



The ANSWER

Fayette County Behavioral Health Administration Newsletter

Spring 2014

In This Issue

Community Recognition Award

Intellectual Disabilities Awareness Month

Spring Ahead... Mental Health Awareness Month

Pennsylvania System of Care

Crisis Intervention Team Training

Mental Health Drug & Alcohol Focus Group

Mental Health First Aid Trainings

VBH Consumer Forum

Holidays/Office Closures

Memorial Day—5/26/14
Independence Day—7/4/14
Labor Day—9/1/14

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

2013 COMMUNITY RECOGNITION AWARD



Pictured left to right: Mr. Joseph Segilia, FCBHA Advisory Board Chairman; Representative Timothy Mahoney; Lisa A. Ferris, FCBHA Chief Executive Officer

For the past 18 years, the Fayette County Behavioral Health Administration Advisory Board has presented an award to honor an individual (or group) within the community who has made a difference in the lives of Fayette County individuals in behavioral health treatment and recovery programs, and/or for our neighbors and friends with developmental and intellectual disabilities. The recipient for the 2013 Community Recognition Award is Representative Timothy Mahoney. He was honored during a presentation at the first Advisory Board Meeting in February by Mr. Joseph Segilia, Advisory Board Chairman. Mr. Segilia noted that "Representative Mahoney has demonstrated a willingness to be out in front and jump over roadblocks to get things done in order to help his community". He was thanked and applauded for his work at Bailey Park to provide the Miracle League of Pennsylvania's Laurel Highlands a home field. Representative Mahoney accepted the award noting "there is still work to be done to make it the state-of-the-art field it is meant to be." Our sincere thanks and congratulations are extended to Representative Mahoney for all his good works. Nominations for this award can be submitted throughout the year by visiting our website at <http://www.fcbha.org/Community.html>.

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

INTELLECTUAL DISABILITIES AWARENESS MONTH CELEBRATIONS

Fayette County recognized Developmental Disabilities Awareness Month in March with activities and events to bring awareness to and promote the rights of individuals with Intellectual and Developmental Disabilities. The bigger goal is to facilitate opportunities for individuals to determine how they will live their lives; where and with whom, as well as to enjoy the freedom of choice, control, dignity and respect we all deserve. The month-long celebration began with a rally on the steps of the Fayette County Courthouse on March 6th. During the **STOP THE “R” WORD Rally**, a petition was signed, a poem was read by Donald Morgan, and many new voices were heard.



At the 23rd Annual Board Meets Board Event, families, friends and supporters of individuals with disabilities of all kinds came together for an evening of sharing. This year there were over 100 attendees. Guest speakers included Peter Reese, Zachary Klorczyk, Cindy Morrow and her family, John Hicks and his family, Connie Nice, and Tina Pahula. They discussed their challenges and successes which were, as always, touching and inspirational. Donald Morgan, Disabilities Advocate read poetry he wrote highlighting his struggle to be accepted as well as successes in his career. And Audra Barozzini, ARC, Fayette CEO, spoke about the effort to **“Spread the Word to End the Word”**. FCBHA supports this local and national effort along with ARC, Fayette and many individuals with developmental disabilities. To further the message, FCBHA sponsored motivational speaker, Morris Morrison in all Fayette County Middle Schools this spring. His message....RESPECT for all people.

SPRING AHEAD...MAY IS MENTAL HEALTH AWARENESS MONTH

The Fayette County Commissioners have declared May **Mental Health Awareness Month in Fayette County** to promote improved mental health and an awareness of its importance in our lives. This year, we have adopted a theme...

“GET CONNECTED”

While we may not be able to stop mental illness in all areas of life, we can change how it affects us and help reduce the stigma people with mental illness face. Social connections play an extremely important role in maintaining and protecting mental health and wellness so we say...**Get Connected** to friends and family in a positive way. They can be a great source of support and encouragement during difficult times. If you are employed, connect with your co-workers through events or lunch. Get out in the community and get to know your neighbors. Connect with yourself by reserving some time for YOU and do things you enjoy and are good at ... or share a skill or talent with someone else. Get Connected to nature; walking is great way to clear the mind and invigorate the body. Let go of the winter doldrums and spring clean your body and mind.

