

The ANSWER

Fayette County Behavioral Health Administration Newsletter

SUMMER 2015

RIGHT IN YOUR OWN BACK YARD!

A Pictorial Review
Of Children's
Mental Health
Awareness Day

Have the
Best Summer Ever !

Mental Health
Awareness Month
Activities

Community
QPR Training
Wednesday Walks
Mandated Reporting

Advocacy
Leadership Training
About HOPE

FCBHA:
Contact Information
Advisory Board Meetings
Trainings

Holidays / Office Closures

Independence Day—7/03/15
Labor Day—9/7/15
Columbus Day—10/12/15

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



Have FUN Right in Your Own Backyard!

On May 7th, FCBHA sponsored a children's event at Hutchinson Park to commemorate Children's Mental Health Awareness Day. This special day is observed by many communities nationally as a day to celebrate children and build awareness of their special emotional needs. Many local agencies and organizations came together from 5:00—7:00 PM to bring local children a few hours of fun. Activities included a variety of crafts, games, snacks, and ended with a balloon release. Each of these organizations worked hard to provide something memorable, informative and entertaining for the children. The evening was designed to encourage children and their families to have fun together and learn more about the programs, services, and organizations that are available to them throughout the community.

We encourage everyone to consider that today's children, youth, and young adults face many unique challenges from a rapidly changing world. But the reality is that some things never change. It has been proven that being part of a caring community can help children meet goals and thrive. Research shows that adolescents who take part in community-based programs achieve positive outcomes and emotional health. It was the goal of FCBHA to reach into the community and promote the principle of community (a feeling of fellowship) ... and it was a great success!! We thank all the organizations who helped us put smiles on the faces of these beautiful children , we hope to organize many more events that promote the precious sense of belonging.

Thank You!!! Participants in this Event: Family Behavioral Resources; Adelphoi Village; Mental Health Association; Chestnut Ridge Counseling Services, Inc.; Value Behavioral Health of PA; Highlands Hospital; CPP Behavioral Health; East End Community Center; and Fayette County Chapter of YouthMove.

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

Children's Mental Health Day!



Hutchinson Park, Hopwood - 5/7/15

Have the Best Summer Ever...

With Backyard Games!

1. **Water Balloon Catch**—With each successful catch, take a step back! Or if your friends are willing, make it a battle!
2. **Kan Jam**—all you need is a Frisbee and a trash can...you make the rules!
3. **Nine Pin**—Set up 9 fun bottles and roll a kick-ball...booya!
4. **Capture the FLAG**—each team defends their flag (or stuffed animal), capture it and get to your home base, they lose...get tagged, you're out!
5. **Cornhole**...formerly known as bean bag toss! Use a cutout or can and some bean bags for hours of fun.
6. **Freeze Tag**—Someone is IT...they get to freeze everyone else but a player can be unfrozen if a teammate dives under his legs....better yet, play this game to music, when the music stops everyone freezes, then the first to move is then IT ! That is....the DJ!
7. **Whiffle Ball**—takes a little skill but it's fun for all ages!



For more information on all the fun things to do right here in our backyard, go to www.laurelhhighlands.org

If you need more Recipes for FUN, go to:



Or Maybe Even?

1. Fly a Kite
2. Go for a hike
3. Picnic on the grass
4. Draw sidewalk chalk art
5. Play Hopscotch
6. Swimming pool time on a hot day
7. [Backyard Carnival](#)
8. Go to the Drive-In
9. Blow Bubbles
10. Visit a Farm
11. [Camp out under the stars](#)
12. Make S'mores over a fire
13. Corn on the Cob and Iced Tea
14. [Grill hotdogs and potatoes](#)
15. Ice Cream with a Friend
16. Take a road Trip
17. Build a Sandcastle
18. Ride a Bike
19. Play tennis, mini golf, kick ball
20. Put on a show
21. Make Lemonade from scratch
22. Eat Watermelon
23. Make a tree swing
24. Pick wildflowers
25. Have a Pillow Case Race!
26. Find Cloud figures in the sky
27. Let your mind soar!



Foodnetwork.com
[for some Healthy Grilling and Summer Recipes](#)

Find some [Things to do in Pennsylvania](#)
(www.visitpa.org)

[Visit the Parks of Pennsylvania](#)
at <http://dcnr.state.pa.us/stateparks/recreation/>

Mental Health Awareness Month



At the April Commissioners meeting, a proclamation was read supporting Mental Health Awareness Month in Fayette County. Pictured to the left is Dustin Murray with Commissioners Ambrosini and Zapotsky. A variety of fun and informative activities were planned throughout the month of May such as:

Crosskeys Human Services held their Annual Health Fair on May 15th. Twenty agencies provided healthcare information to the many participants. They did a scavenger hunt that required each person to visit a variety of tables and answer healthcare questions. The highlight of the day were two plays presented by Crosskeys Psychiatric Rehabilitation Program members (shown right). The first play, "The Long Road Back" addressed bullying and how Elizabeth had been bullied throughout school and work. She returned to her 10th year high-school reunion to show people that they had not beat her down. Her worst tormentor was happy to see her and apologized for being so mean. The second play addressed the subject of Hearing Voices and the lack of understanding and empathy some receive from family members. Both plays were well-performed and really helped the audience to better understand these issues. WAY TO GO actors and actresses!! After lunch participants enjoyed Zumba, Belly dancing and prizes. Thank you Sister James Anne Germuska and the staff at Crosskeys Human Services for a fun and informative day!



