

Pennsylvania’s \$1 cigarette tax increase will...



Prevent
48,100 kids
from smoking



Save
\$2.19 billion
in health care costs



Save
32,200
lives

TobaccoFreeKids.org



Drug & Alcohol Trainings at the Mercer County Behavioral Health Commission

Stimulants (Full)	September 19, 2016	9:00 a.m. to 4:00 p.m.
Heroin & Other Narcotics (Full)	September 20, 2016	9:00 a.m. to 4:00 p.m.
PCPC (3rd Edition)	October 20, 2016	9:00 a.m. to 4:00 p.m.
PTSD & Addiction	November 10, 2016	9:00 a.m. to 4:00 p.m.

For more information, please contact Star Vespaziani @ 724-662-1550 ext. 103 or star.vespaziani@mcbhc.org



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



BHC Central Intake: 724-662-2230
Crisis: 724-662-9292

Issue 19
Fall 2016

the
BHC BULLETIN

Our Mission:

The Mercer County Behavioral Health Commission is a non-profit organization that assists individuals and families experiencing substance abuse, 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.

Note from our CEO:
Mary Ann Daniels

Today’s Epidemic

When I was a child, the epidemics our parents had to contend with revolved around things like measles, mumps, whooping cough and scarlet fever. Serious in and of themselves, these epidemics were eventually diminished with a lot of science and immunizations developed to the point that most were eradicated.

Today we are facing an epidemic for which no science or immunization or any other sort of long or short term treatment seems to be impacting, let alone eradicating. It is not the Zika virus or a meningitis bacterium. It is not a contagion of any kind. The broad disease is addiction. The epidemic right now is the opioid and it comes in a variety of packages: oxycodone, hydrocodone, hydromorphone, methadone, tramadol, fentanyl, heroin. By the time you finish reading this, maybe someone will have manufactured something new to add to the list of killers.

Most certainly by the time you finish reading this, someone else will have died from an opioid overdose.

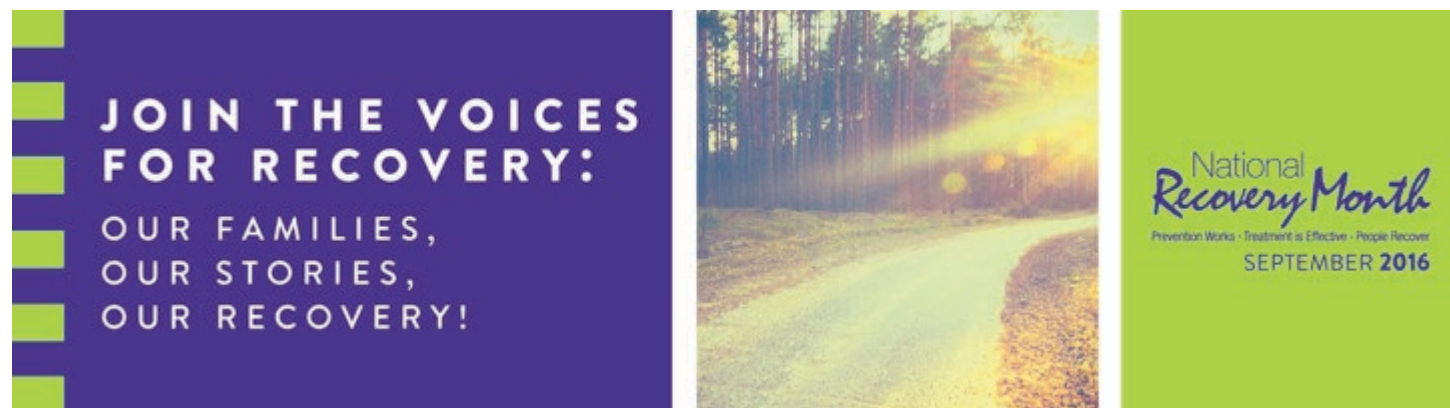
We are often asked, as the county’s Drug and Alcohol Single County Authority, what can be done? How can we stop our young people from dying? Our middle aged individuals? Sometimes, even our older adults. How do we stop this epidemic?

