

## WINTER 2017

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### TRAININGS



**CONTACT US:**  
**(724) 430-1370**

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

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

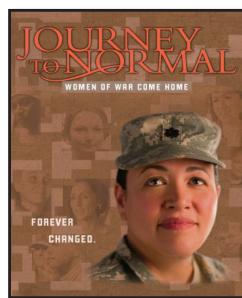
### Office Closures

12/25 & 26/17—Christmas Observance

1/01/18—New Year's Day

1/15/18—Martin Luther King Jr. Day

2/19/18—President's Day



## Veteran's Appreciation

Fayette County Behavioral Health Administration and the Crisis Intervention Association of Pennsylvania collaborated to offer an opportunity to see and hear what military service women experience once they return from active duty. A free public viewing of the powerful and moving documentary

*Journey to Normal: Women of War Come Home* was shown at the State Theatre in Uniontown on November 7, 2017.

The documentary begins in the volatile combat zone of eastern Afghanistan. It chronicles a three-year journey of some of today's extraordinary female combat warriors returning to the families and communities they left behind, and examines a yet unexplored question - what happens after they come home?

Journey to Normal, Inc. is a non-profit organization serving military personnel, veterans and their families through education, advocacy and creating community opportunities to bridge the military-civilian cultural gap. They raise public awareness by sharing veteran stories through mediums such as the Journey to Normal: Women of War Come Home documentary.

Thanks to all who support this awareness including Highlands Hospital and Apothecare Pharmacy who made a generous monetary contribution to the non-profit and FastSigns who provided posters to announce the documentary's public viewing. A special thanks to producer, Julie Hera DeStefano who also gave her time to meet local veterans, including veterans of the Fayette County Behavioral Health Administration staff, and answer questions about the documentary and the Journey to Normal, Inc. non-profit organization.

Visit [www.journeytonormal.org](http://www.journeytonormal.org), for more information.



Pictured left to right: Journey to Normal producer-Julie Hera De Stephano, FCBHA employee and Crisis Intervention Association member-Patrick Morrison, Bugler-Rick D'Auria, FCBHA Veteran employees-Heath Halfhill, Aaron Trincia, Carmen Hall and Dave Rider. Ken Dillinger, also a Veteran on the FCBHA staff was not present for the picture. The staff were invited to meet and talk with Julie after she presented information on her organization's mission. Journey to Normal, Inc.

***Nothing liberates our GREATNESS like the desire to help, the desire to serve.***  
~ Marianne Williamson

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

# FAYETTE COUNTY BEHAVIORAL HEALTH ADMINISTRATION ADVISORY BOARD COMMUNITY RECOGNITION AWARDS



Pictured above left to right: Commissioner Dave Lohr, Lisa A. Ferris, Michael Quinn, Commissioners Vince Vicites and Angela Zimmerlink.

On December 14, 2017 at the Public Service Building, the Fayette County Commissioners and Fayette County Behavioral Health Administration's CEO-Lisa A. Ferris presented Michael Quinn with this years Fayette County Advisory Board Community Recognition Award.

Mr. Quinn stays constantly involved with working to improve the livelihoods of individuals in the community as CEO of Chestnut Ridge Counseling Services, Inc. He is especially deserving of this award because of the hours he spends doing volunteer work. For many years Mike has been a continuing support for the Miracle League of Pennsylvania's Laurel Highlands Baseball Teams by being pitcher for the games and helping to facilitate their end of season banquet celebrations. Mike is very hands on with helping out the community. He assisted with the clean up after a recent flood in the Connellsville area.

His nominee denotes the most significant impact of Mike's contributions to the Mental Health/Intellectual Disability system is by volunteering amidst the Community at large, he is able to assess situations in greater detail which allows him to see more clearly the big picture within the community in which, on a professional level, he brings the most important and needed services. On an individual level, Mr. Quinn is able to and regularly does provide comfort to families while referring them in many cases, to much needed services and supports throughout the community that he knows so well from the inside out.



Pictured above left to right: Commissioner Dave Lohr, Kim Schuessler, Diana Heneks, Commissioners Vince Vicites and Angela Zimmerlink.

Kim A. Schuessler, a licensed social worker also received a Fayette County Behavioral Health Advisory Board Community Recognition Award on December 14, 2017. The award acknowledges the extraordinary contributions of a particular Fayette County resident or organization that is linked directly to a Human Service system of care.

Kim is said to have never given up on helping any patient in need. She perseveres until they have been afforded the treatment they need; connecting them to the right treatment provider. She is compassionate and genuine in her interactions with patients and their support system. Kim has been dedicated to children and adults who have mental health challenges and needs. She is culturally competent and possesses an innate ability to meet the patient where they are. She advocates for the patient and will go to any length needed to help them improve.

When receiving her award, Kim stated she feels fortunate to be able to do the work she was put on this earth to do.

Congratulations to Mike and Kim for receiving this much deserved recognition.





