



The ANSWER

Fayette County Behavioral Health Administration's Newsletter

Spring 2012

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Memorial Day
May 28, 2012

Independence Day
July 4, 2012

March Proclaimed Intellectual Disabilities Awareness Month



Lisa A. Ferris, FCBHA Chief Executive Officer, Commissioner Vince Zapotosky, Karen Schobert, Commissioner Alfred F. Ambrosini, Chairman and Commissioner Angela M. Zimmerlink.

The Fayette County Board of Commissioners proclaimed March 2012 as "Intellectual Disabilities Awareness Month" at their public meeting on February, 21st. Lisa Ferris, FCBHA's Chief Executive Officer, stood before the commissioners along with Karen Schobert, who was chosen to represent the intellectual disabilities community, and asked county residents to join them in ending the outdated use of the "R" word. "Mental Retardation" is an outdated term, and since President Obama's signing of Rosa's Law, has been replaced with the phrase "an individual with an intellectual disability".

Ms. Ferris elaborated on Rosa's Law and how much it means in respecting the dignity of people with intellectual disabilities. She shared the words of Rosa's brother, Nick Marcellino, as he spoke before the General Assembly, "What you call people is how you treat them. What you call my sister is how you will treat her. If you believe she's retarded, it invites taunting, stigma. It invites bullying and it also invites the slammed doors of being treated with respect and dignity".

Ms. Schobert is just one of approximately six hundred individuals with intellectual disabilities who are involved with FCBHA. Karen resides with her mother and enjoys attending ARC, Fayette's day program. She was very excited to be a part of the public meeting and proudly accepted the official proclamation from Commissioner Alfred F. Ambrosini.

Mission

Fayette County Behavioral Health Administration enriches lives by providing access to and assuring choice among the best behavioral and developmental resources that promote recovery and resiliency.



Recovery Corner

The following question was asked of consumers who receive services in our community and who are in recovery:

“What does recovery mean to you?”

From 1970 to 1972, I got sick with mental illness. I sought help. I took care of my parents till they died and I took care of my brother, Ron and my niece and nephews too. I was depressed and sought help. I work at Goodwill and Burger King. I've had an apartment for one year. Marta helped me to get into Fair Weather Lodge where I now live. With help from Mental Health, Marta and God's help too, I learned to live my life and I am a better person. I crochet afghans now.

~Joanne Phares

I am 38 now. When I was younger, I lost my kids. I was so sad. I lost my house too. I was sick and using drugs. I go to Crosskeys now. I have a lot of new friends. My new friends are so nice and they help me now. I have one true friend, her name is Lori. A second friend I have is Michelle. I like going to Crosskeys for help. I like George, Bernadette, Sam and Nancy. They help me out when I need it. The personal care home also helped in my recovery. I also go to church on Sunday.

~Anonymous

I have been in Special Olympics for 11 years. I have won Gold 15 times. I won in track and field two times. I run the 25, 50, and 100 yard dashes. My favorite event at Special Olympics is basketball. Special Olympics helped me to relieve stress and meet people.

~Nathan Knox

C.A.L.L. for Hope

Fayette County's Suicide Prevention Taskforce, C.A.L.L. (Community Awareness of Life and Loss), is busy planning their first community-wide awareness event. "C.A.L.L. for Hope" will be held at the Ivory Ballroom in Uniontown on May 15th from 6 - 7:30 PM. The evening will include information about CALL, a guest panel whose lives have been touched by suicide, an art display from local children, information sharing and light refreshments. Everyone is invited to attend this event, so we hope to see you there.



Commissioner Zapotosky recently met with CALL members to discuss the details of the Empty Shoe Memorial.

In addition to the May 15th event, students from Brownsville and Albert Gallatin High Schools will be assisting C.A.L.L. by assembling Fayette County's first Empty Shoe Memorial. The shoes, which represent people who lost their lives to suicide, will be on display from May 7 - 11th at the courthouse. Shoes collected for this event will then be donated to local charities.



C.A.L.L. is also pleased to announce an informal support group for those who have suffered the death of a loved one by suicide. The group offers the opportunity for sharing, support and encouragement to anyone who has experienced the unique and profound grief of losing a loved one to suicide. Meetings will be held the second Tuesday of each month 5:30 - 7 PM at Uniontown Hospital.

