

**SPRING  
2019**

**CELEBRATE THE FAMILIES  
CONFERENCE**

**BOARD MEETS BOARD**

**CITY MISSION-HOME AGAIN  
CLOSURE**

**FAYETTE COUNTY GSA**

**LICC PLAY GROUPS**

**DID YOU KNOW?**

**WHAT'S HAPPENING**

**MIRACLE LEAGUE BASEBALL**

**COMMUNITY ACTIVITIES**

**CONTACT US:**  
**(724) 430-1370**  
**[www.FCBHA.org](http://www.FCBHA.org)**

**Office Hours**  
**8:30 AM-4:30 PM**

**Office Closures**  
5/27/19—Memorial Day  
7/4/19—Independence Day

## **Celebrate the Family**



*Pictured from left: Mr. Amos Saunders, Mrs. Betty Saunders, Judge Nancy Vernon, and Fayette County Family Advocates Adrienne Russell and Roxanne Johnson.*

Fayette County Family Council's held its 2<sup>nd</sup> Annual Family Leadership Conference "Celebrate the Family" on March 28, 2019.

Mrs. Betty Saunders received the "Celebrate the Family" Community Service Award presented by her longtime friend, Judge Nancy Vernon. Mrs. Saunders, aka Grandma Betty, has devoted decades of her life and time to community service. By helping families find their voices and sharing her experiences and wisdom, she has helped families and professionals alike to work as a team improving access to many services throughout Fayette County. And she has the ear of our adults and youth through her life-long advocacy. She is a member of both the Fayette County Family Council and the Fayette County Leadership Team.

This year's conference included presentations on "How Addiction Changes Your Brain" by keynote speaker, Dr. Mark Fuller and "Trauma and Families" by Dr. Meghan Eberle, both from Beacon Health Options in Pennsylvania. Dr. Fuller presented on addiction, opioid use and ways to help alleviate the stigma surrounding addiction. Dr. Eberle, a licensed Clinical Psychologist and certified trainer/provider of Trauma Focused Cognitive Behavioral Therapy discussed the basis of trauma, how it affects the family and different treatment options for recovery.

The conference included breakout sessions on speaking to teens about drugs and alcohol, motivating men and fathers, professional development and Couponing 101. Fun activities and prize giveaways occurred throughout the day. Local organizations and businesses displayed information and provided promotional items for attendees to take with them. Celebrate the Family is a conference designed to help all families attain positive and healthy practices while helping erase the stigma of mental health issues for families and youth.

*This event was sponsored by Beacon Health Options in Pennsylvania, MHA in Fayette County – Advocacy Network, Adelphoi Village, No Man Left Behind, Fayette County Behavioral Health Administration and Spunky Monkey.*

# Board Meets Board

Fayette County celebrated Developmental Disabilities Awareness Month in a big way this year. At the 29<sup>th</sup> Annual Board Meets Board, held March 27, 2019 the Fayette County Developmental Disabilities Self-Advocacy Group hosted the entire event independently, from registration to presentations and moderating interactive sessions with the attendees. Connie Nice hosted “Coffee with Connie”, where she interviewed her guests about all of their amazing accomplishments. Attendees were entertained hearing about the dances and vacations that the advocates have enjoyed, the jobs they hold, the skills acquired and how they are loving life. Event attendees witnessed amazing bonds of friendships and relationships developed helping shape their “Everyday Lives”.



Amber Kilcullen and Aaron Zubovich presented a “Year-in-Review” of fun and educational activities the Developmental Disabilities Self-Advocacy Group has explored during the past year. Special Olympic athletes, Zachary Williams, Gary Painter, and Haileigh Sommers presented and shared photos from the organization’s many activities and events, while providing the audience with helpful information on how to get involved.

Daniel Shallenberger entertained and impressed event attendees by painting throughout the evening and raffled off three of his paintings, with all proceeds being donated to the Self-Advocacy Group.



Western Region ODP Program Manager, Michele O’Toole attended again this year



showing her support by speaking on the importance of self-advocacy while detailing many of the State’s current initiatives.

