

SPRING 2023

AUTISM AWARENESS MONTH

KEEPING YOUR MEDICAL ASSISTANCE BENEFITS

COMMUNITY RESOURCE & UTILITIES FAIR

AWARENESS MONTHS

MENTAL HEALTH AWARENESS MONTH

FEELINGS CROSSWORD

BOOST YOUR MOOD

HYGIENE DRIVE

EMPLOYMENT AT FCBHA



Office Hours
8:30 AM-4:30 PM
Mon-Fri

Office Closures
4/7/23 — Good Friday
5/29/23 — Memorial Day
6/19/23 — Juneteenth

Autism Awareness Month



Pictured from left: Commissioner Scott Dunn, Connie Nice, Sherri Mitchell-FCBHA Developmental Disabilities Deputy Administrator, Commissioners Vincent A. Vicites and Dave Lohr.

WHEREAS, Autism Awareness Month is observed annually in April, and April 2 is recognized as the United Nations-sanctioned World Autism Awareness Day. Both designations are intended to increase understanding and acceptance of people with autism; and

WHEREAS, people living with Autism Spectrum Disorder remind us each day that every person is born with unique talents and should be treated with respect, play an active role in planning for their futures, and feel empowered to fully participate in and contribute to their communities. When those with autism have access to equal opportunities, we all do better, and that begins with making sure our county lives up to its commitment to ensure all things are possible for all people; and

WHEREAS, during Autism Awareness Month, we in Fayette County commit to helping individuals on the autism spectrum reach their full potential; and

WHEREAS, each person should have the opportunity to live full, independent lives and follow their talents wherever they lead. In April, we recognize those individuals with Autism Spectrum Disorder who are achieving goals and breaking down barriers.

THEREFORE, on this day of March 16, 2023, Fayette County Commissioners, Dave Lohr, Vincent A. Vicites, and Scott Dunn do hereby proclaim April 2023 as Autism Awareness Month in Fayette County, Pennsylvania. This month, the Fayette County Commissioners call upon all citizens, government agencies, public and private agencies and institutions, businesses and schools in Fayette County, to recommit to increasing awareness and understanding of Autism Spectrum Disorder, and encourage all citizens to learn what they can do to support individuals on the autism spectrum and their families.

FAYETTE COUNTY BOARD OF COMMISSIONERS

Keeping your Medical Assistance Benefits Active

The Public Health Emergency (PHE) is expected to end May 11, 2023. The automatic reapplication process will no longer be in place when the PHE ends. If you are not sure if you have received a renewal, or want to check your case, you may contact your County Assistance office at the number below. You may also call the Statewide Customer Service Center (CSC) toll free at 1-877-395-8930. Call this number if you have questions about physical and behavioral health benefit renewals, eligibility, ACCESS/EBT cards or billing. You can also make changes online for Medical Assistance, Cash Assistance, SNAP, LIHEAP (energy assistance), or other Department of Human Services programs by logging into your COMPASS account at <https://www.compass.state.pa.us/compass.web/Public/CMPHome/>

You can also use the myCOMPASS PA mobile app. Individuals who prefer to send their paper documents can still mail them in to the address in their renewal paperwork. If you need to contact your local county assistance office in Fayette County call 1-877-832-7545.

Community Resource & Utilities Fair



On February 28, 2023 agencies gathered in Connellsville to provide information on services and resources available in our area. This Community Resource and Utilities Fair was sponsored by the Fayette County Chamber of Commerce and Pennsylvania American Water. The list of agencies represented at this event included:

- | | |
|---|--|
| PA American Water | Crime Victims Center |
| Dollar Energy Fund | Big Brothers Big Sisters of the Laurel Region |
| Columbia Gas of Pennsylvania | Centerville Clinic |
| PA CareerLink Fayette | Office of Representative Ryan Warner |
| Fayette County Drug and Alcohol | Alternative Yes! |
| United Way of Southwestern PA | Fayette County Housing Authority |
| Fayette County Community Action Agency | USDA Rural Development |
| Southwestern PA Area Agency on Aging | Somerset Trust Company |
| Fayette Area Coordinated Transit | Fayette County Veterans Affairs |
| Domestic Violence of Southwestern PA | Head Start/Early Head Start of Fayette County |
| Fayette County Children and Youth Services | Connellsville Counseling and Psychological Service |
| CASA of Fayette | Aetna Medicare Solutions |
| Mid Penn Bank-Scottsdale Bank and Trust | West Penn Power |
| Fayette County Behavioral Health Administration | Adagio Health |
| Washington County Council on Economic Development | Highmark Wholecare |

Awareness Months

March-Developmental/Intellectual Disabilities Awareness

April-Autism Awareness

May-Mental Health Awareness



Mental Health Awareness Month

Each year Fayette County recognizes May as Mental Health Awareness month. This year, we are excited to kick-off the month by partnering with the Uniontown YMCA and Beacon Health Options for a Mental Health and Wellness event. It will be held on Wednesday May 3, 2023 from 3:00pm-6:00pm, at the Uniontown YMCA. “Mind your Health” is the theme of the event and it is open to everyone. “Mind Your Health” will feature Fayette County mental health providers and community based organizations that keep us healthy. Everyone will have the opportunity to speak one on one with each provider or agency in attendance and gather information on services throughout the county. There will be lots activities for kids, plenty of food, and a DJ. FCBHA will also release a calendar of events for May that will feature trainings, open houses, and a health fair. Please join us on May 3rd and throughout the month of May as well to recognize the importance of Mental Health Awareness and wellness.