For more information about any of these events or activities please contact Robyn Brady at (724) 430-1370 or robynbrady@fcbha.org



Fayette County Crisis Intervention Team

Fayette County recently started a Crisis Intervention Team (CIT). On February 17th, twelve new members graduated from a week-long training that focused on law enforcement response to persons with mental illness. This innovative police based, first responder program is based on the nationally known “Memphis Model” of pre-arrest jail diversion for those in a mental illness crisis.

The recent graduates represent Pennsylvania State Police, Uniontown & Connellsville Police Departments, Fayette County Adult Probation Office, Uniontown Hospital Police, Pennsylvania State Constables, The National Alliance on Mental Illness, Chestnut Ridge Counseling Services, Inc., and Fayette County Behavioral Health Administration (FCBHA). “The focus of the CIT is to foster a partnership between local Law Enforcement, Advocacy Groups and Treatment Providers,” stated Dave Rider, Mental Health Program Director at FCBHA and recent CIT graduate. “The CIT officers are already reporting that their new skills are helpful.”

University of Memphis outcome research has shown CIT to be effective in developing positive perceptions and increased confidence among police officers; providing very efficient crisis response times; increasing jail diversion among those with mental illness; improving the likelihood of treatment continuity with community based providers; and impacting psychiatric symptomatology for those suffering from a serious mental illness as well as substance abuse disorders. This was all accomplished while decreasing police officer injury rates.

CIT members: (seated) Melanie McMillen, Daria Cobert, Trooper Chris Cole, Lieutenant Vincent Traynor, David Rider. (standing) Officer LeRoy Townsend, Officer Andrew Hominsky, Sergeant Dan Sherbinsky, Officer Michael Bittner, Officer John Kauer, Constable Mark Pasquale. Not pictured: Corporal Gerry Pflug.



Dear Lisa Ferris,

I just wanted to take a moment to express my appreciation for the recent opportunity to be a part of the Crisis Intervention Training course. I believe that a great deal of the information that I was exposed to will assist me not only in the transports of mentally ill consumers for your agency, but also in other capacities when working with other individuals I come into daily contact with.



Melanie McMillen, Mark A. Pasquale and Lisa A. Ferris.

All of the presenters were very well prepared and did an impressive job in covering the topics thoroughly and to the understanding of the audience being presented to. I want to extend an additional recognition to the crisis workers who participated in the role play scenarios, as it was beneficial to observe potential situations acted out in a way to promote best practice for those of us involved in crisis situations. Once again, thank you for the opportunity to be a part of such an informative training that I can transfer into my career.

Sincerely,

Mark A. Pasquale
Pennsylvania State Constable



Thanks for 20 Years



On February 24th, Lynn Orawiec celebrated her 20th anniversary with FCBHA. Initially hired as a consultant, she was asked to join us full-time in 1992 as a Mental Retardation Program Specialist. On October 2, 2000, Lynn was promoted to Director of Developmental Services. Over the past 20 years Lynn has held several other job titles including Community Support Coordinator, Early Childhood Specialist, Children's Developmental Services Director and in January 2009, she became the Developmental Programs Director.

Lynn grew up in Fayette County and graduated from Duquesne University in 1986 with a degree in Speech Communications. She credits her longevity and success at FCBHA to "the incredible individuals and families" she works with. "I am amazed by what our individuals can do. They don't let their disabilities stop them from succeeding."

When she is not working, Lynn enjoys reading, riding Harleys, traveling to warm tropical spots and spending time with friends and family. Her family includes her two children Zach and Shelby, her husband Frank, three step-children and one granddaughter. Lynn is also anxiously awaiting the arrival of two more grandchildren, both of whom are due to arrive in June.

With no plans for retirement in the near future, Lynn looks forward to her continued work at FCBHA. Thank you Lynn for your all your hard work and dedication to improving the lives of Fayette County individuals and families.

Fayette County Behavioral Health Administration's 2012 Advisory Board

Mr. Phil Michael, Chairman
Mr. Joe Segilia, Vice-Chairman
Mr. Joseph Ambrose, Secretary
Mr. Matthew Dowling
Dr. Joseph Labuda
Mr. Harry Joseph
Dr. Denise Martin
Mr. Joseph Mickens
Ms. Betty Ann Rock
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Dr. Joseph Labuda
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Recognizing Excellence



Commissioner Vince Zapotosky, Adrienne Wilson, Roy Sarver, Commissioner Alfred F. Ambrosini, Chairman and Commissioner Angela M. Zimmerlink.

