



# The ANSWER

Fayette County Behavioral Health Administration Newsletter

Autumn 2013

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Thanksgiving Holiday  
November 28 & 29, 2013

Contact Us:  
(724) 430-1370

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



From left to right: Commissioner Vince Zapotosky, Ed Pisarski, Commissioner Alfred F. Ambrosini, Thelma McGee, Commissioner Angela M. Zimmerlink, Rose Six.

## September is Recovery Month

FCBHA would like to take a moment to congratulate each and every individual on the road to recovery from either a mental health or substance abuse disorder. We hope your journey brings you to a happy and rewarding place in life.

At the Commissioners meeting in August, Thelma McGee and Rose Six stood with their friend, Ed Pisarski and the County Commissioners for the reading of the Recovery Month Proclamation for September of 2013. It is read to remind us that Behavioral Health is an essential part of everyone's overall health and wellness. Thelma and Rose were there to represent our friends and neighbors in RECOVERY. Throughout September, the community is asked to be cognizant of the struggles of individuals with addiction and mental health disorders and to encourage and help them achieve more healthy and happy lifestyles

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Remind myself that I can be happy  
Emerge from each day with a feeling of Joy  
Continue to find the will to get better  
Own who I am and who I can be  
Visualize that I am a wonderful person  
Enjoy that I'm growing and learning to cope  
Rejoice in the understanding that I am amazing  
Yell out to the world "YES I CAN BE ME!"

For more information about mental health programs and services in Fayette County, please visit [www.FCBHA.org](http://www.FCBHA.org).

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



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## SEPTEMBER 8 -14, 2013 IS NATIONAL SUICIDE PREVENTION WEEK

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### **FACEBOOK PROVIDES FIRST-OF-A-KIND SERVICE TO HELP PREVENT SUICIDES**

**The Substance Abuse and Mental Health Services Administration and the National Suicide Prevention Lifeline collaborate with Facebook to help those in crisis ...**

Facebook is announcing a new service that harnesses the power of social networking and crisis support to help prevent suicides across the nation and Canada. The new service enables Facebook users to report a suicidal comment they see posted by a friend to Facebook using either the Report Suicidal Content link or the report links found throughout the site. The person who posted the suicidal comment will then immediately receive an e-mail from Facebook encouraging them to call the **National Suicide Prevention Lifeline 1-800-273-TALK (8255)** or to click on a link to begin a confidential chat session with a crisis worker.

The National Suicide Prevention Lifeline 1-800-273-TALK (8255) or <http://www.suicidepreventionlifeline.org/> is a toll-free suicide prevention hotline network comprised of 152 local crisis centers. The Lifeline is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by Link2Health Solutions, a wholly owned subsidiary of the Mental Health Association of New York City (MHA-NYC). The Lifeline provides free and confidential crisis counseling to anyone in need 24/7 and has answered over 3 million calls since its launch in 2005.

“We’re proud to expand our partnership with Lifeline, and to provide those in crisis with even more options to seek help,” said Facebook’s Chief Security Officer, Joe Sullivan. “The Lifeline’s commitment to suicide prevention has enabled people on Facebook to get fast, meaningful help when they need it most, and we look forward to continuing our work with them to help save lives.”

“Facebook and the Lifeline are to be commended for addressing one of this nation’s most tragic public health problems,” said Surgeon General, Regina M. Benjamin, MD, MBA, who serves with Sullivan on the National Action Alliance for Suicide Prevention. “Nearly 100 Americans die by suicide every day – 36,035 lives every year. For every person who is murdered, two die by suicide. These deaths are even more tragic because they are preventable. We have effective treatments to help suicidal individuals regain hope and a desire to live and we know how powerful personal connections and support can be. Therefore we as a nation must do everything we can to reach out to those at risk and provide them the help and hope needed to survive and return to productive lives with their family, friends, and communities.”

Crisis center workers from two centers in the Lifeline network, the Boys Town National Hotline and Goodwill of the Finger Lakes’ 2-1-1/LIFE LINE, will be available 24 hours a day, seven days a week to respond to Facebook users opting to use the chat. The Lifeline currently responds to dozens of people each day who have expressed suicidal thoughts on Facebook.

