



## AUTUMN 2024

### COMMUNITY-BASED CARE MANAGEMENT PROGRAM

#### SENIOR EXPO

#### TRUNK OR TREAT

#### SUICIDE AWARENESS AND PREVENTION

#### EMPLOYMENT AT FCBHA

#### NATIONAL NIGHT OUT

#### LICC

#### BENEFITS OF PUMPKINS



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

#### Upcoming Office Closure Dates

11/11/24—Veteran's Day  
11/28/24—Thanksgiving Day  
11/29/24—Day after Thanksgiving

## Community-Based Care Management Program

The Community-Based Care Management (CBCM) Program has been working with HealthChoices Care Management Staff and Penn Highlands Hospital Social Workers to help meet the social determinants of health needs for individuals that are inpatient/discharging from Penn Highlands Hospital's Behavioral Health Unit.

This is another step working towards connecting patients to community services and increasing the continuity of treatment once discharged from the hospital. CBCM aims to provide resources for safe and affordable housing, employment, food and clothing, transportation, and improved access to mental health services. Building these supports will hopefully show a decrease in repeated hospitalizations.

Along with access to community-based services, CBCM staff helps to provide a warm hand off for patients by partnering with Chestnut Ridge Counseling Services (CRCISI). Prior to discharge patients have the opportunity to meet with a nurse at CRCISI to ask any questions they may have about starting therapy and medication management if needed.

Southwest Behavioral Care (SPHS) Blended Case Management team continues to meet patients while in the hospital to help maintain a smooth transition and to ensure the patient has access to mental health services and providers of their choosing.

We hope to have data soon that will reflect a decrease in inpatient hospitalizations and an improvement in the overall wellness of the individuals and families we serve.

For questions related to the Community-Based Care Management Program please contact our office at (724) 430-1370.

	Housing Assistance		Employment/Education
	Utility Assistance		Healthcare
	Food Security		Childcare
	Transportation		Clothing

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

On October 16th, 2024, Representative Ryan Warner (52<sup>nd</sup> District), Representative Charity Grimm Krupa (51<sup>st</sup> District) and Senator Patrick Stefano (32<sup>nd</sup> District) hosted a senior expo for local senior citizens and their families. This free event was held from 10 a.m. to noon at Penn State Fayette, The Eberly Campus. Representative Warner, Representative Krupa and Senator Stefano have hosted this expo for the past several years. This year's expo was well attended with hundreds of seniors present. The expo provided one-stop shopping for information, services and programs available to senior citizens. Exhibitors from government agencies and nonprofit organizations were on hand to distribute information and answer questions. Throughout the day, refreshments, free health screenings and door prizes were available. Fayette County Behavioral Health Administration was one of the exhibitors that provided promo items and assisted seniors with questions they had regarding behavioral health services.

# Senior Citizen Expo



Fayette County Human Service Council held their 7th annual Trunk or Treat event prior this year's Halloween parade. The Uniontown Volunteer Fire Department was the site for this well attended event. Children and adults participated in picking their favorite display. Tasty treats and resource information was available to attendees.

It was a **SPOOKTACULAR** event!

See this year's winning Trunk or Treat displays below.



FCBHA-Sweet Shoppe



East End United Community Center-Beetlejuice



Cornerstone Care-Jurassic Park



# Suicide Awareness & Prevention

September is recognized nationally as Suicide Prevention & Awareness month. Several local events and trainings were held in September to educate the community on this preventable problem. In Pennsylvania, one person dies by suicide every four hours and each person's death by suicide affects at least six other people. Suicide is the third leading cause of death for 10-24 year old's in our state. The Fayette County Board of Commissioners declared by proclamation that September is Suicide Prevention and Awareness Month in our County.

Pictured below are members of our community, the Fayette County Suicide Prevention Task Force, Commissioner Scott Dunn and other County staff at a remembrance vigil held September 10, 2024 in front of the Fayette County Courthouse.

To learn more about Suicide Prevention in our county or to become part of the Task Force, please contact [GinaDonkers@FCBHA.org](mailto:GinaDonkers@FCBHA.org). Additional Suicide Prevention resources can be found at the American Foundation for Suicide Prevention ([AFSP.org](https://afsp.org)), Prevent Suicide Pa ([preventsuicidepa.org](https://preventsuicidepa.org)), and the Suicide Prevention Alliance ([suicidepreventionalliance.org](https://suicidepreventionalliance.org)).

If you or someone you know is in crisis and at risk for suicide, call or text 988 or text TALK to 741741.



