



The ANSWER

Fayette County Behavioral Health Administration's Newsletter

Fall 2012

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Veteran's Day
November 12, 2012

Thanksgiving Holiday
November 22 & 23, 2012

Christmas Eve & Day
December 24 & 25, 2012

New Year's Day
January 1, 2013

Join the Voices for Recovery



Commissioner Alfred F. Ambrosini, Chairman, Commissioner Angela M. Zimmerlink, Christina Castor, Commissioner Vince Zapotosky and James Hooper.

On August 21st, the Fayette County Commissioners signed a proclamation to honor September as National Recovery Month in an effort to raise awareness that prevention works, treatment is effective, and people recover from mental and/or substance abuse disorders. Joining them at this public event were James Hooper and Christina Castor, both celebrating their accomplishments as individuals in recovery.

Last year, 164 proclamations were issued nationwide, including one by the President of the United States. The signing of this proclamation was part of the 23rd observance of *Recovery Month*, sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). This year's theme was "Join the Voices for Recovery: It's Worth It".

According to recent data released by SAMHSA in 2010, 2.6 million people aged 12 or older who needed treatment for an illicit drug or alcohol use problem received treatment at a specialty facility. Also, 31.3 million adults aged 18 or older received mental health services during the past 12 months. These are all-too-common problems, and it's imperative that individuals in Fayette County understand that the benefits of preventing and overcoming mental and/or substance use disorders are significant and valuable.

If you would like more information about local behavioral health services and supports please visit our website at www.fcbha.org

Mission

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



Kid Talk

Get Moving! Fitness Tips for Kids

Here is the rule: get one hour or more of physical activity each day! The good news is that your kids' 60 minutes of physical activity doesn't need to happen all at once. Just help them get active for 10 or 15 minutes a few times a day. You don't need fancy equipment or a health club to help your kids get their daily physical activity. All you need are some regular household items and a little imagination. Combine a few of these tips, and they'll quickly add up to a fun and healthy 60 minute routine. Naturally, the best way to get your kids moving is to get up and go with them. So make daily activity part of the program, and you can enjoy the health benefits too!

At-Home Gym

- * Step to It: Take three trips up and down the stairs with your child, or do 20 step-ups on one step.
- * Kangaroo Jump: Tape a shoelace to the floor in a straight line. Have your child stand on one side of the string with both feet together. Count to three, and cheer as he or she jumps over the string and back 10 times. Take a short break—and do it again!
- * Crab Crawl: Sit with your feet flat on the floor, knees bent. Lean back and place your hands flat on the floor behind you. Lift your seat off the floor, putting your weight on your hands and feet. Now, crab crawl around the room with your kids.
- * Can Do: go to the kitchen and find two of the heaviest cans your child can hold. Have him stand with his feet flat on the floor, with the cans in his hands and arms at his side. Show him how to lift the cans up to his chest, bending his arms at the elbows. Have him hold for two seconds, and then slowly lower his arms. Repeat 10 times.
- * Reach for the Sky: grab a small textbook and hold it by the spine. Make and "L" with your arm—with your upper arm at shoulder level and your forearm pointing toward the ceiling. Now extend your arm straight over your shoulder, pushing the book toward the sky. Return to the bent-arm position. Repeat 10 times, and then switch arms. Have your kids follow along with their own books (and arms).
- * Get on Down: Start with two bottles of laundry detergent (or any large bottle with a handle). Have your child stand with her feet flat on the floor, shoulder width apart. Place the bottles on each side of her feet. Watch as she bends her knees, grabs the bottles and stands up. Repeat 10 times.
- * Hoop it Yourself: A trash can (or even a box) makes a great indoor basketball goal—perfect for quick game of one-on-one.

House Music

- * Two Steps: Teach your kids to dance while they talk on the phone, watch TV, brush their teeth or clean their rooms.
- * New Moves: Have your child invent his or her own dance steps. They can be cool—or just wacky.
- * Dance-A-Thon: Try to hop on one foot with your kids all the way through their favorite song.
- * Jumping Jack Flash: Start with a shorter song and see if your child can do jumping jacks all the way through it. Work your way up to the longer songs

Video Workouts

- * Check it Out: Libraries and video stores have tons of workout videos for all kinds of tastes. Find your child's style and take it to the house!
- * Stretch Your Mind: What about a Yoga video? Yoga is a great way for kids to start the day—loosens muscles and even helps focus the mind.
- * Double Time: When watching TV at home, do jumping jacks, pushups, or crunches during commercial breaks.

Chores and More

- * Get the House in Shape: not only will they score points with you, but cleaning their rooms, vacuuming or doing the dishes can also get your kids' hearts pumping.