Many thanks to local providers and Fayette County Behavioral Health Administration for attending and sharing information on their programs at the vendor tables set up throughout the evening.



# City Mission closes Home Again



On May 31, 2019 the doors to City Mission Living Stones, Inc. Home Again youth residential facility was closed after operating in Fayette County for over 16 years. The facility was a safe haven for youth needing respite services or residential placement. It served the population of youth who may have been victims of abuse and neglect, youth placed by Juvenile Probation and some who simply need respite services as an alternative to a more restrictive hospital placement.

The closing of Home Again unfortunately leaves a gap in access to respite services for youth diagnosed with a mental illness. At this time, FCBHA continues to look at creating a new partnership to provide this vital service. Access to respite has helped decrease family stress and divert hospitalization.



## Fayette County Gay Straight Alliance

In May 2018, Fayette County welcomed the Fayette County Gay Straight Alliance (GSA). The Fayette County GSA is a community-based support and advocacy group that provides a safe and supportive environment for Lesbian, Gay, Bisexual, Transgender, Questioning, and Intersex (LGBTQI+) community members and their allies. The GSA began with a core group of 8 members and continues to grow each and every month. The group meets on the second and fourth Wednesday of each month from 6:00-7:30 p.m. Individuals of all ages are welcome to attend the bi-monthly meetings and social events.

Over the past year, the Fayette County GSA has partnered with local agencies, providers, and community members for community outreach events and activities. Some activities include: A Day of Kindness, Trunk or Treat, a food drive, health fairs, and conferences. The group recently submitted a grant proposal to secure funds for member outreach activities, LGBTQI+ educational trainings and events. The Fayette County GSA has regular social gatherings that include holiday celebrations, bowling, movies, game night, and even hiking the local trails. In June 2019, the group is also planning a trip to the Pittsburgh Pride event. If you are interested in learning more about the GSA, please like us on Facebook Fayette County GSA or Instagram Fayette\_County\_GSA. Our social media sites are updated regularly with meeting updates, news, information, and events. You can also reach us at [fayettedcountygasa@gmail.com](mailto:fayettedcountygasa@gmail.com) or call Jeremiah at (724) 430-4893.

Please join us on Wednesday May 22, 2019 from 6:30-7:00 p.m. as we celebrate our first year of accomplishments at the Appalachian Creativity Center in Connellsville. There will be food, fun, raffles, tours of the canteen museum, and of course opportunities to ask questions and meet members of the GSA!



# L.I.C.C. Play Groups

## Local Interagency Coordinating Council



In response to families expressing interest in their preschool-age children having more opportunities to interact with others their age, the Fayette County Local Interagency Coordinating Council (L.I.C.C.) recently hosted two Play Groups in addition to regularly scheduled meetings.

The first playgroup was held in February at Brooke's Block Party in Connellsville, PA. The children were eager to play with Lego's while using their imagination to build forts, towers, and racecars. The second playgroup was hosted by FCBHA in conjunction with Pathways Early Intervention Provider in April. Numerous families attended this event and participated in gross motor activities while navigating their way through obstacles courses. Laughter, excitement, and pride shown on the children's faces as they moved through the course. These playgroups provided families the opportunity to encourage their children to interact and play as well as network with other parents and professionals.

The Fayette County L.I.C.C. is comprised of Infant/Toddler and Pre-School (Birth to Kindergarten) providers, representatives from Head Start, the Department of Health, and parents/guardians of children receiving Early Intervention services. The L.I.C.C. sponsors special events, training, workshops, etc., throughout the year at no cost to families currently receiving services for their pre-school child.

Look for more information on upcoming L.I.C.C. activities in the near future. For more information, please contact Kerry Smith, FCBHA Early Intervention Supervisor and LICC Co-Chair at (724) 430-1370.



