

ISSUE 14 ■ SPRING ■ 2015

The BHC

Bulletin

Note from our CEO:

Mary Ann Daniels

May was officially declared Mental Health Awareness Month by President Obama in 2013, to help educate and raise awareness of what it means to experience a mental illness. The National Institute of Mental Health Shares the following statistics:

- 1 in every 5 Americans experiences a mental health issue
- 1 in 25, or 13.6 million, lives with a serious mental illness, like schizophrenia or major depression.
- 1/2 of all chronic mental illness begins by age 14 and three-fourth's evidences itself by age 24.

Mercer County is very fortunate to have an array of provider agencies to help support individuals who are suffering from both acute and chronic mental illness. Help is a phone call away and, if you or someone you love needs assistance, you can contact us at the numbers listed at the end of this article.

But what can you do, in your everyday life, to stay healthy, happy, and emotionally well?

- Live in the here and now — to the best of your abilities, try to remember that chronic worrying is not a productive method of solving problems. Stay in the present. Enjoy the moment. Tomorrow will take care of itself.
- Exercise — get your endorphins moving. Exercise is one of the very best ways to give yourself a natural, emotional boost. If you aren't able to physically exercise, work that brain! Stay fresh and feel good about yourself.
- Laugh — whenever you can and as often as you can. It's the next best thing aside from exercise in getting those brain chemicals moving.
- Start over — having a bad day? Stop and start over again. You can do this as many times as you want during a day. And starting over is—free!

Finally, if you are experiencing depression, anxieties, or other issues that get in the way of you leading a healthy life each day, see your doctor or call us at the numbers listed below and we will be happy to assist you with a referral. Talk to someone. Educate yourself about your symptoms. Be your own best advocate.

Our Mission:

The Mercer County

Behavioral Health

Commission is a non-profit organization that assists individuals and families experiencing substance abuse, or mental illness, or developmental challenges through the administration, coordination, and delivery of a service system committed to promoting recovery and improving the quality of life of those served.



IT'S A FACT:

May is Mental Health Awareness Month

National Mental Health Awareness Month raises awareness about mental illness and related issues in the United States. In recent times, attitudes towards mental health issues appear to be changing. Negative attitudes and stigma associated with mental health have been reduced and there has been growing acceptance towards mental health issues and support for people with them.

In the late 1940's, the first National Mental Health Awareness Week was launched in the United States. During the 1960's, May was designated as National Mental Health Month.



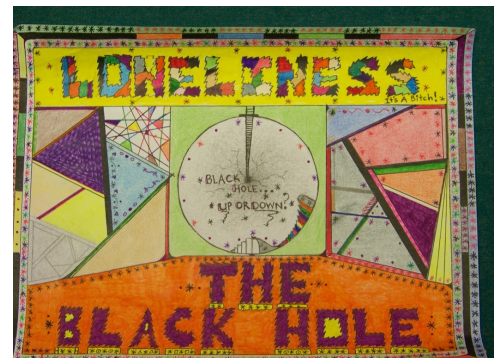
MENTAL HEALTH RECOVERY AND THE ARTS

Art can take on many different looks: drawing, painting, photography, writing, sculpting are only some examples. Many of our mental health consumers report that the use of art does help them in their recovery process. Art engages a deeper part of ourselves and helps us to see things in a different light, giving new perspective. The use of art for individuals who are suffering with mental health problems can provide a "sense of peace". In talking with the artist whose picture is shown, art can "help

Me to feel better". Creative expression provides a way for a person to stay focused.

In a report from SAMHSA, "Art can help inform and educate on the impact of trauma and also show that healing and recovery do happen," said Paolo del Vecchio, M.S.W., Associate Director for Consumers Affairs at CMHS. People use art in many different ways in their own recovery. Some of those ways may be that they are using the trauma that has happened in the past

and putting that into their art. For example, someone who used to cut themselves may use the broken pieces of glass to create something beautiful and expressive.



The use of art is for everyone. We can all use a creative outlet in our daily lives! We can express ourselves without necessarily using our words. You should try and see where your artistic skills lay, you may be surprised at what you learn about yourself!

the reality of living with a mental health condition.

9th Annual Mental Health Recovery Conference 2015

May 12, 2015

8:30 a.m. to 3:00 p.m.

First Assembly of God

1455 N. Keel Ridge Road

Hermitage, PA 16148

Registration Due Date:

April 27, 2015

Contact: Diana Covert

724-662-1550 ext. 101 or

diana.covert@mcbhc.org

RETHINK

REDESIGN



REBUILD

CARE



Early Intervention

Supports and Services - Infant/Toddler

For children from birth to three years that have a delay or disability, Pennsylvania provides a collection of Early Intervention supports and services. The importance of Early Intervention is well established. Quality Early Intervention services can ameliorate the delays and challenges that some young learners experience, and help the family enhance the child's growth and development. It is a process that promotes collaboration among parents, Early Intervention providers, childcare providers, and others in the community who are involved with the child.