## Pennsylvania Advocacy and Resources for Autism and Intellectual Disability

4 Lemoyne Drive, Suite 203  
Lemoyne, PA 17043  
Phone 717-236-2374  
Fax 717-236-5625

FOR IMMEDIATE RELEASE

### KAREN COGAR RECEIVES DIRECT SUPPORT PROFESSIONAL AWARD

*Employee Recognized for Outstanding Work*  
*By PAR (Pennsylvania Advocacy and Resources for Autism and Intellectual Disability)*

UNIONTOWN, PA (October 24, 2017): Karen Cogar of Fayette Resources, Inc., has won the Direct Support Professional Award for Pennsylvania's Western Region from PAR, the Commonwealth of Pennsylvania's leading disability provider and advocacy association for people with autism and intellectual disability. Cogar received her award at the PAR Annual Solutions Conference "We Are Worth It." Awards Ceremony, on October 23, 2017, in Harrisburg, PA., at the Harrisburg Hilton Hotel.

Direct Support Professionals (DSPs) provide hands-on daily supports to individuals with autism or intellectual disability. Cogar, a 15-year Direct Support Professional at Fayette Resources, Inc., is being honored for her extraordinary service working in a group home that supports individuals with autism or intellectual disability who also have extensive medical needs. Cogar is respected by her peers, the people she supports, their families, and the community, for being a strong advocate for each individual in the home where she works. She is known for going to great lengths to ensure that each person's needs are respected and responded to on a timely basis and delivered with accuracy and compassion.



In addition to meeting the daily needs of the people she supports, Cogar takes great joy in planning meaningful vacations and getaways that enable the individuals living in the home she supports to have joyful memories that last a lifetime. Such efforts take extensive planning, meticulous organization, and hard work, all done by Cogar because of her desire to see others succeed and thrive.

"Karen Cogar's love and care for the people she supports is what makes her such an extraordinary and respected Direct Support Professional," said Shirley Walker, President and CEO of PAR.

Walker also noted: "Direct Support Professionals like Karen Cogar are the foundation of the intellectual disability and autism field in Pennsylvania. These are the individuals who practice love, caring and social justice every day. They live the mission of the Commonwealth: to take care of all of its citizens."

The Harrisburg-based PAR is committed to ensuring, strengthening and promoting the viability of community-based providers to support people with autism or intellectual disability and their families.

## New Directions

On October 30, 2017, Mental Health Association in Fayette County and Chestnut Ridge Counseling Services, Inc. sponsored a Lunch and Learn to provide education about the New Directions Partial Hospitalization Program. It was held at the Oak House Drop-In Center located in the Fayette County Health Center.

*New Directions* is a year round program that provides a unique combination of specialized mental health treatment and comprehensive educational services.

*New Directions* is the only licensed partial hospitalization program in Fayette County as well as a Private Academic School. *New Directions* is licensed through the PA Department of Education and Department of Human Services.

The purpose of *New Directions* is to offer a comprehensive mental health treatment program to children and adolescents that have moderate to severe symptoms manifested as problems with home, community and school adjustments. *New Directions* serves students from grades K-12.

The ultimate goal is for the child to be able to successfully re-enter the traditional public school setting, be productive in their communities, and well-adjusted in their families.

For more information go to [www.CRCSI.org/New-Directions](http://www.CRCSI.org/New-Directions) or call (724) 434-KIDS (5437)

## **Developmental Disabilities Self-Advocacy Kick-Off Event**

was held on November 2, 2017 from 5:30-7:30 p.m. at the North Union VFW, Uniontown, PA. This event provided attendees with information on this new group as well as other established providers in our area. Refreshments, prizes, music and dancing was also on the menu.



### **~GIFTS OF GIVING~**

#### **2017 FCBHA Employee Charitable Contributions**

**FCBHA employees contributed over \$1,000 for the following organizations:**

**Special Olympics**

**Crime Victims' Center**

**Fayette Friends of Animals**

**Rolling Thunder Chapter 5 PA**

**Pennsylvania Breast Cancer Coalition**

**Western Pennsylvania Wild Animal Orphanage**

**Domestic Violence Services of Southwestern Pennsylvania**

**March of Dimes**

**St. Vincent DePaul**

**Dress for Success Fayette**

**City Mission Living Stones**



# Holiday Activities

With the winter chill setting in, we are spending most of our time indoors. To combat boredom, there are lots of activities to keep you engaged. Read a book, listen to music while cleaning or decorating your house. If you have children, you can tell stories, cook together or watch a movie; classics like “A Christmas Carol”, “Miracle On 34th Street”, and “It’s a Wonderful Life” or newer movies like “Elf” and “Polar Express” provide the perfect backdrop for a cozy evening at home. Holiday themed games like charades are both challenging and fun. Try to act out a few of these...

