

The ANSWER

Fayette County Behavioral Health Administration Newsletter



2016

**CRISIS INTERVENTION TEAM
TRAINING**

**DEVELOPMENTAL
DISABILITIES
AWARENESS MONTH**

**MENTAL HEALTH
AWARENESS MONTH
& ADVOCACY**

REGRETS

NEWS AROUND TOWN:

**STRENGTHENING FAMILIES
PROGRAM**

**CRISIS CONFERENCE
BY CIAP**

**WELCOME, FAREWELL
AND
CONGRATULATIONS!**

**CONTACT Us:
(724) 430-1370
www.FCBHA.org**

**Office Hours
8:30 AM-4:30 PM**

**Office Closures:
5/30/16-Memorial Day
7/4/16-Independence Day**

CIT TRAINING-2016

During the week of February 22nd through the 26th, FCBHA facilitated the fourth Crisis Intervention Team Training for Fayette County law enforcement. Ten participants enjoyed presentations on 23 different topics provided by experts in each field. The training week culminated with case studies and role-playing to allow the officers to test and polish their new skills. This training reinforces the important bonds and partnerships between Law Enforcement, Advocacy, and Mental Health professionals that aid them in responding appropriately to situations involving persons with mental illness or developmental disabilities. The feedback FCBHA has received is that the training helps participants to reach people and help them in ways they could never have imagined and promotes a sense of trust between someone who needs support and someone who is there to help.

Congratulations 2016 CIT Graduates!

Pictured from left to right: Ranger Norman Nelson; Lt. Tom Kolencik; Jail Counselor, Lou Krukowsky; Ranger Renee Benson; Officer Dave Easter; Probation Officer, Kendall Connors; Officer Jennifer Field; Probation Officer, Don Fahringer; Probation Officer, Lee Demarco; Officer James Sproul



**We extend special THANKS to the presenters
who made this year's training a huge success:**

LeRoy Townsend, Keather Linkis, Randy Levander, Rege Lazor, Sarah Seipel, Dr. Brian Eberts, Bethany Connors, Russell Korner, Patrick Morrison, Daria Colbert, Dayna Shallenberger, Bernadette Behary, Bernadette Evans, Liz Giachetti, Chief John Kaminsky, Tammy Knouse, Heather Pirl, Kate Vozar, Eamon Galvin, Teresa Mehlik, Dave Rider, Ken Dillinger, and Stacey Evans.

FCBHA MISSION: To enrich lives by providing choice and access to resources that encourage hope, independence and recovery.

Developmental Disabilities Awareness Month - How it Began!

Proclamation 5613 -- National Developmental Disabilities Awareness Month, 1987 February 26, 1987

By the President of the United States of America—A Proclamation

Nearly four million Americans have grown up with severe physical or mental impairments that have slowed their learning, limited their mobility, inhibited their expression, and rendered them dependent on others for care and assistance.

For many of these people with developmental disabilities there is now the prospect of a brighter future and greater opportunity. Americans are becoming increasingly aware that such disabilities need not keep individuals from realizing their full potential in school, at work or at home, as members of their families and of their communities.

New opportunities have been created through the efforts of those with developmental disabilities and their family members, along with professionals and officials at all levels of government. Working together, they have brought about significant changes in the public perception of young people and adults with developmental disabilities, opening new doors to independent and productive lives.

One important new milestone is the fruitful partnership between government and the private sector in finding productive employment for people with developmental disabilities, people who might otherwise have been destined to a lifetime of dependency. In the past 2 years, the Administration's Employment Initiative has resulted in finding job opportunities for more than 87,000 people with developmental disabilities.

The Congress, by Public Law 99 - 483, has designated the month of March 1987 as "National Developmental Disabilities Awareness Month" and authorized and requested the President to issue a proclamation in observance of this event.

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim the month of March 1987 as National Developmental Disabilities Awareness Month. I invite all individuals, agencies, and organizations concerned with the problem of developmental disabilities to observe this month with appropriate observances and activities directed toward increasing public awareness of the needs and the potential of Americans with developmental disabilities. I urge all Americans to join me in according to our fellow citizens with such disabilities both encouragement and the opportunities they need to lead productive lives and to achieve their full potential.

In Witness Whereof, I have hereunto set my hand this twenty-sixth day of February, in the year of our Lord nineteen hundred and eighty-seven, and of the Independence of the United States of America the two hundred and eleventh.

Ronald Reagan

[Filed with the Office of the Federal Register, 11:58 a.m., February 27, 1987]

And Today!

