



The ANSWER

Fayette County Behavioral Health Administration Newsletter

AUTUMN 2014

Back to School

Learning
With IM4Q

WE CAN !

Childhood Obesity
Awareness Month

Bully-Proof
Your Child

Teens and Anxiety

College Students
And Depression

September is
Recovery Month

Update on
Suicide Prevention

Post Its

Trainings

Holidays/
Office Closures

Columbus Day—10/13/14
Veterans Day—11/11/14
Thanksgiving—11/27 & 28/14
Christmas—12/24 & 25/14

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

LEARNING ... *IT'S AN ONGOING PROCESS!*



Standing left to right: Marlene Gray, Shirley Peccon, Sue Baron, Barb Cook
Seated left to right: Maureen Gibson, Dayna Shallenberger, Kristie Angel, Kathy Verbus

Fayette County Behavioral Health Administration (FCBHA) has participated in the Independent Monitoring for Quality (IM4Q) process since its inception in 1999. The IM4Q was put in place in Pennsylvania as a way to touch base with people who have intellectual disabilities that are registered with a County ID/DD Program. The information collected is used to enhance the quality of the person's life, gauge satisfaction with services, and continuously improve the services and supports offered by the ID/DD system. Fayette County contracts with the Mental Health Association in Fayette County (MHA) to manage the local IM4Q Program. During fiscal year 2013/2014, 55 IM4Q surveys and 7 Transitional surveys were completed. As a part of the IM4Q survey process, MHA assembled a Sub-Board composed of family members, interested community members, and professionals. The Sub-Board typically meets three times a year and its activities are varied. The Sub-Board is kept apprised of the status of the IM4Q survey as the year progresses and reviews all reports associated with the survey. They also review policies developed by the local program and the results of completed external evaluations. Current members are; Kristie Angel, Sue Baron, Barb Cook, Shirley Peccon, Dayna Shallenberger, Donna Snyder, Kathy Verbus, Marlene Gray, Maureen Gibson and Pam Bailor. Recently the Sub-Board gathered for a luncheon to recognize members that have been involved in the IM4Q program for five years or more. A big Thank You! goes out to all Sub-Board members for their dedication and service to this valuable program!!

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



It's not Christmas or Thanksgiving, but what a very special and exciting time this is, especially for young children.

To help them be happier and healthier as they begin a new year, the National Institutes of Health offers some simple recommendations. With their new program called **WE CAN**, you can help your kids stay on the right track. **WE CAN** is an acronym for *Ways to Enhance Children's Activity and Nutrition* and promotes the following three principles:

1. **EAT RIGHT**—Save calories and money by shopping for groceries and pack lunches following the shopping ABC's.



- A—Always use ads and store bonus cards and focus on healthy foods like fruits and veggies.
- B—Buy produce in season. Fall is often the best time of year for wonderful local produce.
- C—Compare brands to find the best buys and nutritional values....turn food shopping into family time and teach children about healthy choices.

2. **GET ACTIVE**—During this busy time, these three steps can help you find time to be active as a family:



- A. Keep track of how your family spends time for one week.
- B. Start Small; find two 30-minute time slots each week to be active together.
- C. Get Going; walk, ride bikes, play ball, jump rope, shoot hoops, rake leaves, dance!

3. **REDUCE SCREEN TIME**—Kids spend a big part of their day sitting so help your children move away from the TV or computer and have more fun with the family using these tips:



- A. Turn off the TV during mealtime and talk.
- B. Limit screen time to 2 hours each day for children 2 and older.
- C. Turn on some music and have a family dance party while cleaning or doing chores.
- D. BE A GOOD ROLE MODEL, if you reduce your screen time and move more, they will too!

For more detailed information about the U.S. Department of Health & Human Services **WE CAN** program, go to
<http://wecan.nhlbi.nih.gov>

FYI—SEPTEMBER IS ALSO NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

Let's start by saying "**Everybody's Beautiful**" and we are all blessed with uniquely different shapes and sizes, so please encourage children to be happy with who they are. Now having said that, consider the truth of the matter of Childhood Obesity in the United States...1 in 3 children is now overweight or obese and it puts them at risk for health problems that were once **seen** only in adults. **The good news ? ? ? This is preventable—Get the Word Out!**

Communities, health professionals, and families can work together to create opportunities for children to eat healthier and move more. Here are a few ideas on exactly how to do that:

- ◆ Teachers and Administrators can make schools healthier, providing healthy food options and daily activities for students.
- ◆ Doctors and Nurses can lead their communities by talking with their patients and supporting prevention programs.
- ◆ Families can make small changes, like adding more fresh fruits and vegetables to the menu, and walking.

