



SPRING 2017

DEVELOPMENTAL DISABILITIES AWARENESS MONTH PROCLAMATION

RECAP OF SPECIAL EVENTS IN MARCH

26TH ANNUAL BOARD MEETS BOARD EVENT

COMMUNITY RECOGNITION AWARD

FCBHA ADVISORY BOARD & STAFF NEWS

MENTAL HEALTH AWARENESS

UPCOMING TRAININGS AND EVENTS

FCBHA OUT AND ABOUT



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

Office Hours
8:30 AM-4:30 PM

Office Closures
4/14/17—Good Friday
5/29/17—Memorial Day
7/4/17—Independence Day

DEVELOPMENTAL DISABILITIES AWARENESS MONTH



Pictured Above: Commissioner Dave Lohr, Sherri Mitchell of FCBHA, Matthew Kislich, Commissioner Vincent A. Vicites, Commissioner Angela M. Zimmerlink at the Commissioners Meeting on February 16, 2017 for the reading of the Developmental Disabilities Awareness Month Proclamation of 2017.

In 1987, President Ronald Reagan proclaimed March as Developmental Disabilities Awareness Month after the deinstitutionalization movement of the seventies and eighties. They laid a perfect foundation for significant social change as it called upon all Americans to provide encouragement and opportunities for individuals with developmental and intellectual disabilities to reach their potential. In 1990, the passage of the Americans with Disabilities Act provided that productive, self-directed lives became a more attainable goal with greater opportunities for employment. In 2004, passage of the Individuals with Disabilities Education Act (IDEA) solidified the resolve of self-advocates and advocates by guaranteeing education and services through adulthood opening a world of greater possibilities. And through all of this, improvements in healthcare for people with developmental disabilities is allowing them to live longer, healthier lives leading to questions about the lifestyle of “retirement-age” individuals with disabilities. In short, today the national conversation should address the full spectrum of services needed for people with disabilities to live secure, fulfilling and happy lives. Over the past 30 years very important advances have been made ... we look forward to what the next 30 will bring.

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

Developmental Disabilities

There are two months throughout the year that allow us to celebrate our work....the first is March, Developmental Disabilities Awareness Month. 2017 marks the 26th anniversary of making this month about celebrating the many beautiful and intelligent consumers in Fayette County that we have the pleasure of serving. We take this opportunity to let them shine, tell us their stories, and participate in a wealth of activities designed to help everyone see the bright lights that are sometimes masked by stigma. This year was better than last year and last year was better than the year before because we have come to anticipate the people, the process, and the love that we are able to share during this time. FCBHA extends very heartfelt thanks and appreciation to the providers who opened their doors and to the wonderful individuals and families who opened their hearts and our eyes allowing us to see their life's journey with a joy and innocence that is so very rare.



ARC OF FAYETTE COUNTY—EVENTS

- **Left:** A visit to the Capitol Building in Harrisburg on 3/28/17 to join Senator Patrick Stefano as part of a national campaign to ...**END the “R” Word!**
- **Below:** An excellent Open House on 3/15/17 we saw the inner workings of the store, the sensory room, and the computer lab.



BOARD MEETS BOARD—WEDNESDAY, MARCH 29, 2017



Left: The incredible Panelists who made the 26th Annual Board Meets Board Event a huge success. This night gives us the opportunity to celebrate the positive outcomes for everyone throughout the year and enjoy each other's stories and company. This is always the one special occasion that makes us joyfull in our work. Our appreciation goes out to this year's amazing panel....

You're the BEST!

Awareness Month Activities



Above: Open House at **Goodwill Industries** on 3/8/17. There to meet us was the Executive Director of the Pittsburgh Office, Mr. Mike Smith shown above with Lisa Ferris, Amy Kacmar and Bob Lesko. We also toured the cafeteria and transitional employment areas.

Below: At **Fayette Resources, Inc.** on 3/16/17, we saw amazing consumer presentations and had a great time playing games created by the consumers and meeting everyone. We want to thank everyone there for welcoming us, especially Tara Comforti shown below with Lisa Ferris and Bob Lesko.



LEFT: At the **Laurel House, Inc.** Open House on 3/22/17, we met the Mr. & Mrs. Caringola, long time coordinators of Special Olympics activities in Fayette County.

Right...Holly Ek, ID/Early Intervention Specialist for FCBHA talking with staff at Laurel House, Inc. We enjoyed our visit and as always, lunch was excellent!