## DID YOU KNOW?

There are many harmful attitudes and misunderstandings around mental health and mental illness, which make people ignore mental health, fuel stigma about mental illness, and make it harder to reach out for help. Mental health is important at every stage of life, from childhood and adolescence through adulthood. According to an article from National Alliance on Mental Illness (NAMI), mental illnesses are just as real and valid as physical illnesses that need diagnosed and treated. Scientist at the National Institute of Mental Health (NIMH) determined that mental illnesses are dysfunctions of the brain; an organ that controls the processes and systems in our bodies. Malfunction of the brain can effect one's thinking skills and intelligence, emotions, feelings and relationship skills. The causes for mental illness are thought to be genes and environment, not some fault, weakness, lack of willpower or character flaw of the individual.

- Mental illness is caused by a number of factors including biological factors, stressful or traumatic life events, and long-lasting health conditions such as heart disease or cancer.
- Mental disorders are common and widespread. An estimated 54 million Americans suffer from some form of mental disorder in a given year.
- Half of all mental illness occurs before a person turns 14 years old, and three-quarters of mental illness begin before age 24.
- The vast majority of people with mental illness are no more likely to be violent than anyone else. In fact, people with mental illnesses are more likely to be victims of violent crime than the general population.

With proper care and treatment many individuals learn to cope or recover from a mental illness or emotional disorder.

**Learn the facts!**

This information and more can be found at [MentalHealthAmerica.net](http://MentalHealthAmerica.net), [NAMI.org](http://NAMI.org) and [CDC.gov](http://CDC.gov).

## Mental Health Awareness Month Proclamation



*Pictured from left: Commissioners Dave Lohr and Vincent A. Vicites, Adrienne Russell, Nicole Barak and Commissioner Angela M. Zimmerlink at the declaration of May as Mental Health Awareness Month in Fayette County.*

Fayette County community events taking place during the month of May can be found in this newsletter and online at [fcbha.org/PDF/2019%20MH%20Calendar%204.16.19%20FINAL.pdf](http://fcbha.org/PDF/2019%20MH%20Calendar%204.16.19%20FINAL.pdf)



# What's Happening

Fayette County is fortunate to have many agencies sponsor events and trainings encouraging community participation.

These activities range from educational and networking opportunities to events geared towards fellowship and just plain having fun. There is some thing to be gained by all who attend as many events are focused on specific populations; youth, veterans, elderly, those in the helping profession and those needing help for example.

Fayette County Behavioral Health Administration (FCBHA) continues to promote healthy living through events we sponsor. We collaborate with area agencies by way of trainings and resource fairs to provide useful information to individuals and families we serve. It is an important aspect of a holistic approach for individuals to have a support system to help meet their needs and foster growth. Because we consider ourselves as part of a system supporting a healthy physical and mental lifestyle for Fayette County residents, we know how beneficial it is to also promote the efforts of community providers and do so by posting many of their events on our website.

FCBHA publishes a Developmental Disabilities Awareness Month calendar each March and a Mental Health Awareness Month calendar each May as well as the quarterly ANSWER newsletter. These publications inform readers of community activities and available resources. They also highlight many of the accomplishments achieved in the human service industry.



Please read on to learn more about what's happening.

## Miracle League Baseball

The Miracle League of Pa's Laurel Highlands/Champions (MLPLH) is a baseball league for individuals with special needs currently serving those from Fayette, Greene, Washington, Westmoreland and Somerset Counties. MLPLH is able to offer the finest sport's program to individuals ages three and up with a variety of needs, whether it be an intellectual, mental health or physical disability.

Games are played at North Union Township's Eberly Park in Oliver, Pa. and begin at 1:00 p.m. for ages 9 and under and at 2:00p.m. for ages 10 and up. Games are scheduled for May 19th, June 2nd, 9th, 23rd and 30th.

MLPLH accepts players at any time during the season. To register, contact Christine Eckert at (724) 317-2586 or weallplayball@hotmail.com. Additional information is available at [www.mlplh.org](http://www.mlplh.org).

The MLPLH welcomes everyone to come out and cheer our kids on as they play ball. You will come away amazed at their abilities and renewed by their display of sportsmanship.