This paragraph is a hard one to start—but the answer to the last question is: **we do not know**. There is no one treatment that works, no science that has yet proved 100 per cent effective. Unlike mental illness, there are no involuntary commitments and no evidence to support that an involuntary commitment will help an addict. There is no one-best-solution, no panacea. The best solution so far is a multi-pronged approach:

- 1) **Education:** Community members speaking to one another and to individuals providing treatment interventions to educate themselves on the epidemic and the resources available to combat it.
- 2) **Legislation:** Continued efforts to increase the medical providers access to prescription data bases which will allow them to view their patients’ medical prescription history across all providers. (The CDC notes that over half of the overdose deaths involve at least one prescription opioid medication).
- 3) **Funding:** to support additional intervention strategies, not just in large urban areas, but to establish treatment sites in smaller, more rural areas as well.
- 4) **Treatment:** Access to a complete array of detox, intervention and treatment options.

Mercer County community members are talking. They are showing up at forums and roundtables and work groups. There are everyday-citizens, physicians, politicians, treatment providers, judges, lawyers, parents—all showing up. Asking questions. Offering ideas. Seeking solutions. Listening.

Our work has only just begun.



About Recovery Month

National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. The observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate National Recovery Month. They speak about the gains made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and furthers a greater understanding about the diseases of mental and substance use disorders.

Now in its 27th year, Recovery Month highlights the achievements of individuals who have reclaimed their lives in long-term recovery and honors the treatment and recovery service providers who make recovery possible. Recovery Month also promotes the message that recovery in all of its forms is possible and encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.

History

Over the years, National Recovery Month (Recovery Month) has inspired millions of people to raise awareness about mental and/or substance use disorders, share their stories of recovery, and encourage others who are still in need of services and support.

Recovery Month began in 1989 as Treatment Works! Month, which honored the work of substance use treatment professionals in the field. The observance evolved into National Alcohol and Drug Addiction Recovery Month in 1998, when it expanded to include celebrating the accomplishment of individuals in recovery from substance use disorders. The observance evolved once again in 2011 to National Recovery Month (Recovery Month) to include all aspects of behavioral health.

WELCOME TO OUR NEW HIRES:



Amanda Boal
Intake/Assessment Case Manager



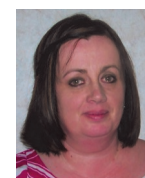
Karla Stanton
ID SC Case Manager



John Force
D&A Case Management Specialist



Nicole Redmond
Crisis Case Manager



Jennifer Flaherty
Crisis Case Manager



Dominic Lengyel
IT Intern

Alcohol use during pregnancy can lead to lifelong effects.

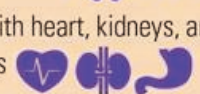
Up to **1 in 20** US school children may have FASDs.



People with FASDs can experience a mix of the following problems:

Physical issues

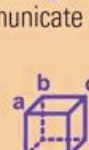
- low birth weight and growth
- problems with heart, kidneys, and other organs
- damage to parts of the brain



Which leads to...

Behavioral and intellectual disabilities

- learning disabilities and low IQ
- hyperactivity
- difficulty with attention
- poor ability to communicate in social situations
- poor reasoning and judgment skills



These can lead to...

Lifelong issues with

- school and social skills
- living independently
- mental health
- substance use
- keeping a job
- trouble with the law



Drinking while pregnant costs the US **\$5.5 billion** (2010).



SOURCES: CDC Vital Signs, February 2016. American Journal of Preventive Medicine, November 2015.

What an opportunity!! Right here close to home!

Strong African American Families



Tuesday Night Location: Sharon Musser Elementary School

Program begins: October 4, 2016
Dinner 5:30pm
Program 6:00-8:00pm
FREE dinner & childcare

Any family that has a youth age 10-14 and that youth identifies as African American is welcome to join this 7 session FREE program developed by University of Georgia!!

Don't miss out!