For tips to get your kids involved in planning and cooking healthy meals, visit <http://1.usa.gov/hnuGz4> because

When you feel good, you look happy!

Bully-Proof Your Child

with a New APP from SAMHSA

Sadly, 25% of public schools report that bullying occurs daily and/or weekly. That is 1 in 5 high school students being bullied. As we all know, this topic often makes headlines, but a lot of people are ready to take a stand against bullying and you can too! Here are five strategies from kidshealth.org to help keep kids from becoming targets and stop bullying that may have already started:

1. **Talk About It**—Talk about your experiences as a child and have other family members do the same. If a child opens up about being bullied, praise them for being brave and offer unconditional support. Consult with the school to learn its policies and find out how staff and teachers can address the situation.
2. **Remove the Bait**—If it's lunch money or gadgets the bully is after, neutralize the situation by packing lunch or going to school gadget free.
3. **Buddy Up for Safety**—Two or more friends are less likely to be bullied as one child alone. Remind your child to use the buddy system if at all possible in places where bullies may lurk.
4. **Keep Calm and Carry On**—If a bully strikes, a child's best defense is to remain calm, ignore hurtful remarks, tell the bully to stop, and walk away. Bullies thrive on hurting others. A child who isn't easily ruffled may stand a better chance of staying off their radar.
5. **Don't Try to Fight the Battle Yourself**—Talking to a bully's parents can be constructive but it is generally best to do this in a setting where a school official can mediate.

Talking with your child can build a the foundation for a strong relationship and prevent Bullying.

KnowBullying is a new mobile app by SAMHSA (Substance Abuse & Mental Health Services Administration) that encourages dialogue between parent and child, and can help you start a conversation. This FREE resource can be found at :

<http://www.stopbullying.gov/blog/2014/08/18/put-power-prevent-bullying-your-hand.>

Back-to-School Anxiety

In Teens

The middle and high school experience brings a growing amount of responsibility and pressure to youth including fitting in and doing well academically in order to prepare for college or technical school. It is a time of life when they develop their own identity and the self-confidence to be independent. This time comes with a range of anxiety, fear, and pressure that can be overwhelming. These can manifest themselves physically as headaches, dizziness, nausea, muscle aches, and trouble sleeping. These years can also be a time for depression to begin...Parents should keep an eye out for major changes in a teen's behavior and attitude such as:

1. **Loss of Interest in things they once enjoyed**
2. **Large drop in grades**
3. **Aggression or irritability**
4. **Withdrawal from family and friends**

These signs could help you identify the need for professional help to address the situation.

Anxiety about school may be masking something else. This age group may be being bullied or teased, have a learning disability, or feeling that school is hard for them. The bottom line is that parents should continue to reach out to their children and try to talk honestly about what's going on...if a problem persists, speak with the school, a doctor, or a mental health professional.

College Students & Depression

Many people experience their first symptoms of depression when they go off to college. 30% of college students, in fact, reported "feeling so depressed that it was difficult to function". This common but serious mental illness differs from sadness as it lasts for a long time and is much more than feeling a "little down" or "blue". Depression is a major risk factor for suicide which is the 3rd leading cause of death for people aged 15—24. BUT...depression is treatable and most colleges offer free or low-cost health services to students.....so encourage loved ones and friends to seek help. Signs and symptoms among this age group include feeling sad, anxious, empty, hopeless, guilty, worthless, helpless, irritable, and restless. For more information from the National Institute of Mental Health, visit:

<http://www.nimh.nih.gov/health/publications/depression-and-college-students/index.shtml.>

September is Recovery Month

To better understand Recovery, it might help to know more about Mental Illness and Serious Mental Illness (SMI) in general. According to NAMI (the National Alliance on Mental Illness—http://www.nami.org/factsheets/mentalillness_factsheet.pdf) here is the big picture:

- * Approximately 20% of youth (13-18 Years old) experience severe mental disorders with age 3—5 estimated at 13%.
- * 1.1 % of American Adults live with schizophrenia.
- * 2.5 % of American Adults live with bipolar disorder.
- * 6.7% of American Adults live with major depression.
- * 18.1 % of American Adults live with anxiety disorders such as panic disorder, OCD, PTSD, and phobias.
- * 9.2% of American Adults have co-occurring mental health and addiction disorders.
- * 26 % of homeless adults in shelters have mental illness with 46% of them having SMI (Serious Mental Illness).
- * 20% of state prisoners and 21% of local prisoners have recent history of mental health issues.
- * 70% of youth in the justice system have at least 1 mental health condition and at least 20% of them live with SMI.

