

AUTUMN 2023

SUICIDE AWARENESS

COMMUNITY RECOGNITION AWARD

HOOPS AND SCOOPS

COMMUNITY OUTREACH

TRUNK OR TREAT

EEUCC 48TH ANNUAL FALL GALA

BENEFITS OF JOURNALING



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

Upcoming Office Closure Dates
10/9/23 — Columbus Day
11/10/23 — Veteran's Day
11/23/23 — Thanksgiving Day
11/24/23 — Day after Thanksgiving

Suicide Awareness

The Fayette County Suicide Prevention Task Force will be hosting and/ or participating in several Suicide Prevention Awareness events during the month of September, National Suicide Prevention Awareness Month. The first event "Live 4 Tomorrow Today" will be a 5k walk/run at the Dawson Grange Community Fairgrounds on September 2, 2023.

There will be trainings, picnics, a day marked to wear Suicide Prevention colors (purple and teal), and a remembrance vigil held at the Fayette County Courthouse. A calendar of events can be found at www.FCBHA.org in the Community Activities section of our News & Current Events page.



Pictured from left: Commissioners Vincent A. Vicites and Dave Lohr, Bob Lubic-Fayette County Specialty Courts, Sue Quinn-Senator Stefano's Office and Commissioner Scott Dunn.

Suicide Prevention and Awareness Week – September 10-16, 2023

In recognition that Suicide Prevention and Awareness Week is September 10-16, 2023, the Fayette County Board of Commissioners acknowledges that, in Pennsylvania, 1 person dies by suicide every 4 hours. In 2020, deaths by suicide in Pennsylvania totaled 1,649 and 45,979 nationally. In our state, suicide is the 3rd leading cause of death for 10-24-year olds, and is the 13th leading cause of death for people of all ages. Each person's death by suicide intimately affects at least 6 other people, with over 250,000 newly bereaved each year.

Fayette County Suicide Prevention Task Force is urging the residents of Fayette County to recognize suicide as a significant public health problem in Fayette County; support the development of accessible behavioral health services for county residents, implementing best practices in reducing suicide risk for people of all ages and backgrounds; and acknowledge that no single suicide prevention intervention will be sufficient or appropriate by all populations or communities.

The Fayette County Board of Commissioners proclaimed the week of September 10-16, 2023 as "Suicide Prevention and Awareness Week" and call upon the people of Fayette County to learn how they can help, because Suicide Prevention is Everyone's Business.

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

Community Recognition Award



Pictured left to right: Karen Blocker-FCBHA Advisory Board Member, CRA Winner-Mary Ozorowski, Commissioners Vincent A. Vicites and Dave Lohr, FCBHA Administrator-David W. Rider and Commissioner Scott Dunn.

The Community Recognition Award (CRA) is given by the Fayette County Behavioral Health Administration Advisory Board and is presented yearly to a Fayette County community leader, organization, advocacy group, current or former employee or volunteer that has direct linkage to the system of care. The recipient provides positive outcomes for Fayette County residents and/or community systems of care, making a difference in the lives of people in recovery, children and adults with mental health needs, individuals with intellectual disabilities and/or on the Autism Spectrum. In the CRA nomination, the 2022 CRA winner, Ms. Ozorowski was said to have been instrumental in keeping Connellsville State Hospital in the community in the 1980's and still continues that fight. She raises money for various organizations and helps with basket raffles to help the Patriots homeless shelters. She listens to them and advises them of available programs and resources.

In the midst of a natural flooding disaster in the North Manor and Breakneck areas, she started a collection for money, food, supplies and other needed items. Currently, Ms. Ozorowski is working to obtain funding to secure a location in Connellsville to aid the homeless population and get them the mental and physical health services needed to be in a better place societally. She has helped fundraise for the Autism School and is very involved with her church choir and Sunday school. Ms. Ozorowski is said to always be there for anyone and everyone without asking for anything in return.

Congratulations Ms. Ozorowski! Your kindness and humanitarianism is very much appreciated.



The 6th Annual Uniontown National Night Out, better known as Hoops and Scoops, took place at Grant Street Park on August 1, 2023. There was a great turn out from the community and local agencies. Agencies in attendance included Axiom Family Counseling, AmeriCorps Seniors, Honey's Helping Hands, A Child's Place, Chestnut Ridge Counseling Services, Highmark Wholecare, EastEnd United Community Center, Fayette County Truancy Outreach, Early Learning Resource Center, Domestic Violence Services of Southwestern Pa, Adelphoi, Big Brothers Big Sisters of the Laurel Region, Centerville Clinics, Fayette County Drug & Alcohol Commission, Carestar, Fayette County CYS/Plans of Safe Care, Westmoreland County Community College, CPP Behavioral Health, Head Start of Fayette County, Fayette County Housing Authority, Mental Health Association, Momentum Couples and Family Therapy and Fayette County Behavioral Health Administration.

The agencies supplied attendees with information, hand-outs on area resources/services and promo items.

In addition to the free-throw contest, there was a large crowd of neighborhood children and adults, great music, free ice cream, snacks, hotdogs, and giveaways. Members of our local law enforcement agencies, emergency responders and fire department were also there. Brownsville, Laurel Highlands and Frazier Highschool cheerleaders provided a positive and encouraging atmosphere.

National Night Out is a great event that fosters comradery within the community. It takes place nationally each year on the first Tuesday in August.

