



SUMMER 2019

10 YEAR EMPLOYEE SERVICE AWARDS

HEALTHCHOICES
CARVE-OUT SUCCESS

RESPITE ANYONE?

SUMMER HEAT HEALTH ALERT

OFFICIAL NAME CHANGE

FAYETTE COUNTY
BEHAVIORAL HEALTH
ADVISORY BOARD

GOINGS ON AROUND TOWN

FAYETTE COUNTY
GAY STRAIGHT ALLIANCE

COLLECTION DRIVE

PLAY GROUPS

MENTAL HEALTH
AWARENESS SERIES

MIRACLE LEAGUE BASEBALL



CONTACT US:
(724) 430-1370
www.FCBHA.org

Office Hours
8:30 AM-4:30 PM

Office Closures
9/2/19—Labor Day

10 Year Employee Service Awards

Every year, FCBHA and the Advisory Board recognizes each worker who has completed 10 years of service at FCBHA or one of our provider partners. We recognize these employees and thank them with the knowledge that this work is neither easy nor ordinary; but work that takes a lot of heart, strength and compassion. We applaud those who come to work each day to help individuals who face some of life's most difficult challenges and congratulate you on your 10th Anniversary.

This year Staff Members from the following agencies are being recognized:

Chestnut Ridge Counseling Services, Inc

Dr. Padmaja Chilakapati
Jimmy Tiberi
John Wasko

Goodwill of Southwestern Pennsylvania

Tasha A. Evans
Beverly A. Harris

Diversified Human Services

Brian Ogletree

Laurel House, Inc.

Shirley Thomas
Anthony Mercadante

Fayette County Behavioral Health Administration

Faye Glisan

Mental Health Association in Fayette County

Barb Cook

Fayette Resources, Inc.

Laci A. Henry
Darleen Keberly
David Grady
Edna Harris
Bud Arnold
Jerry R. Berry
Toni A. Solis

Southwestern Pennsylvania Human Services

Sarah Pustelak
Susan Douglas, MD
Elizabeth Fazzini

Twin Trees, Inc.

Holly Duda
Brad Shoaf

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

HealthChoices Carve-Out Success

In May 2019, the Housing Alliance of Pennsylvania's Associate Director of Policy and Strategic Initiatives, Gale Schwartz contacted the Executive Director of Southwestern Pennsylvania Human Services (SPHS) inquiring about their Supportive Housing Program. The contact was initiated by concerns regarding potential cuts in state funding as Gale was interested in acquiring support to advocate for such programs.

Subsequently, the Executive Director reached out to the Program Supervisors at SPHS to locate individuals who exemplify the positive outcomes of Housing Programs. Initially, consumers and their corresponding SPHS team members participated in a Q & A session which was audio taped. The sessions were reviewed by members of the Housing Alliance of Pennsylvania.

Based on those sessions, the Housing Alliance of Pennsylvania sponsored Jacquelyn Camino and SPHS Team Leader Edward Pisarski to represent Supportive Housing Programs at the Home Matters conference held in Harrisburg, Pa. on June 4, 2019.

The participants passed out informational fliers advocating for housing programs to State Representatives and constituents at the State Capitol. Additionally, the duo participated in a videotaped interview focusing on housing-related issues and the potential outcomes of a Supportive Housing Program. Jacquelyn espoused her personal experience that with the guidance and support she has received from the program she has sustained independent living within the community.

Jacquelyn was not only able to advocate for herself, she also verbalized her concerns of the potential systemic impact of funding cuts throughout the Commonwealth. The Home Matters event and the participation of Jacquelyn and Edward contributed to drawing attention to the prevalent need to continue to fund Supportive Housing Programs in Pennsylvania.

Respite anyone?



FCBHA has been happy to fund short-term respite services for families who need a short break or who need a "cooling-down" period in order to avoid hospitalizations. Unfortunately, the provider who we have used for the last ten years has ended their respite program. FCBHA is in the process of discussing our community's needs with another provider. We expect to be able to formalize an agreement in the near future and continue this important community support.

SUMMER HEAT SAFETY-HEALTH ALERT

- Gregory Cherpes MD, ODP Medical Director; July 18, 2019

The National Weather Service issued an Excessive Heat Watch for much of Pennsylvania. The Office of Developmental Programs is re-issuing this Summer Heat Safety Health Alert as a reminder of the very serious nature of heat related injuries. It is important to be mindful of heat related injuries all season. Extreme heat events, or heatwaves, are a leading cause of extreme weather-related deaths in the United States, according to the Centers for Disease Control and Prevention. If a person shows symptoms of heat stroke or is at risk and has heat exhaustion symptoms, then call 911. **HEAT ILLNESS CAN KILL. PREVENTION STRATEGIES AND RAPID RESPONSE ARE CRITICAL.**

Extreme heat causes more deaths than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. Heat related injuries are preventable. Dehydration contributes to heat injury. Some people are more likely to get heat related injuries than others.