## FCBHA Staff Suicide Awareness and Prevention



# 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.

## National Night Out



**National Night Out** is a free, annual community-building campaign that takes place on the first Tuesday in August to promote police-community partnerships and neighborhood camaraderie. National Night Out in Fayette County is also known as Hoops and Scoops. The event features a friendly basketball free-throw contest and free ice cream for those that attend. Hoops and Scoops is also an opportunity for the community to learn of the many resources available to them. The following agencies were represented at this year's event: East End United Community Center, Fayette County Behavioral Health Administration, Chestnut Ridge Counseling Services, Inc., Greene Treatment Center, SPHS, Highmark, Adelphoi, Fayette County Community Action Agency, Head Start/Early Head Start of Fayette County, A Child's Place, Domestic Violence Services of Southwestern PA and Fayette County Plans of Safe Care.





# LICC Fallin' into Fun



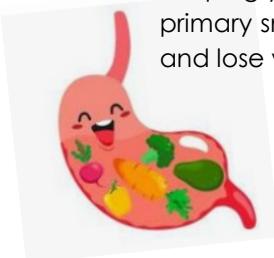
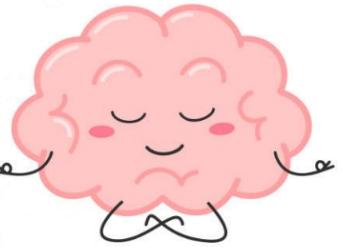
The Fayette County Local Interagency Coordinating Council (LICC) is comprised of families of children receiving Early Intervention services and various professionals representing the Infant/Toddler and Pre-School (Birth to Kindergarten) community. The LICC recently hosted a "Fallin' into Fun" event at the Cherry Tree Alliance Church in Uniontown, Pa. for our Early Intervention families on October 22, 2024. Our topic for this meeting was "Transition". Charity Ridenour and Amy Erickson from the Intermediate Unit #1 presented on the process of transitioning from birth to three Early Intervention services to services offered through the Early Intervention Preschool Program. There were 12 early intervention/community resource providers in attendance that offered educational information and craft activities for the children. Event attendees enjoyed cookies and other snacks while they shared their Early Intervention experiences. The next LICC meeting will be our holiday celebration held on December 11, 2024.

If you would like more information about Early Intervention services or would like to make a referral, call 724-430-1370.



# 5 Surprising Mental Health Benefits of Pumpkins

- Pumpkin seeds contain a ton of magnesium which many studies have shown is great for helping relieve anxiety, stress, and making you calmer.
- Pumpkin seeds are loaded with serotonin, one of the most important influencers of mental health.
- Pumpkin and pumpkin seeds are both rich in fiber and fiber actually promotes good brain health via the gut-brain axis. This means that there's a positive link between a high-fiber diet and additional brain health/functionality.
- Pumpkin seed oil contains tons of phytoestrogens, which some recent research shows are beneficial for preventing hypertension and lowering blood pressure.
- Pumpkin seeds may seem small because they're seeds, but the reality is they're an extremely dense snack that fills you up while simultaneously keeping you sated. This means if you use pumpkin seeds as one of your primary snack foods, you'll snack less, consume fewer calories over time, and lose weight. Weight loss is beneficial to your overall mood and sleep.



Article from Thriveworks.com

## Roasted Pumpkin Seeds

Remove pumpkin seeds and pulp from pumpkin. Separate the seeds from the pulp then rinse the seeds with water.

Spread seeds out on paper towel to dry. The drier the seeds the crispier they will be.

Season the seeds with your choice of seasoning by combining the seasoning with oil in a small bowl. Taco seasoning, pumpkin pie spice, curry powder, salt & pepper are all good choices.

Drizzle oil and seasoning mixture over the pumpkin seeds. Mix thoroughly.

Spread seeds evenly over a foil-lined baking sheet.

Bake at 250° for 45 minutes, stirring occasionally.

For crispier seeds, Increase oven temperature to 325° and cook an additional 5 minutes.

Cool and eat.

There are many websites that feature sweet and savory meals, desserts and drinks made with pumpkin. Below are a few to try:

<https://www.delish.com/cooking/menus/g1770/best-pumpkin-recipes/>

<https://www.foodnetwork.com/recipes/photos/pumpkin-recipes>

<https://thenaturalnurturer.com/recipes-with-pumpkin-puree/>

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



**Fayette County  
Board of Commissioners**

Scott Dunn, Chairman  
Vincent A. Vicites, Vice-Chairman  
Dave Lohr, Secretary

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](http://www.fcbha.org) or  
Fayette County Behavioral Health Administration, 215 Jacob Murphy Lane, Uniontown, PA 15401.