Many thanks to the sponsors of this event: East End United Community Center, Fayette County Behavioral Health Administration, Fayette County Human Service Council, the City of Uniontown, Radcliff Martin Law, Thomas Shaffer, Steve Suchevits, and John and Dana McCune. And thank you to DJ "Kirk Alert", Caleb Kirkland for keeping the energy high.



Community Outreach



East End United Community Center hosted their Community Spirit Day on August 22, 2023 co-sponsored by FCBHA. Children were treated to free snow cones, hotdogs, balloon figures, face painting, a bounce house and backpacks with school supplies.

Attendees were welcomed to walk through the EEUCC community garden and collect some fresh vegetables to take home. Community Spirit Day is a testament to the strength and unity of our community. We hope to continue to build on this spirit of togetherness!



EEUCC Community Spirit Day

August 22

Veteran's Appreciation Picnic August 19

On August 19, 2023, Fayette County Veteran Affairs sponsored a Veterans Appreciation Picnic for all Fayette County Veterans and their families. The picnic was held at the AMVETS George C. Marshall Post #103.



The event highlighted a special performance by the VFW Post 8543 Band and a Car show.

Veterans and their families were provided opportunities to talk with provider agencies for support and help regarding medical, drug and alcohol, mental health, and VA services.



BACK TO SCHOOL

Honey's Helping Hands-Back-to-School Event August 20

Ms. Edna Brown, founder of Honey's Helping Hands, put together a lovely event on Sunday August 20th. As we were days away from school starting, Fayette County Truancy Outreach provided backpacks filled with school supplies.



Children were able to enjoy a bounce house, shaved ice and face painting while parents received information from 10 different providers in the Uniontown area and free produce provided by the Meadow Run Community.

Honey's Helping Hands also handed out food and hygiene supplies to those who attended.



A Child's Place Back-to-School Event August 22

Fayette County Behavioral Health Administration participated in the Back to School Event sponsored by A Child's Place Healthy Parenting Program on Tuesday, August 22, 2023. The event took place in the parking lot of St. Paul's Church on Gallatin Avenue in Uniontown, PA.



There were 60+ attendees. The first 30 children registered were eligible to receive free haircuts. All school-age children received backpacks with school supplies. There were parent-child activities and refreshments available for all participants. Face painting was available and several community service providers were present and offered information on services specifically for children. There were also opportunities to win gift cards from various stores in the Uniontown area.

The event was well attended and the children had a wonderful time enjoying the activities and beautiful weather.

Trunk or Treat

Trunk or Treat is an event many look forward to each fall. It provides an opportunity to take Halloween decorating to places outside of residences and connect with our community. For the Fayette County Human Service Council, this event will occur in downtown Uniontown prior to the annual Halloween parade. Many area agencies take part in this event and display their creativity in hopes of attracting families. Those families are offered valuable resource information and confections, snacks and/or small trinkets. They are also encouraged to vote on their favorite exhibit. For updates on this year's Trunk or Treat, please check out the Fayette County Human Service Council on Facebook.

Pictured below are some displays from Trunk or Treat 2022.

Watch for 2023 pictures in upcoming newsletters and on our Facebook page.



East End United Community Center's 48th Annual Fall Gala



On September 23, 2023 East End United Community Center (EEUCC) will hold their Annual Fall Gala at the Lakeside Venues in McClellandtown, beginning at 5:00 p.m. This event is a celebration and recognition of the good work done by the EEUCC staff, board members, and community partners. It is also an opportunity to thank all those in the community that supported EEUCC throughout the year making it possible for them to continue to provide a multitude of services and programs for Fayette County youth, elderly, new parents, those experiencing food insecurity and the community as a whole.

The staff and community partners look forward to this event each year as it provides a much deserved intermission to the daily challenges that come from addressing the needs of our community, finding solutions and bridging gaps.

The Annual Gala is a formal affair that includes a wonderful meal, uplifting music, raffles and an award ceremony.

If you would like to attend this years gala or get more information on the event, please contact Terry Burden by calling (724) 437-1660 or email FallGala@EEUCC.org.

We invite you to go to <https://www.EEUCC.org> to get more information on all the services and programs they provide as well as get a view of the things they are doing out in our community.

The Many Benefits of Journaling

Journaling is a self-care activity where personal thoughts and feelings are captured in writing. It is thought to be therapeutic and can help you sort out what you are experiencing from day to day. Journaling is linked to decreased mental stress, having significant neurological benefits by providing channels for dispersion of serotonin and dopamine, chemicals that positively affect how we feel. Journaling chronicles your life events and how you feel about them. It is a living document and record of your growth. Writing down your feelings and experiences puts them in a format you can see, read and analyze in bite-sized pieces. Journaling relieves your mind from the clutter of thoughts playing over and over without a plan to address them. It offers a valuable perspective.

Journaling is not just for when you having negative or overwhelming feelings. It is truly a record of how what you experience physically affects you emotionally, good and bad. It equips you with a tool to process and reflect on your life's experiences. Taking a proactive role in your tomorrows. Just think of how you will feel on the other side of challenges you face knowing you are at the helm of your own ship, your destiny, effectively managing or self-regulating your emotions. How powerful you will feel having overcome your struggles. And there is a record, proof of your accomplishments.

We all go through things that bring out our natural inclinations. Unexpected things that we are not prepared for. Dealing with them head on, admitting their influence in our lives and seeking the help of professionals to decipher how we feel is a boss move. Celebration is the end game. Recognizing we are all subject to hardships and victories during our lifetime. A journal is living proof that we are not defined by what we feel or go through. Our life here counts. We matter.

Let's write about it.



**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**

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FCBHA Fraud and
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1-866-275-6467



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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.