Treatment

- * 60^% of adults and almost half of youth (age 8—15) had received no mental health services the previous year.
- * African and Hispanic Americans use services at about half the rate of Caucasians and 1/3 the rate of Asian Americans.
- * About 1/2 of all chronic mental illness begins by age 14; and 3/4 by age 24. Despite treatment, there are long delays between the first appearance and when people get help.



IMPACT

- * SMI costs America \$193.2 Billion in lost earnings each year.
- * Mood disorders such as depression are the 3rd most common cause of hospitalization for both youth and adults age 18—44.
- * People with SMI face increased risk of chronic medical conditions with adults dying on average 25 years earlier than other Americans.
- * Students with mental health issues have the highest dropout rate of any disability group.
- * Suicide is the 10th leading cause of death in the US and the 3rd leading cause for ages 15—24 years. More than 90% of those who commit suicide had one or more mental disorders.
- * Although military members comprise less than 1% of the population, veterans represent 20% of suicides nationally... **22 veterans die each day from suicide!**

For more information about NAMI and the support and programs they make available, go to <http://www.nami.org/>

Dimensions that support a life of Recovery:

Health : overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way;

Home: a stable and safe place to live;

Purpose: meaningful daily activities such as a job, school, volunteerism, family caretaking, or creative endeavors with the independence, income and resources to participate in society; and

Community : relationships and social networks that provide support, friendship, love, and hope.

<http://www.samhsa.gov/newsroom/advisories/1112223420.aspx>





In light of Suicide Prevention Week

Suicide takes the lives of nearly 40,000 Americans every year. Many who attempt suicide never seek professional care. The strongest risk factor for suicide is depression. 80% of people that seek treatment for depression are treated successfully. Research has shown medications and therapy to be effective suicide prevention. Suicide can be prevented through education and public awareness.

There are numerous sources of information on Suicide Prevention, Awareness and Education via the web and community providers within Fayette County. In addition to available information, there are local and national initiatives and events geared specifically to these topics.

Out of the DARKNESS Walks are the American Foundation for Suicide Prevention's (AFSP) signature fundraising campaign. The 3-5 mile walks are done at various locations across the country. On October 04, 2014, the CAL U and Washington County Walk will begin at 2:00 p.m. at Roadman Park in California, PA. For more details and to register go to <http://afsp.donordrive.com>

Chestnut Ridge Counseling Services Lunch and Learn-On Wednesday, September 10, 2014, Chestnut Ridge offered a Lunch and Learn session presented by Psychiatrist Dr. Brian Eberts. Entitled "Reach Out Speak Out", it outlined things we can do to help prevent suicide.

Free Online Courses-Relias Academy offers many free and discounted courses. For Suicide Prevention Week, September 7-13, 2014, they offered three free courses: ***Suicide Assessment and Treatment***, ***Suicide Screening and Risk Factors***, and ***About Depression in Older Adults***. These courses may be taken by laymen as well as providers. Registration information is available at <http://go.realiasacademy.com> .

CPP Behavioral Health "ASK ME HOW I AM TODAY" Campaign - As part of the campaign focused on youth, CPP Behavioral Health distributed posters and wristbands to encourage communication amongst peers through simple gestures such as asking how someone is. By doing this, you may open initiate a conversation that may make a positive impact on their day. Letting someone know you care about them can make a major difference in their life.

Be a part of the solution!

Local 24 hour Crisis Hotline (724) 437-1003

Suicide is a preventable health problem. We should all play a part in suicide prevention efforts.

To find out what you can do, please visit some of the websites listed below.