Santa Claus  
Rudolph the Red-Nose Reindeer  
Carolers  
Sled Riding  
Mistletoe  
Christmas Ornament  
Candy Cane  
The Nutcracker  
Santa’s helpers (elves)

Frosty the Snowman  
Mrs. Claus  
Three Wise Men  
Shepherd  
Baby Jesus  
Eating Christmas dinner  
Decorating the Christmas tree  
Gift exchange  
EggNog



During the holiday season people tend to put undue pressure on themselves. The gift-giving season may cause financial strain, pressure to find that unique gift for someone special and frustration in the quest to do so. Seems a bit much when all you want is to show loved ones how much they mean to you. Here are a few gift ideas that clearly demonstrate you care without the Buyer’s remorse.

- \* **Make a Calendar** -Use the plain side of store bought wrapping paper to create your design. Add some personalization. Then bind the pages with leftover ribbon.
- \* **Get Crafty** - Many gifts can be crafted from items you have around the house and ideas are plentiful on the internet.
- \* **Offer Yourself** - Many people say they have too many things to do and not enough time to do them. Offer to run errands, baby-sit or clean the house.
- \* **Recipe Book** - Creating a recipe book gives you a chance to pass down family recipes and maybe relive some happy memories from the past.
- \* **Photo Collage** - Photo gifts can be created two basic ways; on paper mediums or through video technology.

Whatever you decide, ***REMEMBER*** the thought and time you put into your gift is the real gift!!!

## Arc Christmas Carolers

On December 21, 2017 FCBHA staff and Commissioner David Lohr were treated to the sounds of Christmas songs sung by the Arc of Fayette County Carolers. Everyone enjoyed the enthusiasm for the holidays displayed by the carolers.



It's the holiday season  
So whoop-de-do and hickory dock



# L.I.C.C.

## Local Interagency Coordinating Council

The Fayette County Local Interagency Coordinating Council (L.I.C.C.) invited the community to their Holiday meeting on December 14, 2017 at Fayette County Behavioral Health Administration. The families and children had the opportunity to connect with providers who support children and toddlers through age five through Early Head Start, Department of Health and Early Intervention programs. Guests enjoyed “Story Time” and a photo opportunity from Santa who just happened to be in the neighborhood.



The next L.I.C.C. meeting will be held on **March 12, 2018** from **11:00 a.m.-2:00 p.m.** at Fayette County Behavioral Health Administration and will feature a presentation on Stress Management. Lunch will be provided. Information on resources and supportive agencies is available at all L.I.C.C. meetings or by calling (724) 430-1370. Ask to speak with an Early Intervention specialist.

# Families and Fun



## Trunk or Treat



Pictured above are Faith Sible and Nicole Barak from Fayette County Behavioral Health Administration and Roxanne Johnson from Adelphoi Village with their trunk displays at Fayette County Human Service Council's 2nd Annual Trunk or Treat. There was plenty to see and do at the event held the evening of October 25, 2017 in downtown Uniontown, right before this year's Halloween Parade. This was a great opportunity to provide community outreach in a fun and different way.

## Gobble Wobble

On November 4, 2017 the East End United Community Center, with help from the Miracle League of Pennsylvania's Laurel Highlands, held their 5th Annual Fall 5K Run/Walk and Kid's Run, also known as Gobble Wobble. This event featured music, a car show, games, prizes, food and craft vendors. There was also a K9 demonstration by the Uniontown Police Department and a pumpkin drop by the Uniontown Fire Department and Joby's Gulf. Many organizations and individuals came together to create a fun, educational environment in the community. For more information about other events sponsored by the East End United Community Center go to [www.eeucc.org/events](http://www.eeucc.org/events).

### SAVE THE DATE

**Fayette County Developmental Disabilities Self Advocacy Meeting**  
**January 18, 2018**  
**5:30-6:30 p.m.**  
at  
Fayette County Behavioral Health Administration  
(Light refreshments will be served)  
R.S.V.P. to Amy Wasko at (724) 430-1370 or  
amywasko@fchba.org by January 11, 2018.



### 2018 Health Care Quality Unit Trainings at FCBHA

January 18 – Aging: Medication Management

February – Dental Disease Prevention

March 22 – Self-Determination

April 12 – Wellness Overview

May 15 – Safety: Tips for Summer



June 28 – Positive Approaches: An Overview

July 10 – Sexuality: People's Rights

August 21 – Behavioral Manifestations of Pain

September 18 – Bowel Management

October 25 – Emergency Care: When to Seek

November 6 – Genetic Syndromes

December 4 – Sensory Processing Disorder

**Trainings are from 10:00 a.m. to noon.**  
**REGISTRATION IS REQUIRED. TO REGISTER GO TO**  
**[HTTPS://HCQU.KEPRO.COM](https://hcqu.kepro.com)**

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

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)

## FCBHA Advisory Board 2018 Meeting Dates

February 21, 2018

April 18, 2018

May 16, 2018

September 19, 2018

October 17, 2018

November 28, 2018

(open to the public)

5:30 PM

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

[http://www.fcbha.org/  
Advisory.html](http://www.fcbha.org/Advisory.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.