Pictured Right: Lanny Little and Lynn Orawiec at the Fayette County Commissioners meeting on February 18, 2016 for the reading of Developmental Disabilities Awareness Month Proclamation. Also from left to right are Commissioner Vincent A Vicites, Commissioner Dave Lohr, and Commissioner Angela M. Zimmerlink.



And Celebrations in 2016!

25th Anniversary of Board Meets Board

March 23, 2016

This event is more than a dinner for families, providers, and Board Members to meet and greet, it gives everyone an opportunity to share real experiences and connect with each other on a much deeper and personal level. This is an evening when families and individuals open their hearts to those in the room and share very personal journeys. Many of the attendees regularly aid individuals and families through frightening and complicated times to find the Early Intervention and Developmental Disability services and supports they need. This is a night to celebrate everyone's success. In addition to the amazing panel-

ists this year, special thanks are extended to George Hudak for providing the musical entertainment, Donald Morgan for sharing a very touching original poem, and Zack Williams, Special Olympics Ambassador, for his presentation about Special Olympics in Fayette County and how everyone can participate. Rarely does the evening end without tears of joy and a feeling that the people in the room have all played an important part in the life of someone very precious ... **this year was no exception.**



*Thank You
Board Meets Board
Panelists*



Pictured left to right:

Britne Dinardo with Nancie (her Mom)
Jason Kopec on behalf of Xavier (back)
Cassandra and Briella Wolbert
Christine Stone on behalf of Liam
Erica Usher on behalf of Riley
Maria Connell
Ashley Anderson
Johnny Hustosky with brother Josh
Zack Williams
Donald Morgan (seated)



For more information about
Special Olympics in Pennsylvania
go to: <http://specialolympicspa.org/>

Mental Health Awareness !

According to Mental Health America, this year's theme for Mental Health Awareness Month is *what life with a mental illness feels like*. Throughout the month of May, everyone is invited to participate in a variety of local events and have a conversation about what mental illnesses feel like. By doing so, we are giving a voice to feelings and fears, hopes and dreams; we are empowering people as agents of their own recovery, and we are changing the trajectories of our own lives for the better. By recognizing mental health and illness, we are also helping those who live with mental illness change their lives too. So let's talk about what life with a mental illness feels like and voice what we are feeling so others will see they are not alone.

Children's Mental Health Awareness!

Children and youth are challenged every day by a rapidly changing world and this is contrary to what they really need. What we've come to know is what makes children thrive is a *stable* environment. While stability sometimes cannot be found at home, community involvement can help children achieve emotional well-being and positive outcomes. FCBHA works hard on reaching into the community to promote a sense of belonging and fellowship every day. In 2015, the first **Children's Mental Health Awareness Day Event** was held in Fayette County and it was a huge success. Therefore, the 2nd Annual has been planned. **This event is scheduled on May 5th, from 5:00 PM to 7:00 PM at Hutchinson Park in Hopwood.** FCBHA and area behavioral health service providers will be on hand to share information about services and supports with children, parents, grandparents and other interested individuals in the community. There will be plenty of fun and games, music, food, drinks, and hopefully smiles galore. We invite everyone to join us in promoting a sense of belonging and community in the hearts of our beautiful children.

The following organizations have already committed to helping to make this year's event amazing by providing plenty of information and fun activities: Axiom Family Counseling, Chestnut Ridge Counseling Services, Fayette County Community Action Association, Mental Health Association in Fayette County, and Value Behavioral Health of Pennsylvania. For more information about this and other important FCBHA events, go to

~www.fcbha.org

It is easier to build
strong children
than to repair
broken men.

Frederick Douglass



Original Poetry from a member of the
Fayette County Chapter of YouthMOVE

Regrets

SAY NICE THINGS

OR SAY NOTHING AT ALL

SAY MEAN THINGS

I STILL STAND TALL

YOU CALL YOUR RUDENESS HONESTY

AND THINK PEOPLE WILL FORGET

BUT AS SOON AS YOU GET OLDER

YOUR ACTIONS ARE WHAT YOU'LL REGRET

. . . and Advocacy!

News From The Advocacy Network at Mental Health Association of Fayette County

In observance of Mental Health Awareness Month, The Mental Health Association (MHA) of Fayette County will introduce the Advocacy Network to the community with a kick-off event on **Monday, May 2, 2016 from 11:00am-1:00pm**. This historic event marks the first advocacy hub of its kind in Fayette County.