The FCBHA Advisory Board's 16th Annual Community Recognition Award was presented to Mr. Roy Sarver at the Commissioner's February meeting. This award is given to an outstanding community leader who has made a difference in the lives of individuals in recovery, with mental health needs, and/or intellectual disabilities.

Mr. Sarver serves as Saint Vincent de Paul's Executive Director. Under his direction the organization, comprised mostly of volunteers, has faithfully provided services to those in need for over 20 years. "Mr. Sarver has used his creative genius to find solutions for every unusual problem that so many of our consumers find themselves facing" declared Adrienne Wilson, last year's award winner and also the nominator of Mr. Sarver. "He never says no."

So many individuals have benefited from Saint Vincent de Paul's assistance including cash vouchers for hotel stays, tutoring by the sisters to pass the GED, the employment program at their furniture store, and numerous other programs and services. Whatever the need, Mr. Sarver is always willing to help.

Fayette County Behavioral Health Administration offers congratulations and thanks to Roy for his outstanding leadership, community contributions and dedication to his fellow citizens of Fayette County.

Fayette County Youth MOVE

In November 2011, Fayette County Youth Advisory Council became an official chapter of the National Youth Organization, Youth MOVE (Motivating Others through Voice and Experience). Now called Fayette County Youth MOVE, the group supports the mission of the national organization, empowering youth in our local community. It is funded by a grant through the Staunton Farm Foundation and includes teens and young adults who have had involvement with systems of care including Children and Youth Services, Mental Health, Juvenile Probation and Drug and Alcohol Services. For more information on Youth MOVE, please contact Christine Rosinski-Stone at FCBHA, 724-430-1370.



Here's the Buzz...

Mental Health Awareness Month

FCBHA invites you to join us in recognizing May as Mental Health Awareness Month. This celebration will begin with an official proclamation from the Fayette County Commissioners and will be followed by an array of activities. A complete calendar of events for the month will be available on our website at www.fcbha.org in mid April.

Wednesday Walk Series Begins

The Healthy Lifestyles Task Force (*HLTF*) is gearing-up for another summer filled with adventure, activity, and local history. The Fayette County Wednesday Walking Series opens on June 13th in Point Marion. The host will share memories and recount stories of times past. Grab a Fresh Fit Value Meal at SUBWAY and meet us at the park on the end of Main Street. The schedule will be available at the Chamber of Commerce and posted on the website: www.stepstohealthierfayettecounty.org

Medical Assistance Copay

Act 22 of 2011 amended the Public Welfare Code requiring the Department of Public Welfare to establish copayments for Medical Assistance funded services provided to children with disabilities whose household income is above 200% of the federal poverty level. With this change come requirements that The Department will implement.

Baseball League Registration

The Miracle League of Pennsylvania's Laurel Highlands/CHAMPIONS PONY League is designed for youngsters with varying levels of ability. Each player is assigned a volunteer who helps with all aspects of the game (hitting, fielding, running, etc.) based upon the skill and abilities of the player. Registration has begun for this season so please go to www.mlplh.com or call Wilma King at 724-366-6605 if you would like your child to play this year.

Formula Stretching

Some families that cannot afford enough infant formula are resorting to this risky practice of watering down infant formula and/or skipping feedings. This can have significant health consequences on an infant's developing brain, increasing the risk for learning, behavioral and psychological problems. For additional information please visit The American Academy of Pediatrics at www.aap.org and search for information on infant feeding and nutrition.

Children's Mental Health Awareness Day Art Contest

May 9th, marks National Children's Mental Health Awareness Day. Fayette County will be celebrating this day by holding a "Heroes of Hope" art contest open to 4th, 5th and 6th graders who live in Fayette County. Please contact Robyn Brady at 724-430-1370 or visit www.fcbha.org to obtain an entry form.

As providers and caretakers, adults tend to view the world of children as happy and carefree. After all, kids don't have jobs to keep or bills to pay, so what could they possibly have to worry about? Plenty! Even very young children have worries and feel stress to some degree.

Stress is a function of the demands placed on us and our ability to meet them. These demands often come from outside sources, such as family, jobs, friends, or school. But it also can come from within, often related to what we think we should be doing versus what we're actually able to do. So stress can affect anyone who feels overwhelmed—even kids. In preschoolers, separation from parents can cause anxiety. As kids get older, academic and social pressures (especially from trying to fit in) create stress. Many kids are too busy to have time to play creatively or relax after school. Kids who complain about all their activities or who refuse to go to them might be overwhelmed. Talk with kids about how they feel about extra-curricular activities. If they complain, discuss the pros and cons of stopping one activity. If stopping isn't an option, explore ways to help manage your child's time and responsibilities to lessen the anxiety.