“We have been partnering with Facebook since 2006 to assist at-risk users and are thrilled to launch this new service,” said John Draper, Ph.D., the Lifeline’s project director and MHA-NYC Vice President of Behavioral Health Technology. “Although the Lifeline on average handles 70,000 calls per month, we have heard from our Facebook fans and others that there are many people in crisis who don’t feel comfortable picking up the phone. This new service provides a way for them to get the help they need in the way they want it.” For more information on this topic please visit the SAMHSA Blog at <http://blog.samhsa.gov/2011/12/13/facebook-provides-first-of-a-kind-service-to-help-prevent-suicides>.



## STAFF CHANGES AT FCBHA

2013 brought many changes to the long-standing staff at FCBHA and as you might expect, many operational changes have transpired as well. With the departure of a Program Director, a Deputy Administrator, and a Program Manager within a relatively short period of time, we expected there would be some holes to plug. The question of exactly how to plug those holes fueled a few sleepless nights and provided for a little angst among the remaining Directors. Well, as the dust settles, we are happy to report to providers and consumers in Fayette County that the workload here has been reviewed, revised, realigned and redistributed with great success. The most critical elements of our work are getting done as well as they ever have and our amazing staff have both adapted to the changes and graciously assumed their new roles. We expect very "Smooth Sailing" going forward. A note of gratitude goes out to the FCBHA staff for their tremendous cooperation throughout this transition. Once again you have demonstrated exactly what makes Fayette County among the best at what we do. To our service providers and consumers, if you have any questions about who is doing what at FCBHA as we progress through these changes, please feel free to call us, we're always happy to hear from you.



## LIFESHARING IN FAYETTE COUNTY

On October 8, 2013, FCBHA will formally celebrate six families who have participated in the Lifesharing program in Fayette County for 10 or more years. While we sincerely thank all families currently providing Lifesharing support and plan to celebrate each of them as they reach the 10-year mark, these six families will be the first to be honored for sharing their homes, hearts, and lives with an individual (not necessarily a family member) who has an intellectual and/or developmental disability. Lifesharing, also known as Family Living, began in 1982 when a family in Berks County wanted to support a friend in their own home. Lifesharing better describes the lifestyle and choices of the people being supported.

This program offers an individual the opportunity to live with a family or individual who will support their desire and need for an **everyday** life. It enhances and enriches their lives by offering a residential option where they can be a part of a real and caring family, participate in community activities, develop trusting and caring relationships, and receive consistent, individualized attention and support.

### **Thank You to the Individuals/Families below for providing 10 or More Years of Lifesharing / Family Living in Fayette County:**

**Paulette Griglack - 27 Years**

**Tina Pahula - 19 Years**

**Kathy Benford - 17 Years**

**Erik Morris - 15 Years**

**Paul Synuria - 10 Years**

**Diane Darrell - 10 Years**

Lifesharing providers must complete training that includes, among other things, first aid and Heimlich techniques, CPR, family interaction and relationship building techniques. They must also pass a criminal background check, child abuse clearances, and have the time, space, and ability required to support the participants' needs. If you would like to consider being a Lifesharing provider, please call Joe Wingrove at (724) 430-1370 to discuss the possibilities.



## Post Its

### Spotlight on our Staff ....

This month, our very own Stacey Poirier is featured at the Fayette County Courthouse Law Library as the Artist of the Month. An energetic and creative person, Stacey designs and creates plastic canvas artwork as a way to express herself and keep busy. You can see her work on display throughout September from 8AM - 4:30 PM.

**CONGRATULATIONS STACEY!**

### Shine On.....

**KUDOS** to FCBHA employee Tina Pahula, Developmental Programs Specialist for Early Intervention. In October, she will be recognized for opening her heart and home as a Lifesharing provider for 19 years. She is also an active participant on the LICC in Fayette County.

**Thank you for all your hard work Tina!**

### Grants N'At

FCBHA recently received two grants that will help with our efforts to create better awareness of behavioral health issues and facilitate improvements in our systems of care. The funding will be used for:

- ◆ **Crisis Intervention Team Training - \$10K**
- ◆ **Mental Health Advocacy - \$19K**

Funds were awarded by the Pennsylvania Department of Public Welfare and the Staunton Farm Foundation. Please stay tuned for more information about these initiatives in upcoming issues of *THE ANSWER*.

### Spectacular !!

Celebrating her 20th Anniversary with FCBHA on September 23rd is **Sherri Mitchell**, Supports Coordination Director. It is impossible to summarize the amazing and infinite contributions she has made throughout her career, but suffice it to say, they are many. Sherri supervises approximately 25 individuals in service and supports coordination for the Early Intervention and ID programs. She and her team see to the special needs of over 600 Fayette County residents.