Call Kelly Burke @ 724-662-1550 for more information and to enroll ☺



Tuesday Night Location: Greenville Bethel Life Worship Center

Program begins: October 4, 2016
Dinner 5:30pm
Program 6:00-8:00pm
FREE dinner & childcare

Any family that has a youth age 10-14 is welcome to join this 7 session FREE program developed by Iowa State University!!

Don't miss out!

Call Kelly Burke @ 724-662-1550 for more information and to enroll ☺



Wednesday Night Location: Grove City Grove City Medical Center

Program begins: October 5, 2016
Dinner 5:30pm
Program 6:00-8:00pm
FREE dinner & childcare

Any family that has a youth age 10-14 is welcome to join this 7 session FREE program developed by Iowa State University!!

Don't miss out!

Call Kelly Burke @ 724-662-1550 for more information and to enroll ☺

Strong African American Families



Tuesday Night Location: Farrell Valley Baptist Church

Program begins: October 6 2016
Dinner 5:30pm
Program 6:00-8:00pm
FREE dinner & childcare

Any family that has a youth age 10-14 and that youth identifies as African American is welcome to join this 7 session FREE program developed by University of Georgia!!

Don't miss out!

Call Kelly Burke @ 724-662-1550 for more information and to enroll ☺

**JOIN THE VOICES
FOR RECOVERY:**
OUR FAMILIES,
OUR STORIES,
OUR RECOVERY!



Celebrate Recovery in Mercer County
Sharing stories of recovery, celebrating the accomplishment of individuals in recovery, and encouraging others on their journey.



Thursday, September 22nd
11:00 a.m. - 1:00 p.m.
Buhl Farm Park Casino, Hermitage

SPEAKERS

Jason Snyder, Communications
Director, PA Dept. of Drug &
Alcohol Programs

Local Individuals sharing real life
stories about the power of
Recovery

REGISTRATION

Diana Covert
724-662-1550, Ext. 101
diana.covert@mcbhc.org
Registration is FREE!
Seats are limited!

VENDORS

Informational Tables will be
available throughout the day
and may include:

Treatment Facilities
Recovery Organizations
Local Agencies & Resources

LUNCH

A free, light lunch will be available

WHAT ARE FASDs?
FASDs refer to a range of effects that can happen to a person whose mother drank alcohol during pregnancy. Specifically, alcohol in the mother's blood passes to the baby through the umbilical cord. Therefore, when a woman drinks alcohol, so does her baby.

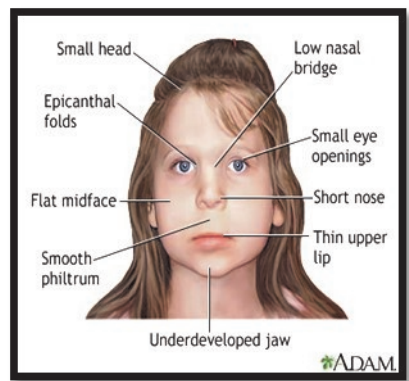
FASDs can affect each person in different ways and can range from mild to severe. They can affect the mind or the body, or both. Because FASDs make up a group of disorders, people with FASDs can exhibit a wide range and mix of symptoms.

FASDs DEFINED
The range of disorders included under the FASD umbrella are:
Fetal Alcohol Syndrome (FAS)
Partial Fetal Alcohol Syndrome (pFAS)
Alcohol-Related Neurodevelopmental Disorder (ARND)
Neurobehavioral Disorder associated with Prenatal Alcohol Exposure (ND-PAE)

RECOGNIZING FASDs
Some of the physical, behavioral, and intellectual disabilities of include:
Sleeping, breathing, or feeding problems
Small head or facial or dental anomalies
Heart defects or other organ dysfunction
Deformities of joints, limbs, and fingers
Slow physical growth before or after birth
Difficulty with learning or memory; low IQ
Higher than normal level of activity (hyperactivity)
Difficulty with attention
Speech & language delays

FASD FACTS
Some experts estimate that an FASD occurs in 10 of 1,000 live births.
40,000 babies will be born with FASD in the United States. (Up to 2-5% of the child population)
FASD occurs in all racial and socioeconomic groups
There is no known amount of alcohol that is safe to drink during pregnancy or when trying to get pregnant. All drinks that contain alcohol, including wine and beer, can harm an unborn baby.
There is no safe time to drink alcohol during pregnancy. Alcohol can harm a baby at any time during pregnancy.
To prevent FASDs, a woman should not drink alcohol AT ALL while she is pregnant or even when she might get pregnant.

