

# The ANSWER

Fayette County Behavioral Health Administration Newsletter

SPRING  
2015

ReAffirm

Developmental Disabilities  
Awareness Month

ReView

Crisis Intervention  
Team Training

ReFresh

Threading Together  
Symposium

ReVive

Community Recognition  
Award

What's UP?

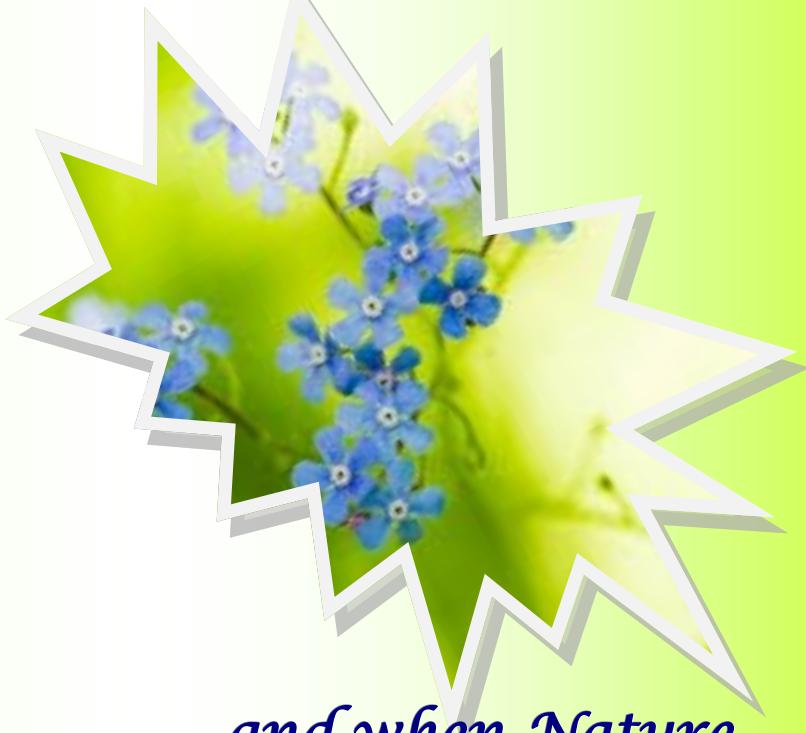
ReMind  
ReInvigorate  
ReFocus  
ReDedicate

Holidays /  
Office Closures

Good Friday—4/03/15  
Memorial Day—5/25/15  
Independence Day—7/03/15

Contact Us:  
(724) 430-1370  
[www.FCBHA.org](http://www.FCBHA.org)

*The Beautiful Spring Came;*



*and when Nature  
resumes her loveliness,  
the human soul  
is apt to revive also.*

Harriet Ann Jacobs

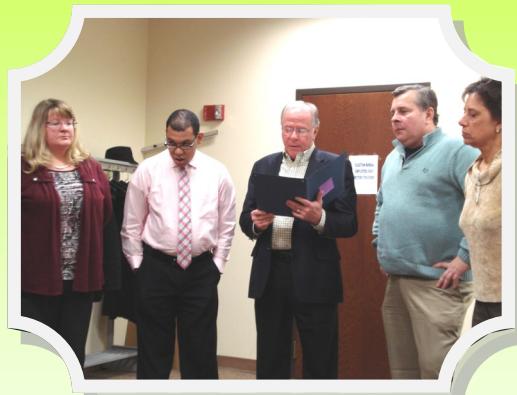
An edition focused on looking at things ...  
*in a new and positive way!*

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

# Developmental Disabilities Awareness Month



Left to Right: Sherri Mitchell, Charles, Ryan, Nicole Barak



Sherri Mitchell, Charles, Commissioner Ambrosini, Commissioner Zapotosky, Commissioner Zimmerlink

**WHEREAS**, in 1966, Pennsylvania Legislature enacted the Mental Health/Intellectual Disabilities Act to provide comprehensive community-based services to all persons regardless of ability to pay; and

**WHEREAS**, community-based programs have dramatically reduced the number of individuals living in state institutions; and

**WHEREAS**, Fayette County provides services for over 600 Fayette County residents with intellectual disabilities; and over 300 children eligible for Early Intervention services; and

**WHEREAS**, Fayette County is committed to the concept of Self Determination, which promotes the right for all individuals to determine how they will live their lives, where and with whom as well as freedom of choice, control, dignity and respect; and

**WHEREAS**, through the Fayette County Behavioral Health Administration and various service providers, quality community-based services are available to Fayette County residents.