SuicidePreventionLifeline.org

PreventSuicidePA.org

PAYSPI.org

[Veterans Crisis Line](http://VeteransCrisisLine)

JasonFoundation.com

SAVE.org

You Can Also Call:

Fayette County Behavioral Health Administration (724) 430-1370

Suicide Survivors Group (724) 438-6738

Stepping Stones Grief Group (724) 439-2577

Grieving Group (724) 628-4034

[FOR MORE RESOURCES](#)

[SEE THE SUICIDE PREVENTION
PAGE OF OUR WEBSITE](#)

[Click here](#)

Post Its

Community Recognition Award (CRA)

The **FCBHA Advisory Board** is currently taking nominations for the 2014 CRA award. It is bestowed annually to an “outstanding community leader” who has made a difference in the lives of people in recovery, children, and/or adults with mental health needs and/or intellectual disabilities. Previous recipients are:

- 2013—Representative Timothy Mahoney
- 2012—Sister James Ann Germuska
- 2011—Roy Sarver
- 2010—Adrienne Wilson
- 2009—Wilma King
- 2008—Pat Richardson-Koosher
- 2007—Jo Ann Jankoski
- 2006—Ronald Parfitt
- 2005—Edward “Curly” Kudyba
- 2004—John R. Davis
- 2003—Carmella Hardy
- 2002—Sue Ann Koosher
- 2001—Gayla r. Lafferty
- 2000—William L. Hart
- 1999—Joseph Mickens
- 1998—David Merlin
- 1997—Agnes Almes
- 1996—Elias Gabriel



For more information about the award and how to nominate someone you think is very special, please visit the Community Recognition page of our website at

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



AUTUMN EVENTS !

VISIT WWW.FCBHA.ORG

FOR DETAILS

- 10/3/14—[VBH Family forum](#)—Monroeville
- 10/3/14—Kula Senior Fair—Fairgrounds
- 10/3/14—East End United CC Senior Celebration
- 10/24/14—Rep. Mahoney Veterans/Senior Fair
- 10/24/14—[Staunton Farm Recovery Conference](#)
- 10/25/14—FCDAC Red Ribbon 5K
- 10/28/14—FCBHA Benefit review/enrollment
- 10/31/14—[Halloween](#)
- 11/5/14—Crisis Conference @ Nemacolin
- 11/6/14—Veterans Celebration @ FCBHA
- 11/21/14—Deadline for CRA Nominations

CALL 724-430-1370



ARTISTS & PHOTOGRAPHERS WANTED:

The Pennsylvania System of Care is looking for original photos or graphic designs that illustrate our HOPES & DREAMS for use in developing a 2015 planner and social media campaign. Entries must be submitted by September 30, 2014. For complete information and entry forms, please see the News & Current events page of our website at http://www.fcbha.org/PDF/Hopes_Dreams_Campaign.pdf



LET'S TALK TURKEY.....

Here is some fun trivia about turkeys, the all-American bird.

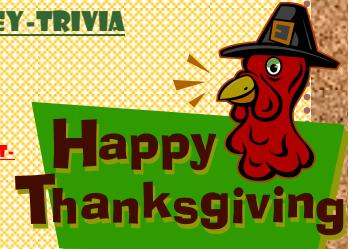
- Ben Franklin thought the turkey would be a better national symbol than the bald eagle.
- The average person in the United States will eat 15 pounds of turkey this year.
- The loose red skin attached to the underside of a turkey's beak is called a *wattle*. When the male turkey is excited, especially during mating season, the wattle turns scarlet.
- The wild turkey is one of the more difficult birds to hunt. It won't be flushed out of the brush with a dog. Instead, hunters must try to attract it with different calls. Even with two seasons a year, only one in six hunters will get a wild turkey.
- By the 1930s, almost all of the wild turkeys in the U.S. had been hunted. Today, thanks to conservation programs, there are plenty of wild turkeys—they even invade cities!
- A male turkey is called a tom, a female is a hen, and a youngster is a poult.
- The domestic tom can weigh up to 50 pounds, the domestic hen up to 16 pounds. The wild tom can weigh up to 20 pounds, the wild hen up to 12 pounds.
- The wild turkey can fly! (It does, however, prefers to walk or run.) The domestic turkey is not an agile flyer, though the bird will perch in trees to stay safe from predators.
- The average life span of a domestic turkey, from birth to freezer, is 26 weeks. During this period of time, it will eat about 75 pounds of turkey feed. The average life span of a wild turkey is three or four years. It generally feeds on seeds, nuts, insects, and berries.
- The wobbly little thing on the turkey's chest is the turkey's beard and is made up of keratin bristles. Keratin is the same substance that forms hair and horns on other animals.
- Only male turkeys, or toms, can gobble, and they mostly do it in the spring and fall. It is a mating call and attracts the hens. Wild turkeys gobble at loud sounds and when they settle in for the night.