Mind Your Health!

Join us for Mental Health Awareness
Month’s “MIND YOUR HEALTH” Event

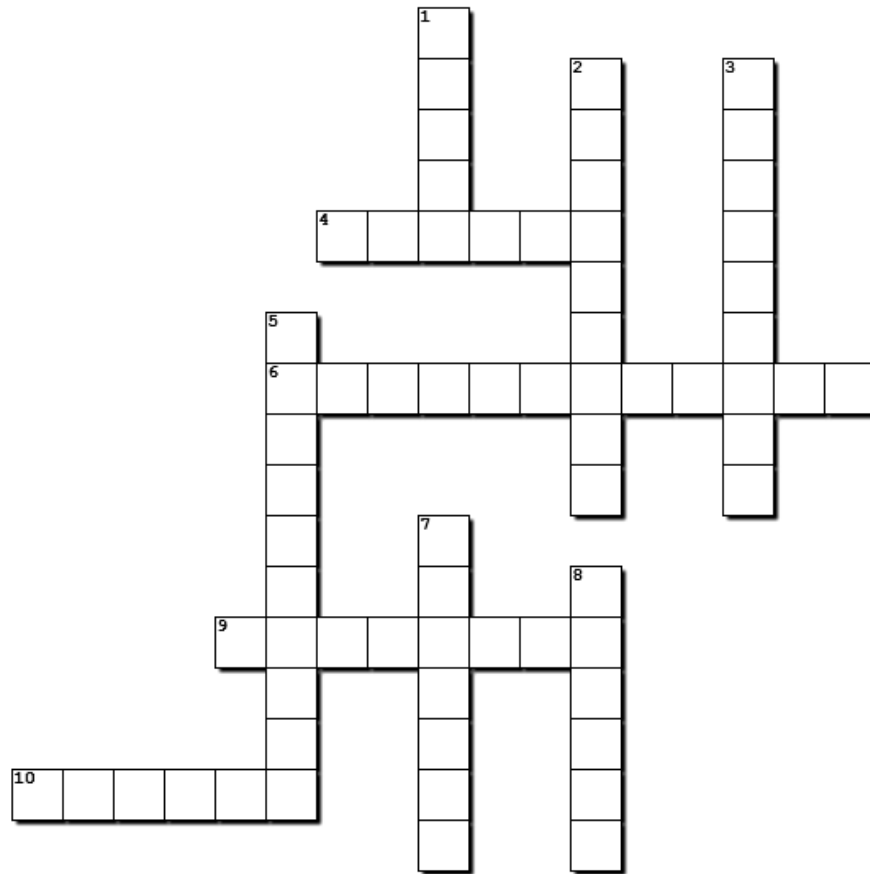
Date: May 3, 2023 — 3:00pm to 6:00pm

Contact: Natalie Ganci at natalieganci@fcbha.org or
Angela Baker at angelabaker@fcbha.org



For vendor registration please reserve your table by April 10th
Any additional questions please contact us at 724-430-1370

Feelings Crossword



Across

- 4. Full of happiness
- 6. Having or showing intense and eager enjoyment or interest
- 9. Noticeably happy and optimistic
- 10. Lack of interest

Down

Answers on page 5

- 1. Feeling or showing strong annoyance, displeasure, or hostility
- 2. Easily damaged, injured, or distressed by slight changes.
- 3. Feeling or showing great pleasure
- 5. Feeling of sadness
- 7. Tending to be anxious
- 8. Ecstatically happy

Boost Your Mood

Are you in a mental slump? Has the winter weather taken a toll on your mood? Is it more difficult lately to be positive?

There are many websites that offer suggestions to combat the blues and get you smiling again. Activities like yoga, walking, journaling, volunteering and looking at old photos can bring on positive vibes. Search the web for some traditional and untraditional activities to boost your morale. Below are some examples.

<https://www.happierhuman.com/mood-boosting-activities/>

<https://scrubbing.in/19-quick-and-easy-mood-boosting-activities/>

<https://www.insider.com/guides/health/mental-health/i-dont-want-to-do-anything>





Employment at FCBHA

Fayette County Behavioral Health Administration hires for various positions throughout the year.

You can receive notifications by email when new opportunities in your field of interest become available by subscribing to "Job Alerts".

Navigate to <https://www.employment.pa.gov>

- Select the "Open Jobs" box .
- Scroll down to "Subscribe to Job Alerts" and click the link.
- Select the job categories you are interested in.
- Most of our positions are listed under the "Social Services" category.
- Click "Subscribe" in the upper right-hand corner.
- Enter your name and email address then click submit.
- You will now be alerted to any new job posting in that category.

Feelings Crossword Answers:

Across: 4=Joyous, 6=Enthusiastic, 9=Cheerful, 10=Apathy

Down: 1=Angry, 2=Sensitive, 3=Delighted, 5=Melancholy, 7=Nervous, 8=Elated

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

24/7 Crisis Hotline
(724) 437-1003



**Fayette County
Behavioral Health
Administration**

(724) 430-1370

David W. Rider
Administrator/CEO

www.FCBHA.org



**Fayette County
Board of Commissioners**

Dave Lohr, Chairman
Vincent A. Vicites, First Vice Chairman
Scott Dunn, Second Vice Chairman

**FCBHA Fraud and
Abuse Hotline**
1-866-275-6467



If you would like to receive future editions of this newsletter by email please subscribe through our website's News and Current Events page.

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.