



The ANSWER

Fayette County Behavioral Health Administration Newsletter

Summer 2013

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



Robyn Brady, FCBHA Consultation & Education Specialist; Major General Mark Graham, Keynote Speaker; Bethany Connors, FCBHA Mental Health Program Director

FCBHA participated in a first of its kind, Joint Military Suicide Prevention Symposium on June 12, 2013 at the Keystone Conference Center in Fort Indiantown Gap, Pennsylvania. Initiated through the efforts of the Service Members, Veterans, and Family Members Military Policy Academy, and made possible through a grant awarded to the Pennsylvania Adult/Older Adult Suicide Prevention Coalition, it was intended to be a collaboration project designed to determine and plan for the mental health and suicide prevention needs of members of all branches of the military, past, present and future.

The audience consisted of current and former service members, family members, military staff working in the area of suicide prevention, professionals in the field of Mental Health and others interested in preventing suicide among veterans. Among the many distinguished guests was keynote speaker Major General Mark A. Graham who retired from the U.S. Army with almost 35 years of service and an inventory of awards too numerous to mention. Major General Graham poignantly shared his story of losing two sons, Kevin, a Senior Army ROTC cadet studying to be a Doctor at the University of Kentucky who died by suicide and Jeff, a 2nd Lieutenant who was killed by a roadside bomb in Iraq shortly after.

He spoke of how the death of one son was, although a parent's worst nightmare, an element of honor, but that the death of his younger son to suicide was so much more complicated by "the things they did not know". He admits the stigma associated with depression discourages some from seeking help and influences the way the people around them provide support. Both Major Graham and his wife Carol are now determined to use their story to create awareness and educate everyone of what they can do if someone they love is depressed or suicidal ([Go to <http://www.fcbha.org/PDF/Major%20General%20Graham.pdf> for their story](http://www.fcbha.org/PDF/Major%20General%20Graham.pdf)).

Bethany and Robyn were honored to participate in the planning and execution of this very dynamic and thought-provoking symposium. For more information about this symposium, the C.A.L.L. (Community Awareness of Life and Loss) support group, or other mental health initiatives in Fayette County, please call 724-430-1371 or see the Mental Health Page of our website, www.FCBHA.org.



INTRODUCING A NEW ONLINE COMMUNITY

INSPIRING AND CONNECTING YOUNG ADULTS IMPACTED BY MENTAL HEALTH ISSUES

<http://strengthofus.org>

StrengthofUs.org is an online community developed by NAMI and young adults. It's designed to inspire young adults impacted by mental health issues to think positive, stay strong and achieve their goals through peer support and resource sharing. We believe every young adult deserves to feel hopeful, supported and encouraged to love who they are.

The website provides opportunities for young adults to connect with peers and offer support, encouragement and advice and share real world experiences, personal stories, creativity, resources and ultimately, a little bit of their wonderful and unique selves. It is a user-generated and user-driven community; so basically it's whatever you make it. Everything has been developed and created by and for young adults with the hope every time they visit, they find hope, encouragement, support and most of all, the strength to live their dreams and goals.



They can create a free account and login to the site to see content available to logged-in users only, including stuff posted by other young adult users. Registered users are able to connect with others on the site, share their own content, write and respond to blogs, comment on content, access "The Wire," join and engage in discussion groups and share videos, photos and other news.

The site also offers resources like guest blogs, tip sheets and media files on issues young adults identified as important to them, including relationships, friends and family, independent living, campus life, mental health and much more! These resources and posts made by SofU Admin are available to the public.

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

Development of StrengthofUs.org

More than 200 young adults shared their feedback, thoughts and expertise for the project by completing NAMI's National survey on their social networking habits, resource preferences and what they wanted included in an online community. The national survey report served as the blueprint for the development of StrengthofUs.org

NAMI developed StrengthofUs.org in close consultation with an ongoing young adult expert advisory group who provided their time, input, ideas and personal stories into developing a site that would meet the unique needs of their peers. Their ongoing support and commitment to the project has been a source of great inspiration for the entire development team. Their stories and strength will inspire you too!

For information about the Fayette County YouthMove group for young adults, please call (724) 430-1371 or see our website <http://www.fcbha.org/Youth.html> .