From Left to Right Above: Carlos Williams, Thelma McGee, Jennifer Hull, Lenny Meyers, Jeanne Obradovich, Cassandra Dodson, Tayla Oaster

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

From Left to Right:
Christine Stone and Danielle Hudak representing YouthMove at the Crosskeys Health Fair. 



Wellness Month Activities

SPRING & SUMMER SPECIAL EVENTS AND ACTIVITIES IN 2015:

- ◆ May 6th DD / ID Aging Conference
- ◆ May 7th Children's Mental Health Day at Hutchinson Park
- ◆ May 7th Torrance "Alternatives" Conference
- ◆ May 11th Area Health Education Center Meeting at Penn State, Fayette
- ◆ May 11th East End United Community Center Health Fair
- ◆ May 15th Crosskeys Health Fair
- ◆ May 16th Union Station Yard Sale
- ◆ May 27th Drop in Open House at the Newly Relocated Mental Health Association Office
- ◆ June 2nd PAK (Parents of Autistic Kids) meeting at FCBHA—6:30 PM—First Tuesday each month
- ◆ June 4th Head Start Ribbon Cutting at 112 Commonwealth Drive, Lemont Furnace, PA 15456
- ◆ June 4th HALO Autism Support Group meeting at FCBHA from 6:30—8:30—First Thursday each month
- ◆ June 8th Youth Mental Health First Aid at FCBHA—call 724-430-1370 to register
- ◆ June 10th Families on the Move! At Areford Park— 12:00—1:00 PM— RSVP to 724-438-3011 extension 11
- ◆ June 10th Lifesharing Training Event at FCBHA from 5:30—8:00 PM
- ◆ June 17th Anniversary Luncheon for FCBHA and Provider Employees with 10 Years of Service
- ◆ June 17th Families on the Move! At Eberly Park—Kid's fitness activities, health tips, snacks & fun!
- ◆ June 20th Family Fun Fest at the Fairgrounds—**Rain or Shine** from 10:00 AM—3:00 PM
- ◆ June 25th Adult Mental Health First Aid—register at <https://www.surveymonkey.com/r/FAYETTE-JUNE2015>

CHESTNUT RIDGE COUNSELING EVENT

On May 6, 2015 the Consumer Advisory Board at Chestnut Ridge Counseling Services, Inc. (CRCSI) held a "Keys to Recovery" Conference. The conference began with an anti-stigma presentation, "Telling Our Story", that was created by the Partners for Recovery Anti-stigma Committee. It was a very informative, powerful and moving presentation that inspired many questions and comments afterwards. Cathy Karwatski later did a presentation on WRAP (Wellness Recovery Action Plan) that explained how to create a plan to stay well, what to do when things "fall apart", and how to get back on the course to recovery. The day concluded with CRCSI's Recovery Puzzle that really got everyone's attention. There were door prizes and many informative interactive tables to visit throughout the day. Well done Consumer Advisory Board members and thank you Chestnut Ridge Counseling Services. We are looking forward to next year's conference already!



COMMUNITY PARTNERS—FCBHA strives to be a good community partner. Staff trainings occur regularly at our office and we often share our knowledge and space with Advocacy Groups and other local providers of mental health and intellectual disability services. On May 21st, Family Behavioral Resources used the FCBHA conference area to provide QPR Gatekeeper Instructor Certification Training. What is this and how does it impact our community?? **QPR stands for Question, Persuade and Refer**, three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. During the day-long training, 10 registrants became QPR Instructors....**Congratulations!** And thank you for the work and time you will invest on behalf of the citizens of Fayette County. For information about QPR training, call Bethany Connors, FBR Clinical Director at 724-438-4960.

FAYETTE COUNTY HEALTHY LIFESTYLES TASK FORCE WEDNESDAY WELLNESS WALK SERIES

June 10th—Nemacolin Woodlands
June 17th—Ferncliff Wildflower Hike
June 24th—Lafayette History Walk
July 1st—A Walk Around Dunbar
July 8th—Sanaview Organic Farm
July 22nd—Redstone Township
July 29th—Brown's Run Trail Hike
August 5th—Brownsville—Luzerne Park
August 12th—Allen Hill Dairy Farm
August 19th—Christian Klay Winery Walk
August 26th—Rich Farms—Celebration Picnic

For More information about the taskforce and their mission, call (724) 263-0984 or go to:

www.stepstoahealthierfayettecounty.org

**DON'T FORGET THE ANNUAL
10-YEAR ANNIVERSARY LUNCHEON
JUNE 17, 2015 AT 11:00 AM
DUCK HOLLOW,
MALLARDS LANDING**

**RSVP
TO NICOLE FIJALKOVIC AT
(724) 430-1431**

CONGRATULATIONS HONOREES!