Try to make an effort to change negative attitudes and behaviors, both within yourself and surrounding others, especially those with mental illness....we all have good and bad days. And finally, if you ever find you are having a hard time coping and you're having too many bad days, Get Connected to a mental health professional who will help you find the road to recovery. The true message of Mental Health Awareness Month is that RECOVERY IS POSSIBLE. For more information about the many ways you can **Get Connected** throughout May, see the calendar of planned Mental Health and Wellness events on our website at http://www.fcbha.org/PDF/May_MHAM_Calendar.pdf .



FAYETTE COUNTY NAMED OFFICIAL PENNSYLVANIA SYSTEM OF CARE PARTNER

In January, Fayette County child-serving systems – Children and Youth Services, Behavioral Health Administration, Juvenile Probation, Drug and Alcohol Services and Education – joined with the **Pennsylvania System of Care Partnership (SOC)** to become a SOC Partner. As a partner in the Commonwealth’s SOC effort, Fayette County will have access to State and Federal resources that promote SOC philosophy and principles. System of Care is a term used to describe how family members, youth, schools and the organizations that serve children, youth, and families **work together** to assure that a broad array of proven-effective services and local community supports are available to children with complex needs and their families. A strong System of Care is marked by:

- a set of **shared values and beliefs** that recognize the importance of family and youth voice in the design and implementation of a comprehensive service plan to support their family;
- an **understanding of the roles and responsibilities of public organizations** that protect, educate, and treat children and youth with complex needs;
- the use of tools that support a **common language** among service providers to assure **effective communication and coordination**; and
- a **commitment to improve services and supports** based on feedback from family members and youth and research-based evidence of outcomes.

Fayette's goals:

- Expand youth and family involvement in policy development and service system planning
- Establish a Family Support Organization to provide peer support to families
- Identify funding strategies to sustain family peer support and High Fidelity Wraparound
- Enhance service integration through training, use of common assessment and plan documents, and shared data.

Look for more information on the System of Care and our work here in Fayette County in future editions of ANSWER and at our website www.fcbha.org .

CRISIS INTERVENTION TEAM (CIT) TRAINING

FCBHA was thrilled to coordinate a 2nd training of local law enforcement from February 24th through 28th and is thankful for the dedication of everyone who participated. The training was made possible through funding provided by the Pennsylvania Department of Public Welfare as part of the Mental Health Matters Grant. This week-long training brought an exceptional group of highly skilled and educated individuals together. Their goal was to create a partnership of law enforcement, treatment providers, consumers of mental health services and the advocacy community.

The week-long training consisted of 23 specific modules addressing different types of mental illness and the resources available to support those in crisis. The topics covered were:

1. Intro to Symptoms & Diagnosis of Mental Illness
2. Psychiatric Rehabilitation
3. Traumatic Brain Injury
4. Post Traumatic Stress Disorder
5. Psychotropic Medications & Street Drugs
6. Veteran's Concerns & Resources
7. Community Programs Introduction
8. Site Visit—Crossroads LTSR
9. Site Visit—Fairweather Lodge
10. Site Visit—Highlands Hospital
11. Developmental Disabilities
12. Personality Disorders
13. Family & Consumer Perspectives
14. 302 Overview—Rights & Civil Commitment
15. Fayette County Treatment Court Overview
16. Fayette County Day Reporting Center
17. Forensic Diversion & Re-entry Program
18. Basic De-escalation Strategies
19. Suicidology; QPR; Suicide by Cop; Suicide of Cop
20. Verbal Interventions & Simple Scenarios
21. Tactical Mindfulness
22. Advanced Scenarios
23. Complex Interventions & Reporting

Officers learned about mental illness providing them with the knowledge and practical skills to calm persons who are in crisis. CIT officers can help individuals connect to care and treatment

rather than being unnecessarily incarcerated. Officers who are trained can also improve officer safety and reduce the risk of injury to the person in crisis. The respect shown by the CIT officer reduces the stigma associated with the mental disorder and facilitates a team approach to dealing with crises.

CIT Training is an ongoing commitment. The success of a Crisis Intervention Team in any community depends on sharing information, discussing resources, and reaching a consensus on which tasks each organization can do to best understand the legal requirements surrounding the complex response. This cooperation and communication between agencies is invaluable. The cost of not having a CIT far outweighs the cost to establish one as injuries and repeat occurrences diminish significantly. Individuals with mental illness may be directed to health care facilities for treatment prior to receiving criminal charges. Lawsuits, medical bills, and jail costs are reduced while the quality of life improves within the community.