The Advocacy Network has been a work in progress. In 2013, Lisa Ferris, CEO of Fayette County Behavioral Health Administration (FCBHA), responded to feedback from both consumers and providers of mental health services who identified the desire for coordination of supports/resources for easy access. At that time, efforts began to re-organize and coordinate community resources, with a focus on consumer recovery, resiliency and advocacy, into one unified system using peer leadership. The Advocacy Network is the result of this vision. Currently, Partners for Recovery, NAMI (National Alliance on Mental Illness), and Fayette County Youth M.O.V.E. comprise the membership of the Advocacy Network. The intent is to encourage self-determination and combat the stigma of mental illness and all disabilities. Interested groups are cordially invited to complete the new membership process to become part of The Advocacy Network.

The event will begin with opening remarks from Lisa Ferris (FCBHA) and Pam Bailor (MHA). A panel of speakers from local support groups will be sharing their stories, followed by a short question/discussion period. Also, information about Mental Health Association and The Advocacy Network will be available and will be accessible on the first ever developed MHA website. Light refreshments will be served. Please join us as we celebrate this momentous event which is open to the public. It will be held at Mental Health Association of Fayette County, located at 100 New Salem Road, Uniontown, PA.

For more information about The Advocacy Network, go to: www.mhafayette.org .

Mental Health Awareness Month Events & Activities

2nd-Advocacy Network Panel Discussion at MHA
3rd-NAMI Consumer Meeting
3rd-PAK Support Group Meeting
5th-Children's Day @ Hutchinson Park, Hopwood
8th-Happy Mother's Day
12th-Human Service Council Poverty Simulation
16th-Lunch & Learn at Chestnut Ridge Counseling
16th-Relapse Prevention Presentation—FCDA
17th-NAMI Consumer Meeting
19th-Fayette County Commissioners Meeting
20th-Suicide Prevention Meeting at IHOP
20th-Health Fair at Crosskey's
21st-Yard Sale at Union Station Clubhouse
23rd-Partners for Recovery Meeting at MHA
25th-Mom's Shower at Uniontown Hospital
30th-Memorial Day and....

A complete calendar of events can be found at:
http://www.fcbha.org/PDF/2016_MH_Calendar.pdf



Strengthening Families Program

This new program in Fayette County has a mission...to strengthen family bonds. With a curriculum modeled after one developed by the Iowa State University Extension in 1997, the program is geared toward students between the ages of 10 and 14 and their parents. Over a 7-week period, the family skills training program helps parents learn nurturing skills that support their children as well as how to effectively discipline and guide their youth. The program also attempts to give youth a healthy future orientation and appreciation of their parents/caregiver along with skills for dealing with stress and peer pressure. This evidence-based program has been found to improve parenting skills and family relationships in addition to reducing problem behaviors, delinquency, and substance abuse in children while improving social competencies and school performance. Coordinator Jennifer Deichert with the Penn State Extension office in Fayette County says "This is a program that is open to anyone." A recent session worked with parents on brainstorming ways to turn negative speech into positive speech encouraging them to add a compliment. After all, we all want to be appreciated. Two specific programs will meet every week for seven weeks, one at Laurel Highlands Middle School (Tuesdays) and one at Ben Franklin Middle School (Wednesdays) from 6:00—8:30 PM beginning April 5th or 6th respectively. Meetings usually begin with a family meal then divide into two groups; youth and adults. At the end, they meet together as families for the final hour of activities. If you are interested in strengthening your family even further, consider this amazing opportunity. To learn more call Jennifer Deichert at (724) 438-0111 or E-mail: jld61@psu.edu. The brochure can be found on the FCBHA website at http://www.fcbha.org/PDF/Strengthening_Families_Program_Spring_2016.pdf



There are two gifts
we should give our children:
One is roots.
The other is wings.

VIOLENCE Conference: Crisis in our Neighborhoods and Schools

The Crisis Intervention Association of Pennsylvania will hold a Spring Summit on **Monday, April 18, 2016 at Nemacolin Woodlands**. This summit will help identify the psychological and emotional impact of mass violence and trauma suffered by communities throughout the Commonwealth. It will help to identify proactive and realistic actions that community leaders, schools, local/state government, and law enforcement can perform to minimize the effects of mass violence and terrorism. Lastly, it will provide an opportunity to build bridges between government officials, schools, community leaders, law enforcement, first responders and behavioral health professionals and recognize the needs of the community regarding prevention, support during violent events and the after effects of violence. The target audience for this summit is Legislators, County Commissioners, School Superintendents, Police/Fire Chiefs, EMA/EMS, Faith Based Leaders, Crisis Responders (DCORT, KCIT, VOAD, Red Cross, NO-VA, etc.), and Mental Health Professionals. We applaud the work being done by CIAP with our very own Pat Morrison as President. If you would like to know more about the organization or conference, please go to www.crisispa.org or call Pat Morrison at (724) 430-1370.