Carol Over, Deputy Administrator Retires—June 27, 2013

When someone works at something with all their heart and soul, what they usually leave behind is somewhat of a legacy. On June 27, 2013, after months of planning for the transition, FCBHA staff congratulated Carol Over on her amazing career, her dedication to the people of her community, her many successes, and the legacy she leaves behind as she retires from FCBHA. To celebrate with her, the Staff at FCBHA joined together for some camaraderie that included stories that made us laugh, stories that made us cry, cake and ice cream. Carol's last day at work came with countless memories and emotions and ended with the realization that she will always be an integral part of FCBHA.



Carol retired as Deputy Administrator after an amazing 24 years with FCBHA and approximately 32 years in the field of Human Services. Her list of accomplishments is as long as her career and too numerous to mention individually, but those of you who know her, know that they are many and things ran pretty smoothly when she was involved. When I asked her what she thinks about the past and future, she said "I am proud of the work we have done, together we have accomplished a lot". As for the future, she expressed concern for the short term due to increased regulation which tends to keep things static, but said she's been in the business long enough to know that cycles come and go and she has confidence that there will always be a way to provide for those in need.

Carol is a lifelong resident of Uniontown and plans to remain here in retirement enjoying more time with her husband, T.O., her 5 grandchildren, and her furry friends Fuzzy and Mac. She's looking forward to cleaning out her pantry and learning to cook (better) and may even golf a little more. We at FCBHA wish her all the best as she embarks on this wonderful, new life and hope it is as rewarding and fulfilling as her career has been. Thanks for everything Carol!! We'll see you around!

Clinton Anderson, Mental Health Program Manager Retires—July 5, 2013

Clinton entered the United States Army at 19 and spent time in Vietnam where he was injured in combat. He said he had no intention of working in the field of Social Services but fell into it accidentally when his lawn care business was subcontracting to Goodwill Industries in Uniontown. That was in 1985 and the rest, it seems, is History!

He began at Goodwill as a Business Division Coordinator, later holding positions as Vocational Services Coordinator, and Drug and Alcohol Programs Specialist. He had a hand in the development of a variety of visionary programs. He is particularly proud of the Enclave Model Services Goodwill offered at the time to deliver training, assistance, and specialized supervision to individuals who require ongoing supervision but are able to work in an integrated employment setting.

He came to FCBHA in 2001. Over his 12-year career, he initiated and contributed tremendously to many initiatives such as housing, transitional housing, supported employment and CIT (Crisis Intervention Team) training but may be most proud of his recent passion to implement the Fayette County Treatment Court. This collaborative endeavor between the Mental Health Administration and the Court system created a diversionary court for individuals with Mental Health diagnoses. Treatment Court became a reality in 2009 and has been running successfully since then. In addition to his work at FCBHA, from 2001 – 2010, he was the President of the local chapter of the NAACP and also served for some time as the State Labor and Industry Chairman.

Clinton describes himself as an "aggressive consumer/client advocate" and said, most importantly, "are we doing any good?" Thank you for the last 12 years, Clinton, we hope you enjoy every moment of retirement!





**10-YEAR SERVICE
CEREMONY & AWARDS**
SPONSORED BY THE
FCBHA ADVISORY BOARD
MAY 22, 2013

Above: Joe Segilia, Chairman congratulates Joe Mickens for 10-years of service on the FCBHA Advisory Board



ABOVE FROM FCBHA:
Bethany Connors, Danielle Paschke, Robyn Brady, Amy Siwula

ABOVE, FROM LAUREL HOUSE, INC.:
Barbara Moses and Teane Moats



**FROM
CROSSKEYS HUMAN SERVICE INC.:**
George Barnes and Don David





LEFT FROM CHESTNUT RIDGE COUNSELING SERVICES:
Kathleen Furnier, Tiffany Hendricks, Brandi Sutherland,
Jamie Harmon, and George Dukic



ABOVE FROM ARC FAYETTE:
Eugene and Laurie Watson

BELOW FROM DIVERSIFIED HUMAN SERVICES:
Jessica Rozik, Kimberly Mountain, Izetta Bass,
Christina Hickman and Steven Henderson



Congratulations and thank you all for your dedication to the people of Fayette County!



Fifth from the left, Deborah Brant, Goodwill of Southwestern Pennsylvania.
Special thanks to Nicole Fijalkovic, FCBHA Human Resource Assistant for coordinating this event.



Post Its

New Support Group for ASD:

Beginning Friday, July 12, 2013 a new support group for families of children with Autism Spectrum Disorder will meet at the First Baptist Church in Monongahela starting at 6:00 PM. If you are interested in participating in this group, please call:

Lori Sebetich at 724-518-5790.