**NOW, THEREFORE, WE**, Vince Zapotosky, Chairman, Angela M. Zimmerlink and Alfred F. Ambrosini, Commissioners of Fayette County, do hereby proclaim March 2015 as **“Developmental Disabilities Awareness Month”** to be observed with appropriate community programs, ceremonies and activities.

Reaffirm.....with a proclamation by the Fayette County Commissioners !

♦ **24TH ANNUAL BOARD MEETS BOARD NIGHT...** Each year since 1991, FCBHA has invited the Advisory and Governing Boards of its providers to spend an evening with each other and the individuals and families they serve. It provides everyone an opportunity to see and hear how their work has impacted those families' everyday lives. Other vendors and service providers are also invited to share information about other services and supports offered in Fayette County. It is always a beautiful and uplifting evening with stories of some struggles but even more successes. This year the event will be held on **Wednesday, March 25th** at the Jewish Community Center beginning at 7:00 PM. If you would like to attend, please call Nicole Kmetz at (724) 430-1370 or email [nicolekmetz@fcbha.org](mailto:nicolekmetz@fcbha.org).

- ♦ **SPRING MEANS.....SPECIAL OLYMPICS TRACK & SWIMMING!!** Training begins 3/16 and takes place every Monday until 5/18 at Uniontown High School from 5 PM to 7 PM. For more information visit the [Fayette County Special Olympics](#) website.
- ♦ **ACHIEVING A BETTER LIFE (ABLE) ACT ...** People who were disabled before the age of 26 can now contribute up to \$14,000 each year to an ABLE account. Earnings would grow tax-free and not interfere with their existing benefits such as Medicaid or SSI as long as it is used for housing, transportation, education or wellness.

# Crisis Intervention Team Training

Review....look over, examine, or study again!

Also known as CIT...the most recent week-long training was conducted by FCBHA the last week of February. This is the third week-long training FCBHA has conducted over the past 5 years and it was, once again, a huge success. With 9 participants this year, over 30 CIT officers have now been certified throughout Fayette County representing 14 jurisdictions. According to Dave Rider, Mental Health Program Director, "We continue to widen the footprint of this partnership, and the outcomes are dramatic." There are real stories from officers who wholeheartedly support this event because it has enabled them to really reach people and help them in ways they could never have imagined prior to being trained. It really does simmer down to a matter of trust between someone who needs a friend and someone who is there to help. Mr. Rider has pledged to provide ongoing support throughout the year and between trainings to those who have spent the time and energy to enhance their skills to better serve this very special group of citizens in this very targeted discipline.

## Faculty Presenters in 2015:

Vinny Traynor – Uniontown Hospital PD  
David W. Rider – FCBHA  
Brian Eberts, MD – CRCSI  
Bernadette Behary – Crosskeys Human Services  
Psychiatric Rehabilitation participants (panel presentation) – Crosskeys  
Keather Likins – Veterans Administration  
Mike Bodis – Veterans Leadership Program of Western PA  
Russell Korner, Esq. – Fayette County Mental Health Review Officer  
Patrick Morrison – FCBHA  
Bernadette Evans – Crossroads LTSR (CRCSI)  
LTSR Residents – individual presentations and Art Show  
Tammy Knouse and Heather Pirl – Fairweather Lodge (FCCAA)  
Diana Lowry – Highlands Hospital  
Rege Lazor – Behavior and Learning Support Systems, LLC  
Daria Cobert – NAMI and MHA in Fayette County  
Dayna Shallenberger – MHA in Fayette County  
Bethany Connors – Family Behavioral Resources  
Brittany Winfrey – Southwest Behavioral Care  
Kate Vozar – Fayette County Problem Solving Courts  
LeRoy Townsend and Ashlee Rosner – Fayette County Adult Probation  
Sarah Seipel – CRCSI  
CRCSI Crisis Team – CRCSI  
Shani Smith – Genesis House  
Sergeant Dan Sherbinsky – Connellsville PD  
Constable Mark Pasquale – Fayette CIT

## Special Guests / Graduation Speakers

Chief James Capitos – Connellsville PD  
Chief John Kaminsky - Uniontown Hospital PD  
District Attorney Jack Heneks – Fayette County DA  
Commissioner Alfred Ambrosini – Fayette County Commissioner  
Trooper. George Mrosko – PA State Police

## Congratulations....Class of 2015

Ian Miller – Fayette County Adult Probation  
Margaret Epley – Fayette County Adult Probation  
Robert Mankovich – Uniontown Hospital PD  
Nicholas Bielich – Uniontown Hospital PD  
Rob Wilson – PA State Police  
Jarrod Britt – Fayette County Juvenile Probation  
Jessica Miner – Fayette County Juvenile Probation  
Jamee Waligura – Fayette County Jail  
Timothy Knapp – Detective, Fayette County District Attorney's Office

Sincere thanks and gratitude goes out to those who volunteered their time to provide this training. Their expertise in serving this special population is really what makes the program truly effective.