Congratulations Crosskeys Human Services

This year has been one full of ups and downs across the board for many Human Service Agencies, but in spite of some heart-wrenching downs, Crosskeys Human Services continues to serve seniors and people with mental health challenges with true kindness and compassion. Their dedication and efforts have not gone unnoticed. On Thursday, April 21st, Crosskeys will receive a Salt and Light award for "Outstanding Human Service Organization" (which honors those who have stepped up to answer the call to serve in very quiet and unassuming ways with generosity, charity, justice and peace) from Catholic Charities of the Diocese of Greensburg. Crosskeys will be recognized for providing selfless and often anonymous services to some of Fayette County's most vulnerable citizens. Under the direction of Sister James Ann Germuska, Crosskeys provides a hot lunch and lots of comradery to senior citizens at centers in Brownsville and Republic with free transportation if needed. In 1982, they expanded their outreach into mental health services which now include a Psychiatric Rehabilitation Program in Uniontown, Community Residential Rehabilitation Programs, Supportive Housing Program, Social Rehabilitation Program, and the Archive Drop-In-Center Program all located in Brownsville. We join together with the many Catholic Charities and many individuals whose lives are impacted by their work to congratulate Sister James Ann Germuska and the Staff of Crosskeys Human Services for a job very well done! For more information about Crosskeys, go to:

<http://www.crosskeyshumanservices.org/>

Farewell Elaine!! A good friend and dedicated colleague, Elaine Swaney, recently retired from Goodwill of Southwestern Pennsylvania after many years of service. If you have ever been in the Behavioral Health business in Fayette County, you probably know Elaine. She has been involved in the development of amazing programs and systems for people with developmental disabilities for many years and has touched many lives with her devotion and consumer-oriented nature. Elaine, you will be remembered for being *the one to call for ANYTHING* !

**CONGRATULATIONS AND BEST WISHES
... HAVE A WONDERFUL RETIREMENT!**

Welcome!

Advisory Board Members

Andrew J. Boni
Harry Joseph
Dr. Joseph Labuda
Dr. Denise Martin
Veronica Martin
Phil Michael
Betty Ann Rock
Rev. Terry Sanders
Paul Sandusky
Joe Segilia
Dr. Malini Sridharan
Carol Warman
Commissioner Vincent A. Vicites



CONGRATULATIONS

Diana Heneks

(shown above)

Of Uniontown Hospital

For being chosen by the FCBHA Advisory Board as the 2016 Community Recognition Award recipient. Diana was nominated for her 30 years in the field of social services and tireless devotion to the education and mentoring of social workers at Uniontown Hospital on behavioral health patient care and substance abuse issues. Over the years, she has made herself available 24/7 to guide staff through very complicated situations and works hard to drive everyone toward the best outcomes possible for each and every patient. FCBHA joins the Advisory Board in thanking you, Diana, for your hard work and dedication!

Fayette County Behavioral Health Administration
215 Jacob Murphy Lane
Uniontown, PA 15401



**Fayette County
Behavioral Health
Administration**

(724) 430-1370

Lisa A. Ferris
Chief Executive Officer

www.FCBHA.org



**Fayette County
Board of Commissioners**

Vincent A. Vicites, Chairman
Dave Lohr, Vice-Chairman
Angela M. Zimmerlink, Secretary

**FCBHA Advisory Board
2016 Meeting Dates**

February 17, 2016
April 19, 2016
September 21, 2016
November 16, 2016

(open to the public)
5:30 PM

215 Jacob Murphy Lane
Uniontown, PA 15401
724-430-1370

<http://www.fcbha.org/Advisory.html>



**Videoconferences
Trainings And Events**

April 13, 2016
Mental Illness & Violence

June 18, 2016
Family Fun Fest at
Fayette County Fairgrounds

[http://www.fcbha.org/
Current.html](http://www.fcbha.org/Current.html)

Please check the FCBHA website regularly for updates on the addition of videoconferences in 2016.

The ANSWER is a publication of the Fayette County Behavioral Health Administration. Comments, questions or suggestions may be submitted to the Newsletter Editor at www.fcbha.org or Fayette County Behavioral Health Administration, 215 Jacob Murphy Lane, Uniontown, PA 15401.