

## SUMMER 2017

### MENTAL HEALTH AWARENESS MONTH PROCLAMATION

### RECAP OF SPECIAL EVENTS IN MAY

### LOCAL INTERAGENCY COORDINATING COUNCIL

### UPCOMING TRAININGS AND EVENTS

### FCBHA STAFF NEWS

### COMMUNITY HEALTHCHOICES

### ART THERAPY: WHAT IS IT?

### SUMMER RESOURCES AND ACTIVITIES



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

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

**Office Closures**  
7/4/17—Independence Day  
9/4/17—Labor Day

## MENTAL HEALTH AWARENESS MONTH



Pictured Above: Commissioner Dave Lohr, Commissioner Vincent A. Vicites, Kenneth Simmons, Laura Sharp, Christine Stone of FCBHA, Michael Rockwell and Commissioner Angela M. Zimmerlink at the Commissioners Meeting on April 19, 2017 for the reading of the Mental Health Awareness Month Proclamation of 2017.

Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential. Those with mental health conditions have a high potential to minimize future disability if social acceptance is broadened and they receive the right support. One of the main reasons people don't seek help is because of the stigma associated with mental illness. Stigma is a big barrier to recovery. People with mental illnesses are good employees and neighbors. People with a mental illness need to be treated with respect, compassion, and empathy just as anyone with any other serious but treatable condition. Everyone can do something to help a person with mental illness...like avoiding the use of "label words," showing kindness and respect, and helping to eliminate discrimination against housing, employment, or education.

Fayette County Commissioners proclaimed May 2017 as Mental Health Awareness Month in Fayette County and called upon all citizens to stand with those who live with mental illness to ensure all are supported and have access to quality affordable community based resources.

# Mental Health

## Children's Mental Health Awareness Day

On May 4, 2017, Fayette County Behavioral Health Administration in conjunction with Value Behavioral Health of Pennsylvania and Pennsylvania System of Care Partnership hosted an excitement filled day of fun and activities for children and families to enjoy. Attendees were treated to musical entertainment and a variety of games, crafts and refreshments. **A GREAT time was had by all!** We would like to extend a special thank you to East End United Community Center for providing the venue!





# Awareness Month



## East End United Community Center Cornerstone Dedication

May 25, 2017

As they approach the 10 year mark, the EEUCC showed their appreciation for all who assisted in their success and growth by hosting a dedication ceremony.



(Pictured left to right: Matthew Crutchman-EEUCC Executive Director; Mr. Joseph Hardy III)

**May 25, 2017 at the Connellsville Elks.  
Sponsored by Fayette County Suicide Prevention and Awareness Task Force.**

The Panel, moderated by Dr. Jo Jankoski, talked about signs, symptoms and stigma associated with suicide. Attendees were given information on suicide prevention resources and listened to a poignant Survivor's story. The Fayette County Suicide Prevention Task Force meets monthly and is open to the public. Call (724) 430-1370 for more information.

## Suicide Prevention Panel Discussion



## Advocacy Network Health & Wellness Fair

May 3, 2017 at the Uniontown YMCA

Mental Health Association in Fayette County's Advocacy Network sponsored a Health and Wellness Fair with activities and health screenings to promote mental wellness. Yoga demonstrations, massages, cosmetic services, information on healthy cooking, gardening activities, Art Therapy (see page 6) and Dress For Success, Pittsburgh—Fayette County Chapter were some of the many exhibits at the health fair.



Pictured Above: **Dress For Success** helps women seeking to improve their lives through employment. The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life. We had the pleasure of meeting Ms. Tracey Whitted (above, left), Fayette Branch Manager again when we dropped off clothing donations at their Boutique located on 82 West South Street in Uniontown. She shared specifics on the program, its success to date, and her hopes of renovating the space further. She also shared her goal to help as many women as possible find success in life. For more information about the program, please call (724) 437-1341 or visit their website, <https://pittsburgh.dressforsuccess.org/>.



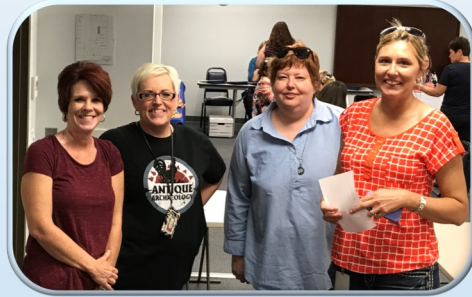
# L.I.C.C. Local Interagency Coordinating Council

LICC is a group of parents, professionals and members of the community who work towards enhancing services for young children with special needs and their families. In addition to the families, our LICC includes representatives from FCBHA-Early Intervention Department, Head Start Fayette, the Department of Health and Infant/Toddler/Preschool Programs.