Who is at most risk for injury from extreme heat?

- People over 65 and under 5 years of age, people with certain medical conditions or on certain medications like heart disease, diabetes, obesity or high blood pressure, medications for depression, insomnia, or poor circulation and people that work or exercise outside.

What are the heat related illnesses?

- *Heat stroke* • *Heat exhaustion* • *Heat cramps* • *Heat rash*

What to do to prevent heat related injuries:

- Drink lots of fluids, especially water. Keep cold water with you whenever you are outside. Talk to your doctor about how much to drink if you must limit liquids.
- Be sure to replace salt either by eating some salty things or drinking some (not all) of your liquids as sports drinks. Talk to your doctor if you must limit salt.
- Wear lightweight, light-colored, loose-fitting clothing.
- Limit outside activities to morning before noon and evening after 6 pm. Go at a slower pace and monitor yourself for signs of heat problems. STOP if you begin to develop difficulties and move to an air conditioned or shaded area.
- Stay indoors in air conditioning. If you don't have air conditioning, use a fan with the windows open and try to spend some time during the day in air conditioning such as at the library, mall, or a friend's house that has it.
- Never take a cool shower immediately after becoming overheated.
- Avoid using the oven or stove especially during the hottest parts of the day.
- If working or exercising outside, work with another person and monitor each other for signs of heat problems. Try to stay in the shade as much as possible.
- Monitor people that are at high risk. Visit the people who are elderly or those that live alone and are at risk and watch them closely for signs of heat exhaustion or heat stroke.

What NOT to do in the extreme heat:

- **NEVER** leave anyone in a parked vehicle, even with window open, for any amount of time in hot weather.
- Avoid hot foods and heavy meals. Eat more frequent, smaller meals.
- Don't drink a lot of fluids with caffeine or sugar in them as they can increase water loss. Don't drink alcohol in hot weather as it also can increase water loss.

What to do if you see any of the signs of heat exhaustion or stroke:

- Respond quickly to heat related symptoms. Move the person to a cooler area. If possible move indoors into air conditioning, if not then move into the shade.
- Remove any heavy clothing.
- Cool the person with water either by using wet cloths or towels. Don't leave them unsupervised.
- If the person shows mild symptoms of heat exhaustion, then give them fluids to drink. Do not do this if they are confused or lethargic.
- **Remember, if a person shows symptoms of heat stroke or heat exhaustion or is at risk, call 911.**