Through a unique collaboration between the Departments of Education (PDE) and Human Services (DHS), the Office of Child Development and Early Learning (OCDEL) administers the Commonwealth's Early Intervention Program for eligible infants and toddlers. At a local level, the county Early Intervention programs administer the program for infants from birth to three years of age.

Eligibility for Early Intervention services is determined through the multidisciplinary evaluation (MDE). In addition to considering eligibility for services, the team investigates parent concerns and looks at all areas of the child's development. Service delivery in Early Intervention builds upon the natural learning occurring in a child's early years, and uses routines-based strategies to promote a child's development in natural environments. Services are individualized to each child and family, are based on family-identified outcomes, and may include services by a variety of professionals. Outcomes and services are delineated on the child and family's program plan, called the Individualized Family Service Plan (IFSP).

It's that time of Year!

Please mark your Calendar:

The 12th Annual Leslie Colucci/Sparano Memorial Summer Fest!

A Special Event for all Mercer County
ID Consumers and Families.

Free Food, Fun, & Outdoor Activities!

****July 17, 2015***

Mahaney Recreational Area Shenango Lake

AGENDA FOR THE DAY:

8:30AM –Registration begins

Lunch (Free) 11:30

3:00PM –Departure

Activities Include: Boating, Fishing, Carnival Games, Bingo, Dunking Booth,

Arts & Crafts and Face Painting and

THE SUMMERFEST CHALLENGE!!

Event is Sponsored by:

**The Leslie Colucci/Sparano Memorial Foundation,
Mercer County Behavioral Health Commission, &
US Army Corps of Engineers–Shenango Lake**

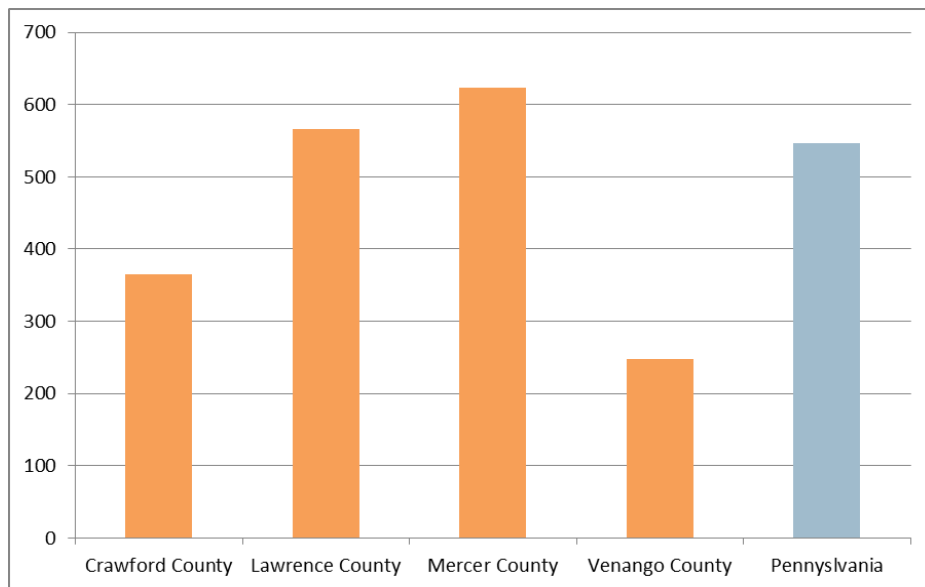


**** As the only fundraiser for the Summer Fest Picnic please know that a 5k walk/run is held every year!! This year it will be held on May 30, 2015. The Summer Fest Sweat is 3.1 miles that begins at Thelma's in Sharpsville and crosses over the Shenango Dam! If you or anyone you know would like to participate or be a sponsor please contact your Supports Coordinator for a registration form.****

It's a Matter of Balance

Fall Prevention Saves Lives

Falls are a leading cause of injury and death for older adults. The senior adults of Mercer County fall 14% more frequently than the Pennsylvania average. According to the five-year fall counts of the Pennsylvania Department of Health, an estimated 624 Mercer County senior adults are hospitalized each year as a result of a fall. The fall rates of our county's aging adults rank higher than each of our neighboring counties of Crawford, Venango, and Lawrence.