SPECIAL THANKS TO THE OLD FARMERS ALMANAC AT

[HTTP://WWW.ALMANAC.COM/CONTENT/TURKEY-TRIVIA](http://WWW.ALMANAC.COM/CONTENT/TURKEY-TRIVIA)

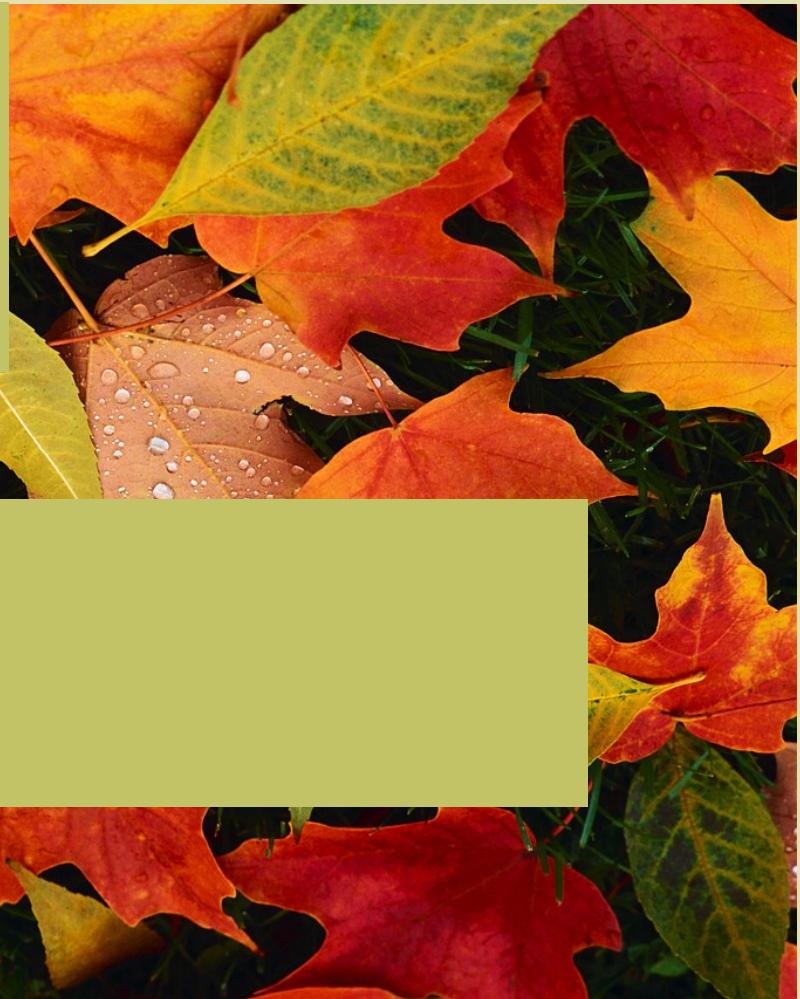
FOR TIPS ON COOKING THE BIRD VISIT

[HTTP://WWW.BONAPPETIT.COM/TEST-KITCHEN/COOKING-TIPS/ARTICLE/10-TIPS-FOR-THE-PERFECT-TURKEY-YEP-IT-S-THAT-TIME-AGAIN](http://WWW.BONAPPETIT.COM/TEST-KITCHEN/COOKING-TIPS/ARTICLE/10-TIPS-FOR-THE-PERFECT-TURKEY-YEP-IT-S-THAT-TIME-AGAIN)



The ANSWER

 FAYETTE COUNTY
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Fayette County
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Lisa A. Ferris
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Fayette County
Board of Commissioners

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

**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



**Video Conferences
And Trainings At FCBHA**

10/3/14
MH/ID and Sex Offenders

10/13/14
HCQU—Nutrition

Go to:

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

**For a Full List of
Events and Activities**

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.