**Congrats...Congrats...Congrats !**

**And Thank You Sherri!**

### Broadening Our Possibilities—Hope for Tomorrow

**VBH of PA** will hold its 7th annual Family Forum on October 4, 2013 at the Double Tree by Hilton in Monroeville, Pennsylvania. At the forum, they will present an Award for an Exceptional Parent/Caregiver to acknowledge families of children less than 22 years of age who are actively engaged in their child's treatment and who encourage/support other families who are involved in the mental health system. To nominate someone you know, please contact Cindy Andrews at [cindy.andrews@valueoptions.com](mailto:cindy.andrews@valueoptions.com).





## The ABC's of FCBHA

### WHAT IS THE LICC

*Local Interagency Coordinating Council*

This a group of parents and professionals involved with the Early Intervention Program (Birth through 5 years of age). The Fayette County LICC is comprised of representatives from a child's family, Infant/Toddler/Preschool services and programs, Head Start, the Department of Health, and FCBHA. The LICC is overseen by the Pennsylvania DPW Office of Child Development and Early Learning. The benefits that children and families gain from quality early learning opportunities make it possible for parents to be more successful in building a stable family structure for the family thereby also increasing the child's potential for success in all areas of life. The group meets a minimum of four times per year .

While membership is not required to attend LICC meetings, it is encouraged. Parents who attend meetings are compensated for their participation and contribution. The next meeting of the Fayette County LICC is scheduled to take place on September 26th at the FCBHA Office, 215 Jacob Murphy Lane, Uniontown from 11:00 AM - 1:00 PM.

For more information about the local LICC, please contact Margaret Sanner at 800-328-6481 or visit [http://www.pakeys.org/pages/get.aspx?page=Community\\_LICC](http://www.pakeys.org/pages/get.aspx?page=Community_LICC).

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### CCRI

*Consolidated Community Reporting Initiative*

By now, providers and staff have heard the acronym CCRI thrown around a lot, but really, what is this? CCRI is an initiative that replaces one created in the 1990's. The objective is to build a statewide data infrastructure that will capture consumer-level service **utilization and outcome information** for persons receiving County, base-funded mental health services. What happened behind the scenes to achieve this objective is the real story.

FCBHA, worked diligently with Value Behavioral Health (VBH-PA) to develop an amazing system for providers. The new system melds information from three existing systems, the Home and Community Services Information System (HCSIS), a Client Information System (CIS) and the Provider Reimbursement Operations Management Information System (PROMISE) to create one data repository that is focused on consumer-level data.

The mandatory go-live date was July 1, 2013 to report on services delivered 7/1/2010 going forward. To achieve the deadline, the FCBHA Information Technology (IT) department and staff hammered through software development with VBH-PA, beyond encounter data-entry, through the training and enrollment of providers according to service / specialty code combinations so they can interact with the process, and finally through obtaining consumer clearances to tie everything together. It was a lot of hard work and corroboration but the staff completed their tasks in amazing fashion. The first provider to successfully use the system was Crosskeys Human Services, Inc. With the process now in full swing, there is only minor tweaking being done as needed.

**Congratulations on a Job Well Done!**



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

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## Fayette County Behavioral Health Administration

(724) 430-1370

Lisa A. Ferris  
Chief Executive Officer

## Fayette County Board of Commissioners

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



### **LICC Meetings**

**September 26, 2013**  
FCBHA

**October 10, 2013**  
Fayette Career/Technical School

### **Southwestern PA Health Care Quality Unit**

**September 19, 2013**  
Psychotropic Medication  
10:00 AM—Noon

**Contact:** Maureen 724-430-1370

### **FCBHA Advisory Board Meeting Dates**

(open to the public)

**September 18, 2013**  
**November 20, 2013**  
**5:30 PM**

### **Fall Video Conferences At FCBHA**

**September 11, 2013**  
Mental Health Clinician's Guide to  
Working with Substance Use Disorders

**November 13, 2013**  
Risk Assessment of Suicide and Homicide

**December 11, 2013**  
Treatment of Juvenile Sex Offenders

Go to [http://www.fcbha.org/  
PDF/2013\\_WPIC\\_OERP\\_Fall.pdf](http://www.fcbha.org/PDF/2013_WPIC_OERP_Fall.pdf)  
For more information.

*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.