Kids' stress may be intensified by more than just what's happening in their own lives. Do your kids hear you talking about troubles at work, worrying about a relative's illness, or arguing with your spouse about financial matters? Parents should watch how they discuss such issues when their kids are near because children will pick up on their parents' anxieties and start to worry themselves. World news can cause stress. Kids who see disturbing images on TV or hear talk of natural disasters, war, and terrorism may worry about their own safety and that of the people they love. Talk to your kids about what they see and hear, and monitor what they watch on TV so that you can help them understand what's going on. Also, be aware of complicating factors, such as an illness, death of a loved one, or a divorce. When these are added to the everyday pressures kids face, the stress is magnified. Even the most amicable divorce can be a difficult experience for kids because their basic security system—their family—is undergoing a tough change. Separated or divorced parents should never put kids in a position of having to choose sides or expose them to negative comments about the other spouse.

While it's not always easy to recognize when kids are stressed out, short-term behavioral changes—such as mood swings, acting out, changes in sleep patterns, or bedwetting—can be indications. Some kids experience physical effects, including stomachaches and headaches. Others have trouble concentrating or completing schoolwork. Still others become withdrawn or spend a lot of time alone. Younger children may pick up new habits like thumb sucking, hair twirling, or nose picking; older kids may begin to lie, bully, or defy authority. A child who is stressed may also have nightmares, difficulty leaving you, overreactions to minor problems, and drastic changes in academic performance.

How can you help kids cope with stress? Proper rest and good nutrition can boost coping skills, as can good parenting. Make time for your kids each day. Whether they need to talk or just be in the same room with you, make yourself available. Don't try to make them talk, even if you know what they're worried about. Sometimes kids just feel better when you spend time with them on fun activities. Even as kids get older, quality time is important. It's really hard for some people to come home after work, get down on the floor, and play with their kids or just talk to them about their day—especially if they've had a stressful day themselves. But expressing interest shows that they're important to you. Help your child cope with stress by talking about what may be causing it. Together, you can come up with a few solutions like cutting back on after-school activities, spending more time talking with parents or teachers, developing an exercise regimen, or keeping a journal. You can also help by anticipating potentially stressful situations and preparing kids for them. For example, let your son or daughter know ahead of time that a doctor's appointment is coming up and talk about what will happen there. Tailor the information to your child's age—younger kids won't need as much advance preparation or details as older kids or teens. Remember that some level of stress is normal; let your kids know that it's OK to feel angry, scared, lonely, or anxious and that other people share those feelings. Reassurance is important, so remind them that you're confident that they can handle the situation.

When kids can't or won't discuss their stressful issues, try talking about your own. This shows that you're willing to tackle tough topics and are available to talk with when ready. If a child shows symptoms that concern you and is unwilling to talk, consult a counselor or other mental health specialist. Books can help young kids identify with characters in stressful situations and learn how they cope. Check out *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst; *Tear Soup* by Pat Schweibr, Chuck DeKlyen and Taylor Bills, and *Dinosaurs Divorce* by Marc Brown and Laurene Krasny Brown. Most parents have the skills to deal with their child's stress. The time to seek professional attention is when any change in behavior persists, when stress is causing serious anxiety, or when the behavior is causing significant problems in function at school or at home.

(This information was provided by [Kids Health](http://KidsHealth.org), one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more information like this one, visit KidsHealth.org or TeensHealth.org © 1995-2009. The Nemours Foundation. All rights reserved.)

The ANSWER

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**Fayette County
Behavioral Health
Administration**

(724) 430-1370
www.fcbha.org

Lisa A. Ferris
Chief Executive Officer

**Fayette County
Board of Commissioners**

Alfred F. Ambrosini, Chairman
Vince Zapotosky
Angela M. Zimmerlink



May 15, 2012 10:00AM-12:00PM

Surgery Care

at FCBHA

Register at:

www.hcqu.apshealthcare.com

June 12, 2012 10:00AM-12:00PM

**Aspiration Pneumonia with
Discussion of Dysphagia**

at FCBHA

Register at:

www.hcqu.apshealthcare.com

June 13, 2012, 9:00AM – 11:00PM

Trauma and Grief

WPIC/OERP Videoconference

at FCBHA

Register at:

www.fcbha.org/publications

The ANSWER is a publication of the Fayette County Behavioral Health Administration.
Any 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.