My what a colorful bunch!

# Threading Together Community Connections

ReFreshing.....



Pictured left to right: Kellie Gavran, Dr. Donald Sheffield, Roxanne Johnson, Wendy Pennington

## Special Thanks go out to the Exhibitors who made this day a huge success:

Circles Connellsville Area  
Connellsville Area Community Ministries  
Fayette County Community Action Agency  
Value Behavioral Health of PA  
Faith Assembly of God  
Bruderhof  
Making a Change  
FCBHA – Early Intervention Program  
Carnegie Free Library  
Coordinated Child Care  
Penn State Extension  
Head Start/Early Head Start of Fayette County  
Private Industry Council  
Mental Health Association Consumer Survey  
Pennsylvania System Of Care  
Miracle League of PA's Laurel Highlands  
Youth & Family Training Institute  
Dress for Success  
Hear Fayette – St. Vincent DePaul  
Uniontown Arts Center

Threading Together Community Connections was held February 19, 2015. The event was organized by Fayette County Family Advocates Roxanne Johnson and Wendy Pennington with help from Kellie Gavran and the staff of FCBHA in co-operation with the Pennsylvania System of Care Partnership. The purpose of the event was to help families and providers better understand what the community has to offer them, make recommendations on what might be needed to build more effective services for families, and become a part of a team to make that happen. Family Advocates Roxanne and Wendy support families by helping them understand their VOICE in the SYSTEM OF CARE. System of Care partners are trusted with the task of creating sustainable change to empower youth and families, and develop youth-serving systems that lead to the fulfillment of hopes and dreams.

Guest speaker for the event was Dr. Donald Sheffield, who discussed *Cultural Linguistic Competency* and *The Culture of Poverty*. Both discussions were poignant, entertaining and enlightening. An Educational Consultant with many years in the field of higher education, Dr. Sheffield provides extensive diversity training for corporations, businesses and schools. He also conducts workshops for parents in maximizing the potential of their children. Also presenting at the event was Circles of Connellsville and Fayette County Community Action Agency.



It's really OK to Be Yourself !!

# Congratulations!

Since 1996, the FCBHA Advisory Board has reached out to the community to identify and honor an individual or group who makes a difference in the lives of people in recovery, with mental health issues, or Developmental / Intellectual Disabilities. The list of recipients is impressive as are the individuals who have been nominated for the award. The recipient for 2014 is **Mr. Vincent Weaver**, Owner of Vinny's Hair Designs. Vinny, as he prefers to be called, was nominated by Ms. Amy Kacmar of Goodwill of Southwestern Pennsylvania because of his work with and dedication to people in recovery. Not only is Vinny involved in several Advisory Boards in Fayette County including the HealthChoices Advisory Board at FCBHA, he was also honored by Goodwill with a Power of Work Award. Recognizing that people in recovery often burn bridges with friends, family, and employers, Vinny has stepped up by offering employment to some and extending a hand of trust to others. He has helped many by giving them a chance to prove they are trustworthy with the necessary skills and talents to maintain employment. Over the years, he has provided the kind of support and encouragement that helps individuals gain self-esteem and a sense of worth.



## Thank You Vinny and Congratulations !

from the FCBHA Advisory Board and the People whose lives you have changed.



Revive....restore life or consciousness

## Spread Your Wings in the Community!!

I think tolerance and acceptance and love is something that feeds every community.....

*Lady Gaga*

# What's UP?

- ◆ April 2, 2015 Town Hall Meeting at South Union Township VFD—Organized by Representative Tim Mahoney
- ◆ April 8, 2015 LifeSharing Training Event at FCBHA—6:30 PM—for more information, go to [FCBHA.org](http://FCBHA.org)
- ◆ April 9, 2015 Community Care Recovery Conference—Changing Behaviors to Improve Health ([Register](#))
- ◆ April 10, 2015 Non-Suicidal Self Injury Training at FCBHA—Registration required (724) 438-4453 - \$30
- ◆ April 11, 2015 NAMI—SWPA Education Conference—Tackling the Stigma of Mental Illness—Call NAMI
- ◆ April 17, 2015 VBH Consumer Recovery Forum—Cranberry Marriott—for more information [click here](#)
- ◆ April 20, 2015 Human Trafficking Forum @ Penn State Eberly Campus by Crime Victims' Center & CYS
- ◆ May 7, 2015 Mental Health Awareness Month—**Children's Mental Health Day**

This is great!! I Love this stuff!