Official Name Change



has been renamed



There will be NO CHANGES TO HEALTHCHOICES MEMBER BENEFITS

County Member Toll Free Lines will remain the same

Armstrong & Indiana 877-688-5969

Greene 877-688-5973

Beaver 877-688-5970

Lawrence 877-688-5975

Butler 877-688-5971

Washington 877-688-5976

Crawford, Mercer & Venango

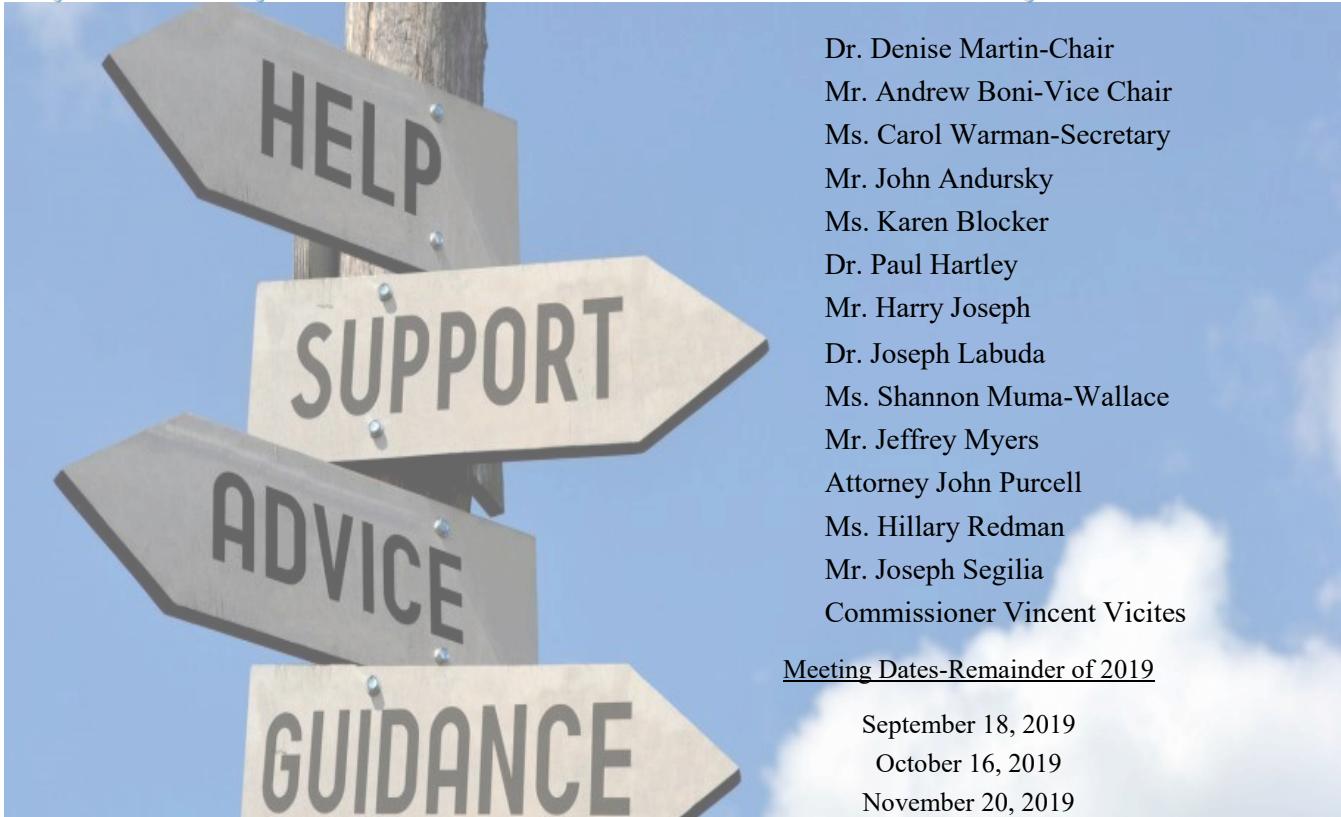
Westmoreland 877-688-5977

866-404-4561

TTY (Hearing Impaired)
877-615-8502

Fayette 877-688-5972

Fayette County Behavioral Health Administration Advisory Board Members



Dr. Denise Martin-Chair

Mr. Andrew Boni-Vice Chair

Ms. Carol Warman-Secretary

Mr. John Andursky

Ms. Karen Blocker

Dr. Paul Hartley

Mr. Harry Joseph

Dr. Joseph Labuda

Ms. Shannon Muma-Wallace

Mr. Jeffrey Myers

Attorney John Purcell

Ms. Hillary Redman

Mr. Joseph Segilia

Commissioner Vincent Vicites

Meeting Dates-Remainder of 2019

September 18, 2019

October 16, 2019

November 20, 2019

Goings On Around Town



Main Street Classic 5K Run/Walk

City Mission-Living Stones, Inc. holds a 5K Run/Walk in August each year. This year it will be held on August 17th starting at 7a.m. The Main Street Classic 5K Run/Walk for the Homeless includes a Kiddie Race for children ages 3-12 as well as a Chinese Auction. All proceeds raised through the 5K Run/Walk support City Mission's homeless shelter programs.

Go to www.iplayoutside.com for complete coverage. For pictures and information about Main Street Classic 5K, go to facebook.com/citymissionlivingstones.



3rd Annual Hoops N Scoops

Hosted by Fayette County Community Action Agency, Inc. and East End United Community Center on August 6, 2019 from 5-8 p.m. at Storey Square, Uniontown, Pa.

The basis of Hoops and Scoops is part of National Night Out, which is marking its 36th year promoting positive police-community partnerships, which makes our neighborhoods safer and more caring places to live. While many communities across the country host block parties or parades, our youth and police get involved in an evening of community building by participating in a basketball free throw competition.

FCBHA's Early Intervention Program was recently awarded an Agreement for Evidenced Based Implementation-Exploration of Home Based Coaching. This Implementation award will allow the county and providers to enter into an exploratory stage of implementing coaching as a service delivery model for Early Intervention services in the home. Coaching families in the child's natural environment promotes interventions and parent child interactions that support the child's development in every day routines, activities, and places where the family participates.



The Fayette County Gay Straight Alliance (GSA) celebrated their one year anniversary on May 22, 2019 with an Open House at the Appalachian Creativity Center in Connellsville, Pa. The GSA members and guests were treated to a museum tour, live performances and an opportunity to learn more about the group, the LGBTQ community and its allies in Fayette County. Since the group's formation in May 2018, there has been an increased interest in the group and learning more about the LGBTQ community. Many community partners that include local churches, school personnel, and human service agencies have reached out to become welcoming and affirming supporters to members of the LGBTQ community. If you would like more information on the Fayette County GSA, please contact fayettecountygsa@gmail.com or Jeremiah at (724) 430-4893.