We respectfully acknowledge Brownsville, Connellsville, Dunbar, Everson, Masontown, Perryopolis, Redstone Township, Uniontown, Uniontown Hospital, the Pennsylvania State Police, Fayette County Sheriff's Department, Fayette Emergency Management Agency, and Fayette County Drug Task Force for their participation in this event. Sincere gratitude goes out to the participants who gave a week of their time to develop the compassionate and specialized skills that will further ensure the safety and wellbeing of our Communities.

The training, which was tailored to the specific needs and abilities of Fayette County and the partners involved, was an even greater success due to the amazing presenters / teachers who volunteered their time and expertise to the effort. The amount of information they shared was overwhelming.

And finally, kudos to David Rider, FCBHA Mental Health Program Director and Stacey Evans for their hard work in pulling the people and resources together for this exceptionally valuable program. It is expected that CIT Training will be conducted yearly going forward. For more information about participating in a future training, please call (724) 430-1370 .

CONGRATULATIONS AND THANK YOU!

Congratulations ! 2014 CIT Graduates:

Sergeant John Brant
Patrolman Brian Connors
Deputy James Custer
Patrolman Robert Geary
Patrolman Eric Hanula
Patrolman Dennis Heath, Jr.
Corporal John James
Craig Konopa
Patrolman Alexis Metros
Sergeant R. Scott Miller
Trooper George A. Mrosko
Patrolman Rebekah Shrader
Patrolman Michael Smolka
Jodi Victor
Corporal Mike Zavatchan

* In random order



Thank You! 2014 CIT Presenters*:

David W. Rider
Vinny Traynor
Dr. Shirley John
Bernadette Behary
Keather Likins
Mike Bodis
Dr. Brian Eberts
Rege Lazor
Daria Cobert
Dayna Shallenberger
Russell Korner
Patrick Morrison
Kate Vozar
Brittany Winfrey
LeRoy Townsend
Bethany Connors
Chief John Kaminsky
Officer John Kauer

* In order of their presentation



WE HAVE VIRTUE OR EXCELLENCE, BUT WE RATHER HAVE THOSE BECAUSE WE HAVE ACTED RIGHTLY.

EXCELLENCE, THEN, IS NOT AN ACT BUT A HABIT.

/quotes/a/aristotle408592.html#m8iw3Q7fQhpm9KLg.99

FAYETTE COUNTY GETS . . . *ENERGIZED FOR LIFE!*

ENERGIZED FOR LIFEThat's our hope are for all youth...to be equipped with the skills and self-confidence to make good choices now and for the rest of their life. That is the ultimate goal of the ***Energized for Life Motivational Program***. Energized for life was designed in concert by Lisa A. Ferris and Morris Morrison, renown motivational speaker, as a medium to give kids the tools and motivation to be the best they can be, encourage them to have big dreams, embrace their individualities, and believe in themselves. When the program was offered to the principals of the Middle Schools in Fayette County, each and every one of them embraced the concept. They had knowledge of Mr. Morrison's effectiveness in communicating with youth, and share the same hopes and dreams for the students, if not more.

Students are being positively affected by the message. There have been Facebook posts, individual interactions, and conversations after the program ends at each and every performance. FCBHA is excited to be the sponsor and plans to expand on the positive message and value of positive behavior throughout the next school year. Mr. Morrison is scheduled to appear as follows:

- ⇒ Albert Gallatin North – March 17th
- ⇒ Albert Gallatin South – March 24th
- ⇒ Laurel Highlands – March 28th
- ⇒ Benjamin Franklin and Frazier - April 14th
- ⇒ A.J. McMullen and Brownsville – April 21st
- ⇒ Lafayette – May 12th
- ⇒ Connellsville – May 21st



To view highlights of the program, please visit <http://www.morrismorrison.com/energized.html> .