**Thank You to all our Provider Hosts
And Special Guest Speakers !**



Community Recognition Award!



Pictured from left to right above: Commissioner Dave Lohr, Mike Quinn of Chestnut Ridge Counseling Services, Inc., Dr. Brian Eberts, Commissioner Vincent A. Vicites, and Commissioner Angela M. Zimmerlink

The Fayette County Behavioral Health Administration (FCBHA) Advisory Board, as it has done annually for more than 20 years, recognizes a Fayette County resident as an outstanding community leader. This year they were very happy to honor a man who has served thousands of patients very quietly and unpretentiously for over 20 years, Brian Eberts, MD of Chestnut Ridge Counseling Services, Inc. The Community Recognition Award is reserved for someone (or a group) who has made a real difference in the lives of people in recovery or with mental health needs and/or intellectual disabilities ... that describes Dr. Eberts perfectly.

At their monthly meeting in February, the Fayette County Board of Commissioners thanked and honored Dr. Eberts before a large gathering of family, friends, co-workers and consumers whose lives he has positively impacted over the years. They recognized Dr. Eberts for his holistic approach to delivering Psychiatric services to patients, his amazing "bedside manner" and his unique style that is both recovery and patient-oriented. Commissioner Vincent Vicites and Mike Quinn, CEO of Chestnut Ridge Counseling Services shared stories of Dr. Ebert's willingness to go beyond the norm to help his patients and everyone he encountered in a respectful way that provides both understanding and reassurance.

In addition to his work with patients, Dr. Eberts is a respected mentor who provides valuable training for many colleagues, consumers and families in Fayette County. He is a lifelong advocate for the improvement of the public mental health system and the consumers it serves. Dr. Eberts was recognized as an outstanding leader who practices strength-based and recovery-oriented psychiatry and he will long be known as excellent choice for the 2016 Community Recognition Award.

The FCBHA Advisory Board extends sincere thanks and appreciation to Dr. Brian Eberts for his many years of thoughtful and compassionate service for the citizens of Fayette County.

CONGRATULATIONS AND THANK YOU

DR. EBERTS!



More Advisory Board News!



DR. DENISE MARTIN HONORED

Commissioner Vincent A. Vicites surprised Dr. Martin at the February 15th Advisory Board Meeting with a plaque in recognition of her dedicated and distinguished service to the FCBHA Advisory Board since 2006. Dr. Martin has been a consistent advisor as both a parent of a special needs child and a professional educator. Her contribution to the program is and has always been invaluable **Thank You** simply does not capture the gratitude we feel!

WELCOME ... THE 2017 FCBHA ADVISORY BOARD

Mr. Andrew Boni	Mr. Paul Sandusky
Ms. Michelle Cunningham	Mr. Joseph Segilia
Mr. Harry Joseph	Dr. Malini Sridharan
Dr. Joseph Labuda	Ms. Monica Valeri
Dr. Denise Martin	Ms. Carol Warman
Ms. Betty Ann Rock	Commissioner Vincent A Vicites

STAFF NEWS!

With the retirement of Bob Calisti, FCBHA is excited to announce the promotion of Ms. Nicole Fijalkovic to Human Resource Manager. With more than 15 years experience in Human Resources, 10 of those at FCBHA working side-by-side with Bob, she was the perfect person for the job. We send her sincere **congratulations and best wishes** in her new position at FCBHA.

GOOD LUCK NICOLE!



MENTAL HEALTH MYTHS AND FACTS...from MentalHealth.gov

MYTH: Mental Health problems don't affect me.

FACT: They are very common with 1 in 5 American adults having a mental health issue, 1 in 10 young people having depression and 1 in 25 living with serious mental illness.

MYTH: Children don't experience mental health problems.

FACT: There are early warning signs that can be diagnosed in very young children. Half of all mental health disorders show first signs before a person turns 14 and 75 percent of mental health disorders begin before age 24. Sadly less than 20% of children and adolescents receive the treatment they need.

MYTH: People with mental health problems are violent and unpredictable.

FACT: The vast majority of people with mental health problems are no more likely to be violent than anyone else but they are 10 times more likely to be victims of violent crime than the general population.

MYTH: People with mental health needs cannot tolerate the stress of holding down a job.

FACT: People with mental health problems are just as productive as other employees. Employers report good attendance and punctuality, motivation and good work, just like other employees.

MYTH: Personality weakness or character flaws cause mental health problems...people can snap out of it if they try.