The Fayette County GSA and the Keystone Pride Recovery Initiative will also be sponsoring a training "Creating Welcoming and Affirming Services for Persons who are LGBTQ" at Fayette County Behavioral Health Administration this fall. This training will be open to anyone wanting to learn more about the LGBTQ community. CEU's will be offered. Please contact Nicole Barak at (724) 430-1370 for more information on this training opportunity.

Collection Drive

It is time to start thinking of the many individuals and families that need basic items many of us take for granted. Fayette County Behavioral Health will be holding a toiletry collection drive this fall for individuals in need. Shampoo, deodorant, soap, feminine hygiene products, kleenex, toilet paper, paper towels, toothpaste, toothbrushes and other personal care items will be collected. Please start saving sample items and pick up an item or two when you are out shopping. Watch for more information.



LICC: Local Interagency Coordinating Council

In the continued effort to provide families with the opportunities to network with other parents and professionals and encourage their children to interact and play with others, the Fayette County Local Interagency Coordinating Council (L.I.C.C.) recently hosted another Play Group. This play group was held on June 25, 2019 at Areford Park in Uniontown, PA. Fayette County Behavioral Health Administration partnered with Specialized Therapy and Related Services (STARS) Early Intervention Provider to host the event. Play is essential to development because it contributes to the cognitive, physical, social and emotional well-being of children and youth. Play also offers an ideal opportunity for parents to engage fully with their children. The children who attended the play group giggled while enjoying the slides, tire tunnel and merry go round. They laughed as they popped bubbles and worked together to wave a giant parachute.

The Fayette County LICC 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 LICC 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.



St. Peters Lutheran Church Presents Mental Health Awareness Series

In celebration of Mental Health Awareness Month in May, St. Peters Lutheran Church presented a Mental Health Awareness Series to educate the community and congregation. Pastor Jim Engels, Kira Eicher, & Fayette County Behavioral Health Administration collaborated to present a 4-part informational series on Mental Health and Mental Illness.

Presentations titled, *"Facts or Fiction? Introducing Mental Health & Illness"*, *"How to be an Advocate and Ally"*, *A Personal Look on Mental Illness*, and *"Resources for Prevention and Recovery"* were scheduled in 90 minute, weekly segments at the Uniontown Church. In week 3, the group was presented with a glance into an individual's personal story of discovering, identifying and living with a mental health disorder. The guest speaker shared her own personal account of her recovery back to mental health and acceptance. By sharing her story, she wants to help others face their personal trials and tribulations in tackling a mental health diagnosis.

"Denial is a big barrier to getting help, feeling better, and becoming stronger," she stated during her story of discovery, denial, and renewal as a person diagnosed with Bipolar Disorder. Her stories were ones of humor, growing pains, and self-acceptance. Sharing her Bipolar Disorder with the group was one way of helping others as well as helping herself to accept and embrace her own diagnosis.

The fourth and final week at St. Peters, welcomed guest speakers from local mental health providers, social service agencies, and the Veterans Outreach program. Fayette County residents can access any of these resources presented for their family members, friends, a veteran, or anyone needing help.

FCBHA would like to thank Pastor Jim Engels, St Peters Lutheran Church, and Ms. Kira Eicher for promoting the importance of Mental Health during the 2019 Mental Health Month Celebration.

Miracle League Baseball

On June 29, 2019 the Miracle League of PA Laurel Highlands (MLPLH) celebrated the end of their fantastic season with a banquet complete with dancing, awards and dinner. Team sponsors and past Board members shared this special evening with the players. Homer our MLPLH mascot made an appearance to the delight of all who attended!

At the banquet, the League announced that Owen Harris and his family won the drawing to attend the 2nd Annual Miracle League World Series in Sioux City Iowa! Owen was thrilled beyond belief to be the MLPLH's representative at this amazing event. He said he will be practicing his hitting for the big game. The League will also be sending board member Shelly Lewis to this year's World Series. Both Owen and Shelly's families are honored to represent the MLPLH.

Somewhat tired after a night of dining and dancing everyone showed up Sunday afternoon ready to play the final game of the season.

After such a winning season, the team will play the Houston PA League for one final game at the Pony League World Series in Washington PA. Game will be held on August 9, 2019 at 9:30 a.m. at Lew Hayes Pony Field. Come on out to support our team!



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



Fayette County Board of Commissioners

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

Please check the
FCBHA website regularly
for the most up to date
information.

www.FCBHA.org

Training

Aug. 15 — Psychotropic Medications
10:00a.m.-12:00p.m. at FCBHA
(registration is required)
Hcqu.kepro.com

**Creating Welcoming Services for
LGBTQ Individuals & Families and
Principles/Practices for Clinicians
Working with LGBTQ & Families**

Sept. 19 or 20 — 9:00a.m.-4:00p.m. for
Generalists
Oct. 21 and 28 — 9:00a.m.-4:00p.m. for
Clinicians
Trainings will be held at FCBHA office
Email NicoleBarak@FCBHA.org

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.