Get Out There

- * Go Green (thumb): When the weather is nice, mowing the grass or gardening are great forms of activity.
- * Team Up: Organize the kids on your block to play a huge game of "Capture the Flag."
- * Made for Walking: Teach your kids to use their feet every chance they get. Let them walk to a friend's house, to the store, around the mall or wherever it's safe to walk. While they're at it, they can walk the dog!
- * How they Roll: Encourage your kids to put their muscles to work on their bikes, skates or scooters. Don't forget helmets and pads.
- * A Dash of Speed: See how fast you and your kids can run for one block.
- * Home Teams: Your children don't need to play organized sports to enjoy team activities. They can meet up with a few friends to shoot hoops, kick a soccer ball, play street hockey or throw a football or baseball.
- * Give Them the Ball: Teach your kids how to get everyone moving. When they're babysitting or playing with younger brothers and sisters, show them how to invent games and get everyone involved. Young kids love games like hopscotch, tag, hide-and seek, hula hoops, jumping rope, squirt guns—especially when they're doing it with a "cool" older kid.

"This information was provided by The Alliance for a Healthier Generation, founded by the American Heart Association and the William J. Clinton Foundation. For more materials like this one, visit www.HealthierGeneration.org."



Suicide Prevention Week Observed



Lisa A. Ferris, CEO, FCBHA, Dayna Shallenberger, Mental Health Association in Fayette County, James Hooper, Christina Castor, Bethany Connors, FCBHA and Windy Dougherty, Chestnut Ridge Counseling Services, Inc.

Fayette County's suicide prevention taskforce, C.A.L.L. (Community Awareness of Life and Loss) along with the Fayette County Commissioners, local behavioral health professionals and individuals in recovery proclaimed September 9-15 as Suicide Prevention Week.

Everyone needs to know about risk factors for suicide. They may include advancing age, chronic health problems, use of many medications, changes in health status, a previous suicide attempt, multiple losses, and firearms in the home. If you see signs of suicidal behavior, there are several things you can do:

- ◆ Do not be afraid to ask if the person has thoughts about suicide. You will not be giving them new ideas.
- ◆ Do not act surprised or shocked. This will make them withdraw from you.
- ◆ Continue talking and ask how you can help.
- ◆ Be non-judgmental. Don't debate whether suicide is right or wrong, or feelings are good or bad.
- ◆ Offer empathy, not sympathy.
- ◆ Do not be sworn to secrecy. Get help from persons or agencies that specialize in crisis intervention.

When suicidal behaviors are detected early, lives can be saved. There are services available in our community for the assessment and treatment of suicidal behaviors and their underlying causes. If you believe there is a risk for suicide, contact a professional immediately. Call the National Suicide Prevention Lifeline at (800) 273-TALK, the local crisis line at (724) 437-1003, a family physician, a medical emergency room or 911. Not all suicides can be prevented, but we can be vigilant for the signs of this silent killer.



FCBHA Employee Retires

On July 27th, the staff at FCBHA wished their fellow-employee, Carm Amber, congratulations on her retirement. A graduate of Redstone High School, Carm worked in behavioral health for 24 years which included time at Chestnut Ridge Counseling Services and Fayette County Service Connections before joining FCBHA in July 1998.

Throughout her 14 years at FCBHA, Carm had the opportunity to work with many different people and departments. Although she enjoyed all of her time with us, her favorite job was working with Harry in the fiscal unit.

She is the proud mother of two sons and three grandchildren. She plans to spend more time with her family as well as her dog, Nikki who is her constant companion. She also plans to travel and volunteer at local charities.

Congratulations Carm and thank you for your many years of service!



Miracle League Ribbon Cutting

The Miracle League of Pennsylvania's Laurel Highlands had their ribbon cutting celebration on August 19 at Bailey Park. After much work and collaboration with the city of Uniontown and a \$25,000 Fayette County Tourism grant from the Laurel Highlands Visitor's Bureau, the small field at Bailey Park was finally ready to accommodate the special needs of the players. With renovations to the playing surface completed and dugouts to accommodate wheelchairs and other adaptive equipment, the league had a field to call their own.

The day began with a parade starting on Beeson Avenue and ending at the ball field at Bailey Park. Everyone enjoyed hotdogs, iced tea, cookies, popcorn and snow cones.

After acknowledging the efforts of Representative Tim Mahoney, Mayor Ed Fike, Councilman Francis "Joby" Palumbo, Ron Virag, Executive Director of the Laurel Highlands Visitor's Bureau and Commissioner Alfred F. Ambrosini, we were ready to play ball! Emily Densmore sang The Star Spangled Banner. E. J. Lowery, whose parents Mark and Christine started the league in Fayette County, threw out the first pitch to Representative Tim Mahoney.





Here's the Buzz...

Walk Series Ends

The Healthy Lifestyles Task Force finished another fun-filled Wednesday Walk Series. The season included adventurous walks in Point Marion, Christian W. Klay Winery, Franklin Township, Brownsville, Friendship Hill and concluded with a picnic at the Knights of Columbus.