This group has meets four times per year to provide education and support to the families who enjoy various activities and treats while providing valuable feedback useful for improving the quality of services available to them.

The last meeting held on June 9, 2017(*pictured*) was a “Resource Fair for Families” that offered information from FCBHA, Head Start, Child Care Information Services, Fayette Area Coordinated Transportation, Fayette County Community Action Agency, Connellsville Ministries, Parent to Parent, Life Solutions and Jumonville Camps. The next LICC meeting is scheduled for September 8, 2017 from 11:00 a.m.-1:00 p.m.

For more information about Fayette County LICC, please contact Sherri Mitchell at (724) 430-1370.



*(Pictured above left to right: Theresa Battaglini, Dale Lemon, Amy Siwula and Angela Baker from FCBHA)*



7/20/17—HCQU Training—Hearing and Visual Impairment  
8/15/17—HCQU Training—Stress Management for Care Givers  
9/14/17—HCQU Training—Mobility

**PLEASE VISIT OUR WEBSITE FOR FULL DETAILS AT:**

**[www.FCBHA.ORG](http://www.FCBHA.ORG)**



## STAFF NEWS!

### HELEN DENISE MILICEVICH RETIRES

After 16 plus years with the county, it is with both sadness and well wishes that Fayette County Behavioral Health Administration staff bid a fond farewell to Helen Denise Milicevich. Denise started her employment at FCBHA on November 29, 2000 as a Case Worker 1 and was promoted to Case Worker 2 in September of 2003 where she remained until the date of her retirement, April 28, 2017.

**Good luck Denise on all your future endeavors!**



## Introducing Community HealthChoices

There is a new initiative being developed by the Pennsylvania Department of Human Services (DHS) and Department of Aging that will increase opportunities for older Pennsylvanians and individuals with disabilities to remain in their homes. Community HealthChoices (CHC) will aid them in coordination of physical healthcare and long-term services and supports (LTSS). CHC is being developed to improve coordination of medical care and create a person-driven support system that provides choice, control and access to quality services and help individuals perform daily activities (such as bathing, dressing, preparing meals, and administering medications) in the comfort and familiarity of home.

Individuals will be enrolled in this program if they are 21 years old or older and are:

- Receiving Medicare and Medicaid: OR
- Receiving LTSS in the Attendant Care, Independence, COMMCARE, or Aging Waiver: OR
- Receiving services in the OBRA waiver and determined nursing facility clinically eligible; OR
- Receiving Care in a nursing home paid for by Medicaid
- An Act 150 participant who is dually eligible for Medicare and Medicaid

Fayette County is part of the Southwest Region of Pennsylvania that includes 14 Counties total. The Southwest Region will be the first of five regions to implement CHC beginning in January of 2018 with the Southeast, Lehigh/Capital, Northwest and Northeast Regions to follow. During the months between now and then, the Department of Human Services will be busy conducting regional meetings and trainings throughout the state, likely starting with the Southwest Region. For more information about Community HealthChoices, please check [www.fcbha.org](http://www.fcbha.org) or [www.dhs.pa.gov](http://www.dhs.pa.gov).

# Art Therapy for Emotional Well Being

**What is Art Therapy?** Art Therapy explores and observes feelings through the creative process of making art. It can also be wildly liberating because there are no rules in art. It's believed the process of exploration and looking inward through a creative medium can foster self-awareness, self-acceptance and self-esteem, making it an ideal form of therapy for any age group, at any point in their life—and not just for those who've suffered traumatic experiences. When the mind is focused on creating, there is less room for stress and worry. From here, individuals can “detach” from and process challenging and emotional experiences and potentially discover solutions to problems and improve their positive mindset. Studies suggest art therapy may also support healthy ego growth and the development of self-identity, which may improve the quality of life for children with special needs and disabilities, as well as senior citizens and adolescents who may feel excluded from their peers.



## How to Practice Art Therapy at Home

While working with an art therapist is beneficial, you can also do endless art therapy exercises at home and experience amazing results. Here are a few exercises to try at home :

**Adult Coloring Books:** Whether or not you enjoy drawing, coloring books can be an ideal, non-intimidating starting point into art making. Play and explore with different pencils, markers and crayons, as well as color concepts. There are no rules with coloring books—you don't even have to color in between the lines. Observe how you feel after each coloring session and reflect on any emotions or thoughts that may have come up.

**Free Form Scribble Exercise:** Use chalk pastels, crayons or markers to spontaneously scribble on a large sheet of blank paper. Allow yourself the opportunity to scribble without judgement or analysis. Experiment with scribbling using your dominant and non-dominant hand. Take a step back and see if there are any shapes or figures that emerge. Feel free to develop any images further by adding color or more detail to an image you see.

