a pathway to become part of the support system for other young people in their communities.

Rose Anna Moore
Director of Programming
This Is My Quest, Inc.

Michael Spencer BS, CADC Clinical Director Harbor Counseling

New Mattresses for Harbor Counseling's Woman's Recovery House

Harbor Counseling opened our first Recovery House over 6 years ago with donated furnishings from Mansfield University. At the time, the university was tearing down a dormitory building, and they had mattresses and other furniture that they were going to throw away. We were fortunate to be able to acquire this furniture, and the university's donation made it possible for us to furnish the house within our very limited budget. It is difficult to tell just how old the mattresses are, but we have had them for over 6 years, and they were well used when we obtained them. DDAP Recovery House Licensing standards require that mattresses be certified as flame retardant, and the tags on the mattresses were so worn that it was difficult to read them and prove that they were in fact flame retardant. At this point, they are so old that they are becoming uncomfortable for the women living at the house. Currently 6 of the 8 women residing at the house have a history of opioid use and abuse and are involved in treatment for their addictions.

Budget:

We recently received a quote from Dunham's Furniture here in Wellsboro for 8 Serta twin mattresses at \$499 each for a total cost of approximately \$3,992 plus tax.

Conclusion:

Ensuring that clients in our recovery houses have comfortable, clean mattresses that meet DDAP Licensing standards is essential to their well-being. Providing appropriate furnishings supports their recovery and increases their potential to achieve lasting success and contribute positively to the community.

MEADOWLARK | COUNSELING SERVICES

December 30, 2025

Board of County Commissioners
Tioga County Courthouse
118 Main Street

Wellsboro, PA 16901

Director Diane Weed
Tioga County Drug & Alcohol
1873 Shumway Hill Road

RE: Proposal for Continuation Funding to Support Substance Use Disorder Counseling Services in Knoxville

Dear Tioga County Commissioners and Director Weed:

On behalf of Meadowlark Counseling Services, I would like to extend my sincere appreciation for your support and partnership over the past year in administering grant funding from the Deerfield Charitable Trust. This generous support allowed us to establish and operate a substance use disorder (SUD) counseling clinic in Knoxville, Pennsylvania. With your assistance, we have been able to deliver critical services to individuals and families affected by addiction in our community, services that were previously difficult to access locally.

Background & Achievements

Over the past year, the Knoxville clinic of Meadowlark Counseling Services has:

- Provided counseling and support services to individuals struggling with substance use disorders (SUD).
- Reduced barriers to care by offering SUD services within the community, minimizing the need for long travel to distant providers.
- Addressed a critical transportation barrier, as many residents in Knoxville and surrounding rural areas lack reliable means of travel to distant clinics, leaving them without consistent access to care.
- Responded to growing demand in "the Valley" by preparing to expand counseling days and hours, ensuring more residents have timely access to SUD care.
- Initiated discussions with the Northern Tioga School District to provide SUD and gambling prevention curriculum in both middle and high schools. These topics are not currently being addressed in the district.
- Implemented evidence-based SUD counseling practices designed to promote recovery, reduce relapse, and strengthen family stability.

This progress was made possible through the initial grant funding provided by the Deerfield Charitable Trust. While the clinic has made significant strides, it is not yet financially solvent. As a new service provider in a small rural community, it takes time to build awareness, trust, and a stable client base. Nonetheless, demand continues to grow steadily, and we are confident in the long-term sustainability of the Knoxville location once we reach operational maturity.

Request for Continuation Support & Proposed Budget for 2026

To ensure uninterrupted services during this critical growth period, Meadowlark Counseling Services respectfully requests an additional \$25,000 in continuation funding from the Tioga County's Opioid Settlement Funds for the upcoming year. This support will sustain clinic operations while allowing us to expand counseling days from two to four per week and add evening hours to meet growing demand in "the Valley."

The majority of funds will support staffing to increase service capacity by approximately 30% in the next year, with the remainder directed toward potential office relocation, rent and utilities, program supplies, advertising, outreach, and administrative expenses. Together, this continuation funding represents a strategic investment in sustaining essential recovery services, expanding local access to care, and ensuring residents are aware of our services.

Long-Term Sustainability

Our strategic plan is to achieve solvency within the next 1–2 years by:

- Growing the client base through expanded outreach, additional counseling days, and extended hours.
- Increasing third-party billing and reimbursement revenues.
- Strengthening collaboration with county agencies, schools, and healthcare providers.
- Advertise our services in a variety of ways to ensure that residents are aware of our services and how to make contact if in need.

The requested continuation funding represents a bridge investment that will ensure this essential resource remains available to residents of Knoxville and “the Valley” while Meadowlark Counseling Services continues on the path to financial self-sufficiency. Below is a proposed budget.

Proposed Budget

Category	Description	Amount (\$)	% of Total
Personnel	Funding for counselor hours, intake coordination, and clinical supervision to expand service availability (including evenings) and improve client access.	15,500	62%
Advertising & Community Outreach	Local radio, print, and social media advertising to increase awareness of outpatient services; design and distribution of brochures; participation in community events.	3,000	12%
Technology & Software	Upgrades for electronic health records (EHR), telehealth platform, technology, and secure communications for client engagement.	2,500	10%
Training & Professional Development	Targeted continuing education and DDAP-required training for staff.	500	2%
Administrative / Indirect Costs	Rent, utilities, insurance, and administrative support necessary to maintain program operations.	3,500	14%
Total: \$25,000			

Conclusion

Substance use disorder remains one of the most pressing challenges facing our communities. Transportation limitations make it even harder for many residents in this rural area to seek help when services are located far away or offered only during limited hours. Meadowlark Counseling Services is directly addressing these gaps by offering accessible, local care and expanding counseling days and hours to meet the need. With the continued partnership of Tioga County, we can build upon the progress made in the past year and secure the future of this essential program.

We would be honored to meet with you to discuss this proposal in greater detail and to provide any additional information you may require. Thank you for your commitment to the health and well-being of our communities.

Sincerely,



Joshua R. Battin, Ph.D.
President and Owner
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