FACT: Mental health problems have nothing to do with being lazy or weak and many people need help to get better. Many people can get better and many recover completely.

MYTH: Therapy and self-help area a waste of time. Why bother when you can just take a pill?

FACT: Treatment for mental health problems varies depending on the individual and could include medication, therapy or both. Many individuals work with a support system during the healing and recovery process.

MYTH: I can't do anything for a person with a mental health problem.

FACT: Friends and loved ones make a big difference. They can be important influences in a person getting the treatment and services they need. Reach out and let them know you want to help, treat them with respect just as you would anyone else, and refuse to define them by their diagnosis or derogatory words such as "crazy"...

AND FINALLY

MYTH: Prevention doesn't work. It is impossible to prevent mental illnesses.

FACT: Prevention of mental, emotional, and behavioral disorders focuses on addressing risk factors such as exposure to trauma that can affect the chances that children, youth, and young adults will develop these problems. Promoting the social-emotional well-being of children and youth leads to: higher productivity, better educational outcomes, less crime, stronger economies, lower healthcare costs, improved quality of life, increased lifespan, and improved family life...

THAT'S THE FACT OF THE MATTER?



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4/15/17—Community Days at Penn State Eberly Campus
 4/18/17—HCQU Training—Trauma and Attachment Disorders
 4/21/17—17th Annual VBH Adult Recovery Forum—Realizing Recovery: Coping with Emotions
 5/3/17—Advocacy Network Wellness Fair at the YMCA
 5/4/17—Children's Mental Health Awareness Day at East End United Community Center
 5/9/17—Transition Age Advisory Group and Family Advisory Committee—MH Awareness Walk
 5/16/17—HCQU Training—Autism Spectrum Disorders
 6/2/17—Social Capital Training with special guest speaker, Al Condiluci
 6/6/17—LGBTQI Generalist Training for Clinicians
 6/13/17—HCQU Training—Heart Health Nutrition
 6/19 & 20/17—LGBTQI Certified Clinician Training (must attend Generalist training on 6/6/17)

Free Upcoming
Trainings &
Events

PLEASE VISIT OUR WEBSITE FOR FULL DETAILS AT:

Www.FCBHA.ORG



FAYETTE COUNTY BEHAVIORAL HEALTH ADMINISTRATION

WAS OUT AND ABOUT...

One of our primary goals is to engage the community and bring understanding to Behavioral Health issues. To that end, we provide consultation, education, and outreach services to area schools and community groups whenever possible or needed. Below are some of our recent activities:

1. 7/15/16—Fabulous Family Activities Day—Penn State Eberly Campus
2. 7/18/16—Lunch & Learn about Supported Housing at Oak House Drop-in Center
3. 8/17/16—About Intermediate Unit 1, CASSP, and System of Care at IU1
4. 9/30/16—Working to Transform Fayette County Cross-systems Training—Hilton Garden Inn
5. 10/7/16—10th Annual VBH Family Forum at Ramada Inn Greensburg
6. 10/21/16—Representative Mahoney's Senior Fair at Uniontown Mall
7. 12/13/16—YouthMOVE Video Premier of Everybody has a Voice / Story at the State Theatre
8. 11/29/16—Suicide Assessment—Mental Health Procedures Act at Penn State Fayette
9. 12/19/16—Depression, Anxiety, and Suicide Prevention at Connellsville High School
10. 2/17/17—Intellectual Disabilities Services at Laurel Highlands School District
11. 3/14/17—Mental Health Information—GoodWorks Recovery House
12. 3/21/17—PA Stop Forum at Laurel Highlands High School
13. 3/23/17—NOVA Basic Training at WCSI
14. 3/24/17—Early Intervention 101 at Women, Infants, and Children Office (WIC)
15. 3/24/17—Preschool Disorders—Brownsville Psychology Classes
16. 3/27/17—Depression, Anxiety, and Suicide Prevention at Laurel Highlands High School

**If you would like a member of our staff to speak at your school or organization,
please call (724) 430-1425.**

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

Happy
Spring!



FCBHA Advisory Board 2017 Meeting Dates

April 19, 2017
May 17, 2017
August 20, 2017
October 18, 2017
November 15, 2017

(open to the public)
5:30 PM

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

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

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

MAY IS MENTAL HEALTH AWARENESS MONTH

Please check the FCBHA website
regularly for the most updated infor-
mation on Events and Trainings

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

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.