MANDATED REPORTER TRAINING

FCBHA held a 2nd Mandated Reporter Training on May 11th. 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 why 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 . If you feel that you are a Mandated Reporter because of your exposure to children, a free training is available through the Pennsylvania Department of Human Services at:

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/> .

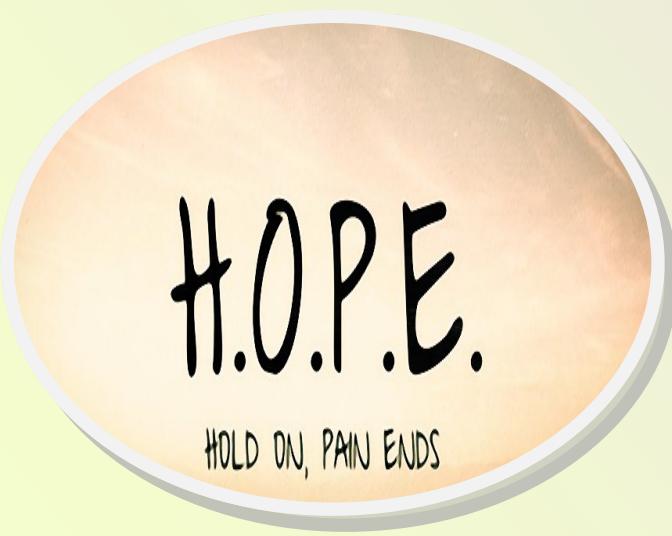


ADVOCACY NETWORK ...

THEY'RE READY TO ROLL !



An Advocacy Network and Center is about to become a reality in Fayette County thanks to the hard work and continuous collaboration of those who share the vision of **Peer Leadership** and coordinated resources focused on consumer recovery, resiliency, and advocacy. Some very dedicated Peer Leaders have just completed a series of trainings to help them implement a Governing Board for the Network and begin daily operations in a new office space. The Mental Health Association, who will aid Network participants with their fiduciary needs and operational issues, has been gearing up to provide what's needed to help Advocacy Network succeed. This includes moving to a new space located at 100 New Salem Road in the Health Center Building. Advocacy Network participants will have a shared office space and equipment available to them during business hours. Groups currently participating in the Network are NAMI, Partners for Recovery, YouthMove, the Suicide Prevention Taskforce in Fayette County, and MHA in Fayette County. The Network will provide a peer-led resource bank for advocates in many areas. While cohesive in a sense, each will remain a fiscally independent entity sharing some of the tools they need to succeed in their individual pursuits. **Congratulations to everyone who has worked so hard to make this dream a reality!** We'll keep you posted on their progress as the website and center come together. **In the photo above from left to right:** are Diana Brocious, System of Care Trainer; George Hudak, Board Trainee; Jennifer Williams, Board Trainee; Cathie Redman, Certified Peer Specialist; Dustin Murray, Board Trainee; Crystal Karchak, System of Care Trainer.



Whether the issue is a mental health or substance abuse disorder, something that makes you sad, mad, or uncomfortable...Recovery is possible and Recovery emerges from hope. The Substance Abuse and Mental Health Services Administration has identified 10 guiding principles of recovery...**Hope is #1.**

The principle of HOPE is as follows:

The belief that recovery is real provides the essential and motivating message of a better future—that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them. Hope is internalized and can be fostered by peers, families, providers, allies, and others. Hope is the catalyst of the recovery process.

TO READ THE 10 PRINCIPLES OF RECOVERY, GO TO:

<http://store.samhsa.gov/shin/content/PEP12-RECDEF/PEP12-RECDEF.pdf>



FAYETTE COUNTY
BEHAVIORAL HEALTH ADMINISTRATION
215 JACOB MURPHY LANE
UNIONTOWN, PA 15401



Fayette County Behavioral Health Administration

(724) 430-1370

Lisa Ferris-Kusniar
Chief Executive Officer

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

April 15, 2015

May 20, 2015

September 16, 2015

November 18, 2015

(open to the public)
5:30 PM

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

For information about this Advisory
Board and how to apply for a position
on this Board, please visit our website:

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



Video Conferences
And Trainings At FCBHA

6/10/15
Child Bipolar Disorder

9/15/15
**Evidence Based Treatments for
Post-Traumatic Stress Disorders:
An Overview**

Go to:

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

For a Full List of
Events and Activities