Falls are common, falls are predictable, but most importantly, falls are PREVENTABLE! To help reduce the number of falls that occur within our county, the Department of Health initiated a contract with the Mercer County Behavioral Health Commission for the delivery of the evidenced-based fall prevention program entitled, A Matter of Balance. A Matter of Balance was created by Boston University to reduce the fear of falling and to increase the activity levels of older adults. This active and engaging program is offered within a small group setting during 8 two-hour classes. Classes provide: group-discussion; problem-solving; exercises; and fun.

The Mercer County Behavioral Health Commission is providing two Matter of Balance train-the-trainer events to be held on June 10th and June 12th. Interested participants can attend either the morning and afternoon of Wednesday, June 10th, or the morning and afternoon of Friday, June 12th. If you or someone you know is interested in attending, or wanting to learn more about A Matter of Balance you may contact Anna Shears of Kim Anglin at 724-662-1550.

Motivational Interviewing Will Bridge the Local Justice and Behavioral Health Systems

A total of 233 Mercer County human service workers have been trained in Motivational Interviewing (MI), an evidenced based communication technique that is recognized by the National Institute of Drug and Alcohol. The four two-day MI trainings were held in the months of January, February, and March. The training participants represented both the local Justice and Behavioral Health Systems. The project was initiated through a collaborative grant partnership comprised of the Mercer County Behavioral Health Commission, the Mercer County Juvenile Probation Department, and the Mercer County Communities That Care.



The purpose of the training was to further develop the intervention skills of the Mercer County human service workforce. The over arching intention of the MI training plan is to build a programmatic bridge to span the Mercer County justice system to the local behavioral health system. When justice and behavioral health work in tandem, there are greater treatment outcomes of clients who are dually served by both systems. If both systems approach the behavioral health clients who are involved with the criminal justice system using the same results-oriented communication approach, the shared system's families and individuals are more likely to return to productive lives.

Motivational Interviewing is an evidenced based communication technique. The National Institute of Drug and Alcohol (NIDA), the world's largest supporter of research on drug abuse and addiction, conducted clinical trials on the efficacy of MI. NIDA reports that MI improves treatment engagement and treatment outcomes. NIDA has demonstrated that the longer the time and individual remains in treatment, there is a direct correlation to greater clinical outcomes. NIDA states "there are robust and enduring effects when MI is added at the beginning of treatment." (Motivation Interviewing to Improve Treatment Engagement and Outcomes, Research Findings, Clinical Trials Network, Carroll, 2006, Results of 72 Empirical MI Studies.) NIDA recognizes that one session of MI improves client retention. Clients within the study who received an MI assessment were more likely to remain in treatment four weeks later and attend more sessions than clients who received a standard assessment not provided with MI techniques.

Over 25 Mercer County human service agencies participated in the evidenced based trainings and have now been invited to attend a "Motivational Interviewing Coaches Training". The Coaches Training is being held on Monday, May 11th and Tuesday, May 12th. The 16 agencies who are participating in the Coaches Training will be empowered to uphold the fidelity of MI and sustain the skill level of their staff. The agency Coaches who are developed will review and score their organization's peer interviews. The review and feedback will focus on the application of the MI techniques.

When the local justice and behavioral health systems apply a consistent evidenced-based technique, Mercer County can experience greater treatment retention, lower recidivism, reduced crime, and healthier families. The overall training project has been funded through a grant provided through the Pennsylvania Commission on Crime and Delinquency.



Recovery Tech: Videoconferencing



The AA triangle is a familiar symbol to those of us in a Twelve Step program. Each side of the triangle represents the Twelve Step program. Each side of the triangle represents the Twelve Step community's key values of the unity, recovery and service. Implicit in the equal length of each leg is the concept of balance.

Of course, many of us are a bit heavy on one side of the triangle or the other. (What? Such balance doesn't come naturally to all alcoholics? Who knew?) In our modern fast-paced lives, it can be difficult to find the time necessary for balance. I hear many people in meetings say something to the effect of, "I need to see my sponsor more, so I can work the steps."

I have discovered during my day job at Lionrock Recovery that there's more than one way to "see" your sponsor or sponsee. I help people all around the world obtain substance abuse treatment via videoconferencing. I can say with the utmost confidence that the personal connection you want when sharing your step work can be found using videoconferencing. During online Twelve Step meetings, some people are able to become even more vulnerable because they feel safer while sharing from their own home.

In my opinion, the longer a person has been sober, the more useful online meetings with a sponsor/sponsee can be. That's because the longer a person is sober, the better and more full life becomes. When life is filled with good, it can be tough to find time to focus on recovery – meet up with your sponsor or sponsees, go to meetings, be of service and continue step work. If you have children, videoconferencing can be a godsend. While baby is napping or kids are in the next room playing, you can be online doing step work with your sponsor. You then have the babysitting problem solved.