ASSESSMENT OF FASD
It is extremely difficult to diagnose an FASD. A team of professionals is needed, including a physician, psychologist, speech pathologist, and physical or occupational therapist. Diagnostic tests may include physical exams, intelligence tests, and occupational and physical therapy, psychological, speech, and neurologic evaluations. Diagnosis is easier if the birth mother confirms alcohol use during pregnancy. However, FASD can be diagnosed without confirming maternal alcohol use, if all the symptoms are present.



A Message to Women from the U.S. Surgeon General
A pregnant woman should not drink alcohol during pregnancy.
A pregnant woman who has already consumed alcohol during her pregnancy should stop in order to minimize further risk.
A woman who is considering becoming pregnant should abstain from alcohol.
Recognizing that nearly half of all births in the United States are unplanned, women of childbearing age should consult their physician and take steps to reduce the possibility of prenatal alcohol exposure.
Health professionals should inquire routinely about alcohol consumption by women of childbearing age, inform them of the risks of alcohol consumption during pregnancy, and advise them not to drink alcoholic beverages during pregnancy.
~Surgeon General Richard Carmona

When you
drink,
they
drink

CAMP K.I.D.S. DAY 2016

On Thursday, July 21, 2016, approximately 170 students from the following school districts, Sharon, Reynolds, Lakeview, Jamestown, Commodore Perry, and West Middlesex school districts attended K.I.D.S Day. Campers, Commissioners, & MCBHC Staff were all there to celebrate the importance of **Keeping Involved Directly with Students**. The Mercer County Board of Commissioners proclaimed Thursday, July 21, 2016 as "Mercer County K.I.D.S. DAY...A Celebration of 25 Years".



Campers also got a tour of the 911 building to see actual operators working and understand what happens when a call comes into 911.

Campers enjoyed a full day of activities! At the courthouse, campers got to meet the crew from Elite Ambulance and learned about the EMT's duties on the job. They were able to tour the ambulance so campers knew what to expect if they ever found themselves in a situation where they needed to be transported.

Oh Wow Museum was there and they taught the campers about circuit blocks and energy bike. The campers actually produced power to the light bulbs by riding the bike. This showed them how much energy it takes to light up three different types of light bulbs.

It was a hot day on the courthouse grounds, so Campers stayed cool by playing lots of water games on the lawn while learning how to work as a team.



5 Campers from Sharon City School District were invited to join the commissioners during their monthly meeting. Chairman Matt McConnell, Commissioner McGonigle & Commissioner Boyd explained the process and all procedures to the Campers as the motions were presented & then approved.

(FASD Continued)

TREATMENT FOR WOMEN

Many women who need alcohol treatment may not receive it due to lack of money or child care, fear of losing custody of their children, or other barriers. For successful recovery, women often need a continuum of care for an extended period of time, including:

- ⇒ Comprehensive inpatient or outpatient treatment for alcohol and other drugs
- ⇒ Case management
- ⇒ Counseling and other mental health treatment
- ⇒ Medical and prenatal care
- ⇒ Child care
- ⇒ Transportation
- ⇒ Follow-up pediatric and early intervention services for children
- ⇒ Services that respond to women's needs regarding reproductive health, sexuality, relationships, and victimization
- ⇒ Other support services, such as housing, education and job training, financial support services, parenting education, legal services, and aftercare

Research shows that residential substance abuse treatment designed specifically for pregnant women and women with children can have substantial benefits in terms of recovery, pregnancy outcomes, parenting skills, and women's ability to maintain or regain custody of their children.