The FCBHA Advisory Board welcomed new member, **Dr. Malini Sridharan** at the May, 2013 meeting. Dr. Sridharan brings a vast expertise in pediatric medicine and many years of experience working with families in the Uniontown area. The FCBHA Staff and Advisory Board Members are honored to have the opportunity to work with Dr. Sridharan and look forward to the positive effects her presence will bring to Children's programs and initiatives in Fayette County.

Broadening Our Possibilities—Hope for Tomorrow

VBH of PA will hold it's 7th annual Family forum on October 4, 2013 at the Double Tree by Hilton in Monroeville, Pennsylvania. At the forum, they will present an Award for an Exceptional Parent/Caregiver to acknowledge families of children less than 22 years of age who are actively engaged in their child's treatment and who encourage/support other families who are involved in the mental health system. To nominate someone you know, please contact Cindy Andrews at cindy.andrews@valueoptions.com .

TAAG You're It!

VBH of Pa and the TAAG (Transition-Age Advisory Group) Picnic Planning Committee will hold their annual picnic for Transition-Age Youth ages 16—26 on Wednesday, August 14, 2013 from noon to 4:00 PM.

The theme is “**Under the Boardwalk**”, the location is Woodlands Foundation, 134 Shenot Road, Wexford, PA. [Registration](#) by August 6th is required. Please contact Karan Steele at karan.steele@valueoptions.com or

(724) 744-6537.

Word of the Day...Transition

- * passage from one state, stage, subject, or place to another : change
- * a movement, development, or evolution from one form, stage, or style to another
- * *an abrupt change in energy state or level (as of an atomic nucleus or a molecule)*



Recovery Corner

MASKED

The search begins at break of day
As does the struggle to make her way
The path is strewn with stones and rocks,
she will encounter stumbling blocks
The road is long with hills as steep
She tries to smile when she wants to weep
Emptying the heart, filling the mind...
She covers the face she hides behind
“Is she in recovery or the family?” you ask.
Who is it really, that wears the mask?
It is Me...

Author: Daria Cobert

Reinforcing What Works

Benjamin Franklin once said “By failing to prepare, you are preparing to fail”.

Fayette County currently has programs and initiatives in place to meet the needs of individuals with mental health issues who become involved with the criminal justice system. Since the implementation of the Treatment Court (previously known as Mental Health Court) in Fayette County in 2009, a great deal of effort has been given to the training and preparation of local service providers and members of local law enforcement to enable them recognize those members of society who may be suffering from either mental illness or an emotional episode and react accordingly. The most critical component to the success of this endeavor is for an individual to be identified from the very first moment they are encountered by members of law enforcement.

In December of 2010, the Pennsylvania Mental Health & Justice Center of Excellence and Drexel University spent 2 days in Fayette County to help in identifying points of interface with the criminal justice process, resources, gaps in services, and barriers to appropriate treatment within the existing systems of care. Since then, the Treatment Court and other forensic outpatient programs have operated with great success to serve this special population. It is now time to review, re-evaluate, and readjust to provide for the ongoing success and growth of the effort.

FCBHA will host the Center of Excellence once again for a full day strategic review on August 15, 2013. Key members of the Fayette County Court system, law enforcement, professionals in the field of Mental Health and Public Welfare have been invited to help reinforce our understanding of what is working well and expand on those principles. The goal of the workshop is to further refine the systems and approaches in place and build the capacity to reach out further into the community. By being better prepared to divert individuals with serious mental illness or underlying mental issues to more appropriate levels of care, we can better serve the needs of people overall and perhaps eliminate some overcrowding in the prison system at the same time. For more information about the Pennsylvania Mental Health & Justice Center of Excellence, go to <http://www.pacenterofexcellence.pitt.edu/index.html>

The ANSWER

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Fayette County Behavioral Health Administration

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Lisa A. Ferris
Chief Executive Officer

Fayette County Board of Commissioners

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



FCBHA Mission

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

Southwestern PA Health Care Quality Unit

8/13—Fetal Alcohol Spectrum
9/19—Psychotropic Medication
10:00 AM—Noon
Contact: Maureen 724-430-1370

Wednesday Walks

7/24—Maxwell History Walk
7/31—Brownsville Fun at the Mon
8/7—Touchstone Arts Walk
8/14—Ohiopyle Meadow Run
8/21—Fayette County Fairground
8/28—Celebration Picnic

**Sponsored by the
Healthy Lifestyles Task Force**

724-963-0068

www.stepstoahealthierfayettecounty.org

Treatment Court / Forensics Mapping Workshop

August 15, 2013
9:00—3:00 PM

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.