Last year the 1<sup>st</sup> Annual Miracle League World Series was held in Sioux City, Iowa. The event was more than fabulous! The city and citizens of Findlay, Ohio were exceptional hosts to the players and families. MLPLH will be sending a board member and a player with a family member to the 2<sup>nd</sup> Annual Miracle League World Series this year.

### ★ Opening Day ★

### ★ May 19, 2019 ★

\*weather permitting



## THE MIRACLE LEAGUE

of Pennsylvania's Laurel Highlands

## Community Health Fair

### May 18, 2019

### 12:00-5:00 p.m.



Uniontown Free Methodist Church  
300 Evans Street

Breast cancer, blood pressure and glucose screenings,  
pregnancy and STD testing.

Information on Mental Health, CPR, stroke prevention  
and women's health.

Food, games, music and prizes will be provided.

## MENTAL HEALTH AWARENESS SERIES

**WHEN:** MAY 2nd- Facts Or Fiction? Introducing Mental Health & Illness  
MAY 9th- How to be an Advocate & Ally  
MAY 16th- A Personal Look on Mental Health  
MAY 23rd- Resources for Prevention & Recovery

**TIME:** 7pm-8:30pm

**WHERE:** St. Peter's Lutheran Church  
121 Walnut Hill Road Uniontown, PA 15401

All ages welcome  
Those interested may email : [pastor@splcuniontown.org](mailto:pastor@splcuniontown.org)



SPONSORED BY:



## Family FUN DAY

Sunday, June 2, 2019

1pm - 4pm

Uniontown Area YMCA

Enjoy indoor/outdoor games, swimming, crafts and a picnic.  
There will be lots of community resource information available. All free of charge.

Call (724) 438-3577 ext. 176 for information.  
Sponsored by Fayette County Drug & Alcohol Commission, Inc. and the Uniontown Area YMCA.

MAY 30, 2019  
10:00 AM-12:30 PM

FREE OF CHARGE

HEALTH AND WELLNESS  
DEMONSTRATION FAIR

Spring

PARTICIPATE IN NUMEROUS HANDS ON  
ACTIVITIES AIMED AT RELIEVING STRESS,  
HELPING MENTAL AND PHYSICAL WELLNESS

PLUS INFORMATION FROM  
COMMUNITY PROGRAMS

WILL BE HELD  
AT THE  
UNIONTOWN  
YMCA

Sponsored by  
MENTAL HEALTH ASSOCIATION  
IN FAYETTE COUNTY  
ADVOCACY NETWORK

## Fayette County Aging/Intellectual Developmental Disabilities Coalition 2019 Conference

May 30, 2019

8:45 a.m.-2:45 p.m.  
Ramada by Wyndham  
700 West Main Street

Presentations include:  
The "Fatal Four" (Preventable medical incidents that can result in death.)  
Adult Protective Services  
Grieving

To register, email [Michael.Dinan@ArcFayette.org](mailto:Michael.Dinan@ArcFayette.org)  
Lunch will be provided. Seating is limited.



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



Area Agency on Aging

Check us out on Facebook under Fayette County Behavioral Health Administration for the latest in employment opportunities and agency activities throughout the year.



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

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



**Fayette County  
Board of Commissioners**

Vincent A. Vicites, Chairman  
Dave Lohr, Vice-Chairman  
Angela M. Zimmerlink, Secretary

**Training**

**5/21/19 Lifesharing Family Dynamics**

**6/18/19 Fall Prevention-Personal Hygiene**

Trainings are from 5:00-7:00 p.m.

Health Care Quality Unit (HCQU)  
Trainings

**6/13/19 Diabetes Basics**

Trainings is from 10:00 a.m.-12:00 p.m.

**Trainings above will be held at  
FCBHA.**

Please check the  
FCBHA website regularly  
for the most updated  
information on  
Events and Trainings

[http://www.fcbha.org/  
Current.html](http://www.fcbha.org/Current.html)

**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](http://www.fcbha.org) or  
Fayette County Behavioral Health Administration, 215 Jacob Murphy Lane, Uniontown, PA 15401.