MENTAL HEALTH / DRUG & ALCOHOL FOCUS GROUP

A little known group has been hard at work in Fayette County with the goal of making this very beautiful place a better place to live. Inspired by a letter written in August of 2013 in which a local legislator expressed concern about the rise in the use of drugs and alcohol throughout the County, and more specifically among youth and young adults, a focus group was formed. Since that time, FCBHA has held five very informative and provocative meetings with local Legislators, Commissioners, Superintendents of Schools, Psychiatrists, Hospital Personnel, Fayette County Drug & Alcohol Commission and FCBHA personnel. The goal of the meetings is to formulate a plan and develop a strategy for services that will impact the communities and individuals of Fayette County in the most positive way to combat the problem. Needless to say, the task of "Changing the Culture of Drug & Alcohol Abuse" is a task of mammoth proportions, but the dedication to the task is quite serious. The conversation thus far has uncovered many, many obstacles but has also provided some intriguing potential solutions to this local and national problem. With a clear picture of some of the underlying issues such as substance abuse in the home, denial, funding for programs, and avoiding the subject all together, some amazing ideas for resolution have been brought to the drawing board. The efforts of the group will be focused on young adults in middle and high school and will be structured in a way that they will have a lot of input in finding and promoting solutions. The first step of the process is underway with the Morris Morrison (Motivational Speaker) presentations in all Fayette County Middle Schools. There will be more to come as the meetings come to an end and the resolution begins. The message will be...Think Positive !...the outcome could be amazing!

MENTAL HEALTH FIRST AID (MHFA) TRAININGS IN MAY AT FCBHA

Children's MHFA—May 5, 2014

MHFA is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems, builds understanding of the importance of early intervention, and most importantly – teaches individuals how to help a child or adult in crisis or experiencing a mental health or substance use challenge. MHFA uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help.

Anyone who regularly works or interacts with youth – teachers, athletic coaches, mentors, clerical, criminal justice professionals may find the course content useful. The core Mental Health First Aid course has been successfully offered to a variety of audiences including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.

We're Sorry—This training is currently full.



Adult MHFA—May 14, 2014

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adults, including anxiety, depression, psychosis, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn a core five-step action plan to support an adult developing signs and symptoms of mental illness or in an emotional crisis:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

To Register go to

http://www.fcbha.org/PDF/Adult_MHFA.pdf

VALUE BEHAVIORAL HEALTH (VBH) RECOVERY AWARD

Every year at the Annual Consumer Recovery Forum in April, VBH recognizes an individual for their Leadership in Recovery. The individual chosen has demonstrated a true dedication to his or her recovery journey and is recognized and applauded by both the provider that nominates them and the Recovery community. This year, FCBHA joins VBH in congratulating the winner of the Recovery Award in Fayette County, Mr. Harold Miller, who was nominated by Bernadette Behary of Crosskeys Psychiatric Rehabilitation Program. He overcame homelessness and is now gainfully employed by Fayette Resources, has a home, car, and dog. Harold encourages everyone in recovery to try new things and grow. We congratulate him on his success and wish him many more achievements in the years ahead! Mr. Miller is pictured above accepting his award from Dr. Mark Fuller, Chief Executive Officer of Value Behavioral Health. We would also like acknowledge Ms. Christina Castor who was nominated by Chestnut Ridge Counseling Services.



THINGS TO REMEMBER ABOUT RECOVERY

1. There are many pathways to recovery
2. Recovery is self-directed and empowering
3. Recovery involves a personal recognition of the need for change and transformation
4. Recovery is holistic (seeing the mind and body as one)
5. Recovery has cultural dimensions
6. Recovery exists on a continuum of improved health and wellness
7. Recovery is supported by peers and allies
8. Recovery emerges from hope and gratitude
9. Recovery involves a process of healing and self-direction
10. Recovery involves addressing discrimination and transcending shame and stigma
11. Recovery involves (re) joining and (re) building a life in the community
12. Recovery is a reality....It can, will, and does happen!



The ANSWER

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

Fayette County
Board of Commissioners
Alfred F. Ambrosini, Chairman
Vince Zapotosky
Angela M. Zimmerlink
www.FCBHA.org

FCBHA Advisory Board 2014 Meeting Dates

February 19, 2014
April 16, 2014
September 17, 2014
November 19, 2014

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

(open to the public)
5:30 PM

Other Upcoming Events!

Fayette County ID/DD Aging Conference—5/8/14
Young Adult Panel Discussion—5/8/14
Family Fun Fest—6/21/14

Go To:
<http://www.fcbha.org/Current.html>
For More Information on
News & Current Events



Video Conferences And Trainings At FCBHA

Deliberate Foreign Body Ingestion
June 11, 2014
Video

HCQU Training—5/20/14
HCQU Training—6/19/14

Visit:

[http://www.fcbha.org/PDF/
May_MHAM_Calendar.pdf](http://www.fcbha.org/PDF/May_MHAM_Calendar.pdf)

To See A Full List of
Planned Activities For
Mental Health Awareness Month

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.