**Journaling:** Using any materials of your choice, draw a random, spontaneous image. The point of this exercise is to allow yourself the freedom to intuitively create whatever you want, which may be a reflection of how your day went, the mood you're in, or even a problem that's bothering you. After creating this image, take a moment to examine your artwork. What do you see? What response does your art evoke in you? Now, create a written response to your art. Try to write a stream of consciousness, not stopping to edit or analyze your writing.

**Source:** [paleohacks.com/art-therapy](http://paleohacks.com/art-therapy)



# Summer Resources and Activities



## Fayette County Wednesday Walks 2017



June 7-Connellsville Revitalization Walk  
June 14—Brownsville Downtown Walk  
June 21—YMCA Family Fun Walk  
June 28— Historic East End of Uniontown  
July 5—Fort Necessity Hike  
July 12— Indian Creek Valley Trail  
July 19—Footprints Farm Hike

July 26—Connellsville History Walk Works Route  
August 2—Palmer Patch Town Walk  
August 9—Dunbar Coke Ovens Hike  
August 16—Friendship Hill Family Hike  
August 23—Christian Klay Winery Hike  
August 30—End of Season Celebration Picnic

\*All walks will be held on Wednesdays and begin at 6:30 p.m.

Wednesday Walk Contact Number (724)208-7018

**Free Food & Fun**  
**SUMMER FOOD PROGRAM**

**Free Meals this Summer for Anyone 18 and Under**  
**No Paperwork Required • No Cost**

**FAYETTE COUNTY**

|  |   |   |
|--|---|---|
| <p><b>1st Presbyterian Church</b><br/>102 West Church Ave, Masontown<br/>M-F July 31 - Aug 4<br/>Dinner 5:00 - 6:00 pm</p>                       | <p><b>Champion Christian School N.</b><br/>1076 King's Way, Donegal<br/>M-F Jun 13 - Aug 19<br/>Lunch 11:30-1:30</p>          | <p><b>East End United Com. Center</b><br/>150 Coolspring St, Uniontown<br/>June 13 - August 12<br/>Breakfast 8:30 - 9:00<br/>Lunch 11 - 12:30</p> |
| <p><b>AJ McMullen School</b><br/>23 East Church St, Uniontown<br/>June 13 - July 7<br/>Lunch 11a - 12:25p<br/>Snack 12:30 - 1:00</p>             | <p><b>Chestnut Ridge</b><br/>115 Downer Ave, Uniontown<br/>June 13 - Aug 11<br/>Lunch 11a - 12:25p<br/>Snack 12:30 - 1:00</p> | <p><b>Fort Mason Village</b><br/>17 Fort Mason Village, Masontown<br/>M - F Lunch 12 - 1:00p</p>  |
| <p><b>Ben Franklin School</b><br/>351 Morgantown St, Uniontown<br/>June 13 - July 7<br/>Lunch 11a - 12:25p<br/>Snack 12:30 - 1:00</p>            | <p><b>Connellsville Middle School</b><br/>710 Locust St, Connellsville<br/>M - F Jun 26 - Aug 4<br/>Lunch 11:3a - 1p</p>      | <p><b>Lafayette Elem. School</b><br/>303 Connellsville St, Uniontown<br/>M - F June 13 - Aug 11<br/>Lunch 11a - 12:25p<br/>Snack 12:30 - 1:00</p> |
| <p><b>Brownsville Middle School</b><br/>3 Falcon Drive, Brownsville<br/>M - F Jun 19 - July 14<br/>Breakfast 8 - 8:30a<br/>Lunch 11:45-12:30</p> | <p><b>Dunbar Township School</b><br/>711 Rockridge Blvd, Connellsville<br/>M - F Jun 26 - Aug 4<br/>Lunch 11:3a - 1p</p>      |   |
| <p><b>Bullskin Township School</b><br/>241 Pleasant Valley Rd, Connellsville<br/>M - F Jun 26 - Aug 4<br/>Lunch 11:3a - 1p</p>                   |   |   |

Greater Pittsburgh community food bank



Additional locations are available.  
To find the closest feeding sites and times call 2-1-1

or  
text FOOD to 877-877

Breakfast & lunch served at certain locations.

Fayette County Behavioral Health Administration  
215 Jacob Murphy Lane  
Uniontown, PA 15401

## FCBHA Advisory Board 2017 Meeting Dates

September 20, 2017  
October 18, 2017  
November 15, 2017

(open to the public)  
5:30 PM

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

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

## 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



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

<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.