If you are working a gazillion hours, finding time to meet to do step work may have become lower on your To Do List than you'd like to admit. A perfect solution might be setting up a videoconference after work to meet with your sponsor and talk about that amends list you have been working on.

So let's assume I have convinced you that videoconferencing is worth a shot. The next question I typically get is "Ashley, what technology do I need to use videoconferencing?"

There are so many affordable options you can use. A great and relatively inexpensive option is using a 2nd generation or newer iPad. I prefer the iPad mini. You can download any number of videoconference apps, including Skype, GoToMeeting, Google Hangouts, Camfrog and Tango. If you are concerned about the security of the videoconference technology, you can sign up for a GoToMeeting account, which offers encrypted (secure) videoconferencing for a monthly fee.

Each videoconferencing program will have a way for you to send an invite to the person you wish to meet. If you want to use your computer, you can use the built-in webcam or buy one from outlets such as Amazon or Best Buy that plugs into a USB port on the side of your computer. If you are videoconferencing from your computer, you would likely access a videoconferencing program via the program's website, instead of an app.

So now that you know *how* to videoconference, next you need the willingness to try it. Don't forget, when Dr. Bob and Bill W. founded AA in 1935, it was uncommon to find a telephone in many American homes. Today, we use our cellphones all the time to talk with our sponsor and sponsees. The moral of this story is that technology can be used successfully and easily to enhance our recovery.

(Excerpt from Ashley Loeb—"In Recovery Magazine")

The Mercer County BHC is Hosting:

The Spring Formal Dance

WHERE:

Hickory VFW Normandy
Banquet Center

WHEN:

Saturday, May 16, 2015

TIME:

4:00 p.m. to 9:00 p.m.



COST:

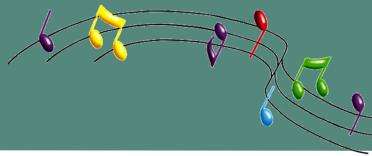
\$35.00 Per Guest

Includes:

Dinner, Dessert, Photos and DJ

Any questions contact:

Tina McMath 724-662-1550 ext. 141



WELCOME TO OUR NEW HIRES:

Diane Mentch
D&A Case
Coordinator/
Assessment

Laurie Bell
Mobile Psychiatric
Nurse

Valerie Grandy
Peer Specialist

Congratulations to Geri Tulip on her retirement!

Geri retired on April 24, 2015 after serving in Mercer County Human Services for 30 years!

BHC staff wish her health and happiness in the years ahead!



8406 SHARON-MERCER ROAD, MERCER, PA



Please contact us at: 724-662-1550
Or visit our website at:
www.mercercountybhc.org

Buffalo Chicken Egg Rolls

Total Time: 30 minutes

Yield: 12 egg rolls

Ingredients

- 12 egg roll wrappers (roughly 4 square inches)
- 1 cup cooked and shredded chicken
- ½ - 2/3 cup hot sauce
- 4 oz cheddar, shredded or crumbled blue cheese
- 1 cup shredded cabbage or coleslaw mix (without the dressing)
- Small bowl of water
- Cooking spray

Instructions

Preheat oven to 400° F. Line a baking sheet with parchment paper.

In a large bowl, toss the chicken with ½ cup of hot sauce, adding up to a total of 2/3 cup if the chicken seems to soak up the sauce really quickly – it probably will.

Lay an egg roll wrapper out on a clean work surface with one corner facing you and spread about 1 tablespoon cabbage or coleslaw horizontally across the wrapper. Top with 2 tablespoons (or a small cookie scoop) of chicken then 1 tablespoon of cheese.

To roll the egg roll, pull the corner closest to you up towards the center of the filling and wrap it under the filling. Fold in the right and left corners, sealing the two with a dab of water. Roll the egg roll away from you, while gently snuggling the egg roll into itself to keep it from falling apart. Be careful not to tug too hard anywhere – the wrapper can tear easily. Seal the final corner onto the egg roll with another dab of water and place the egg roll seam-side down on the prepared baking sheet. Repeat with 11 remaining wrappers. You'll probably end up with quite a few wrappers left over – they can be tucked inside a zip-top bag and frozen on a flat surface. Thaw in the fridge before using again.

Lightly spray the tops of the egg rolls with cooking spray and bake for 12 to 17 minutes, flipping over halfway through, until golden brown and crispy. Serve with blue or ranch cheese dressing.

Serve With Blue Cheese and Ranch Dressing, Carrots & Celery too!

Submitted by: Colleen DeJulia, Complex Case Coordinator