The H.L.T.F. thanks everyone for their help, support, and donations of time, space, and stories. We look forward to walking with all of you again next year.



Long-Time County Employees Retire

Lance Winterhalter, Fayette County's Prothonotary, retired in June after 22 years of service. As to his retirement plans, he is looking forward to spending more time with his family.

Fayette County Chief Assessor, James Hercik retired in August after 35 years. He is looking forward to getting involved in civic organizations and spending more time with his family.

Dave Madison, Administrator of Children & Youth Services, retired in August after 31 years. He plans on working as a child welfare advocate in the community but also plans to do some fishing and golfing.

FCBHA thanks Lance, Jim and Dave for their many years of service.

Seeking Nominations

The FCBHA Advisory Board is accepting nominations for the annual "Community Recognition Award". This award is given to an outstanding community leader or group who has made a difference in the lives of people in recovery, children and adults with mental health needs and/or individuals with intellectual disabilities. The nomination criteria is as follows:

- Nominee should be a Fayette County resident.
- Nominee can be an individual, community organization, organized advocacy group, current or former employee or consumer.
- Nominee should have a direct linkage to the system of care in some form of collaboration.
- The reason for the nomination should be associated with significant positive outcomes in the lives of consumers and/or Fayette County's community system of care.

Please contact Robyn Brady at (724) 430-1370 or visit our website, www.fcbha.org, to obtain a nomination form. Nominations and forms for the award must be submitted to FCBHA **no later than November 14, 2012**.

Parent Trainings

Community Connections, a cooperative effort among the Fayette County School Districts, is pleased to announce their free training series for this school year:

Transition Mini-Fair
October 30, 2012
at Penn State Fayette

Gifted
February 26, 2013
at FCBHA

Job Fair for Students
April Date TBD
at Penn State Fayette

Cyber Bullying/Behavior
November 27, 2012
at FCBHA

ADHD
March 26, 2013
at East End United
Community Center

*Special Education
Eligibility Determination*
May 21, 2013
at East End United
Community Center

All sessions are 6:00-7:30 pm, with the exception of the April meeting which will be held during the school day. For more information contact your school district's special education department.



Recovery Corner



Recovery has been identified as a primary goal for behavioral health care. In August 2010, leaders in the behavioral health field, consisting of people in recovery from mental health and substance use problems and SAMHSA, met to explore the development of a common, unified working definition of recovery. Prior to this, SAMHSA had separate definitions for recovery from mental health

disorders and substance use disorders. These different definitions complicate the discussion as we work to expand health insurance coverage for treatment and recovery support services.

Building on these efforts and in consultation with many stakeholders, SAMHSA has developed a working definition and a set of principles for recovery. A standard, unified working definition will help advance recovery opportunities for all Americans, and help to clarify these concepts for peers, families, funders, providers and others.

The working definition of recovery from mental disorders and/or substance use disorders is as follows:

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Drawing on research, practice, and personal experience of recovering individuals, within the context of health reform, SAMHSA will lead efforts to advance the understanding of recovery and ensure the vital recovery supports and services are available and accessible to all who need and want them.

Please see SAMHSA's Recovery Support Initiative (<http://www.samhsa.gov/recovery>) for more information on recovery.

Farewell to a Friend



Agnes "Aggie" Almes, a lifetime advocate, fundraiser and familiar face to all, passed away peacefully on September 26, 2012 at the age of 92.

Aggie was loved by so many folks and was quite visible throughout our community. Her efforts and perseverance have had positive effects in providing opportunities of hope for the intellectually disabled community.

Her efforts were acknowledged locally when Aggie received the FCBHA Advisory Board's Community Recognition Award in 1997. She also received the highest state award, the Distinguished Service Award, from PAR, a provider organization, and a commendation for her work from the PA House of Representatives.

Aggie was a member of the American Legion Post 51 Ladies Auxiliary, AMVETS Post 103 Ladies Auxiliary, Catholic War Veterans Ladies Auxiliary, the Elks and the Knights of Columbus. She was a dedicated member of the Board of Directors at ARC Fayette and was an active fundraiser for Fayette Resources.



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Chief Executive Officer

**Fayette County
Board of Commissioners**

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



American Psychiatric Systems Southwestern PA Health Care Quality Unit Trainings

Relationship Building
November 13, 2012-10:00AM-12:00PM

To register please go to: www.hcqu.apshealthcare.com

WPIC 2012 Fall Videoconferences

*Working Together: Managed Care, Behavioral Health
and Peer Specialists in Recovery-Oriented Programs*
November 14, 2012 – 9:00AM-11:00AM

*Light Therapy: Treatment Indications and
Proper Management*
December 12, 2012 - 9:00AM-11:00AM

To register please go to: 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.