[Visit FCBHA.org for Updated News & Current Events](http://FCBHA.org)



# ReMind

**Mindfulness** is a state of active and open attention on the present. When you are **mindful**, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, **mindfulness** means living in the moment and awakening to experience. While we should always be mindful, sometimes it helps to slow things down and practice the process. One way to do this is through Yoga. In an effort to help employees be healthier and happier, FCBHA will begin Yoga in April, one day a week after work. This practice promotes physical, mental, and spiritual well-being. The class will be lead by Robyn Brady, FCBHA Early Intervention Service Coordinator.

# ReInvigorate

Give New Energy or Strength to.....

**Take a Hike**....nothing reinvigorates the mind, body, and spirit like a walk. The sights, sounds, and smells of the outdoors will stimulate your senses and make you feel more awake and alive. If you're inclined to join a group, here are a couple fun ways to get started.

**Join the FCBHA Walkers** participating in the March for Babies at Mount Macrina in Uniontown on Saturday, April 18th. Eight walkers are busy raising funds to benefit the March of Dimes and would love your support. Help employees Brandi, Nicole, Susan, Connie, Michelle, Jackie, Pat, and Jeremiah and the beautiful babies of Fayette County by making a small donation to the cause at [www.marchforbabies.org/](http://www.marchforbabies.org/) or join them the day of the race....**just show up!**

**Fayette County Healthy Lifestyles Wednesday Wellness Walks** begin on June 10th at Nemacolin Woodlands. We'll share more details in the next edition of The Answer as the events are still being planned.

**According to the American Heart Association** ... There are countless physical activities out there, but walking has the lowest dropout rate of them all! It's the simplest positive change you can make to effectively improve your heart health. Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well-being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (type 2) diabetes

**So find a fun place to walk and a friend to join you ... Reconnect and Reinvigorate!**

# ReFocus

That's been one of my mantras - **focus and simplicity**. Simple can be harder than complex: You have to work hard to get your thinking clean to make it simple. But it's worth it in the end because once you get there, you can move mountains.

[Steve Jobs](#)

Focus on something new or different ...

# ReDedicate

Dedicate Anew...

FCBHA strives to inform and educate its staff, staff members of our provider partners, and other mental health professionals practicing in our community by hosting trainings on a regular basis. We understand it is important to be aware and advised of changes that affect consumers and new things that can help the citizens of Fayette County.

## MANDATED REPORTER TRAINING

Held on January 5th, the purpose of this training was to examine and discuss recent changes to the Child Protective Services Law and Educator Discipline Act. On January 5th, Ms. Pat Mowen of the Crime Victims' Center spent the morning with FCBHA staff covering the who, what, when, where, and whys of Mandated Reporting of suspected child abuse under the new rules. Mandated Reporters are individuals who come into contact with a child in the course of employment, occupation, practice of a profession or any regularly scheduled program, activity or service. They are required by law to report the suspected maltreatment of a child by calling the ChildLine toll Free at 1-800-932-0313 or at [www.compass.state.pa.us/cwis](http://www.compass.state.pa.us/cwis) . If you feel that you are a Mandated Reporter because of your exposure to children, a free training is available through the Pennsylvania DHS at .....

[www.reportabusepa.pitt.edu](http://www.reportabusepa.pitt.edu)

For more information about how to help keep kids safe in Pennsylvania and details on the Child Protective Services Law, you can also go to the new website established to serve as the hub for information related to critical components impacting child protection at <http://keepkidssafe.pa.gov/> .



Don't be confused by the 400+ species of birds flying around Pennsylvania....  
learn more about them at:

[Pennsylvania  
Birding & Wildlife Guide](#)



**Fayette County  
Behavioral Health  
Administration**

(724) 430-1370

Lisa Ferris-Kusniar  
Chief Executive Officer

[www.FCBHA.org](http://www.FCBHA.org)



**Fayette County  
Board of Commissioners**

Vincent Zapotosky, Chairman  
Angela M. Zimmerlink, Vice Chair  
Alfred F. Ambrosini, Secretary

**FCBHA Advisory Board  
2015 Meeting Dates**

February 18, 2015  
April 15, 2015  
September 16, 2015  
November 18, 2015

(open to the public)  
**5:30 PM**

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

**Special Event:  
Board Meets Board**  
In Recognition of  
Developmental Disabilities  
Awareness Month  
Jewish Community Center  
March 25, 2015  
7:00—9:00 PM



**Video Conferences  
And Trainings At FCBHA**

**5/13/15  
Compassion Fatigue**

**6/10/15  
Child Bipolar Disorder**

**Go to:**

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

For a Full List of  
Events and Activities