If you are pregnant or may become pregnant and feel you may have a problem with alcohol addiction, THERE IS HELP!

Please speak with your physician about treatment options or contact

Mercer County Behavioral Health Commission, Inc.

(724) 662-2230

for assistance with assessment and linkage to services.

Additional Resources:

www.cdc.gov/ncbddd/fasd

www.nofas.org

www.samhsa.gov

NO Safe

Amount...

NO Safe Time...

NO Exceptions!

Leslie Colucci/Sparano Memorial Summer Fest

On Friday, July 22nd, after the thunder, lightening, wind, and extremely heavy rain, the sun began to break through the clouds and consumers and family members began to stream in for the **13th Annual Leslie Colucci/Sparano Memorial Summer Fest**. Thanks to all our wonderful volunteers for hanging in through the 90 degree temperatures for a fun filled day!!!



BHC staff showing their support of Fetal Alcohol Spectrum Disorder Awareness month by wearing the FASD shirts on Fridays in September.



Insight Into Intellectual Disabilities in the 21st Century

The Shriver Report Snapshot reveals that exposure is a key indicator of Americans' attitudes toward people with intellectual disabilities. Despite gains in visibility, the estimated 3 to 9 million people with ID living in the United States remain isolated from the rest of society.

56% of Americans personally know someone with an intellectual disability. 42% of Americans have had no personal contact and only 13% of Americans say they have a friend with an intellectual disability and only 5% work with someone with ID.

Those who personally know someone with an ID are significantly more likely than those who do not know anyone with an ID to feel at least somewhat comfortable employing (84%) or working with someone with an intellectual disability (87%), having their child in the same class as a child with intellectual disabilities (92%) and having their child date (53%) or marry (47%) someone with an ID. Nearly half of those who know do know someone with ID (44%) say they have a family member who has an intellectual disability.

The Shriver Report Snapshot exposes that the opportunity to meet, befriend, play, or work with someone with an intellectual disability is exceptionally rare. This isolation perpetuates fear and misunderstanding.



The Shriver Report Snapshot reveals that Americans show an internal conflict on what they know to be right and what they are comfortable with when it comes to perceptions of people with ID. Americans today demonstrate understanding that people with intellectual disabilities are capable of living fulfilling lives that include romantic relationships, employment, and other opportunities once denied them. Nevertheless, in practice, Americans' comfort level with people with intellectual disabilities lag noticeably behind their evolving beliefs.

An overwhelming majority of Americans (93% believe that adults with intellectual disabilities should be encouraged to have jobs, and yet fewer say they would be at least somewhat comfortable employing someone with an intellectual disability (80%) or working alongside them as a co-worker (83%).

A significant majority of Americans (62%) believe that people with intellectual disabilities and their families should receive financial assistance from the federal government.

An overwhelming majority of Americans (84%) say that adults with intellectual disabilities should be encouraged to live independently, still nearly 1 in 10 Americans (8%) believe that all adults with intellectual disabilities should be institutionalized.



The Shriver Report Snapshot reveals that Millennials are leading the Way on Acceptance and Inclusion; except on the use of the "R-word" and pregnancy. Likely as a result of increased exposure and interaction, young adult Americans have more progressive attitudes toward, and expectations for, people with ID. Millennial women, ages 18-34, in general are the most compassionate, inclusive and progressive of any group surveyed.

Millennials, ages 18-34, are more likely than their older counterparts to know someone with and intellectual disability (66%) and have a greater understanding of what it means to have ID than older Americans.

There are some exceptions to the rule of the open-minded Millennial. Fewer young men, ages 18-54, find using the word "retard" to describe a friend or themselves acting foolish offensive compared to older Americans. Younger women found it the most offensive.

More than 9 in 10 Millennial women (94%), many of whom are of child bearing age, believed that at least some people would terminate a pregnancy or give a child up for adoption if they discovered an intellectual disability.



The Shriver Report Snapshot reveals that though 89% of Americans reported feeling comfortable having their child in a class with someone with ID, nearly 4 in 10 Americans (39%) believe that children with intellectual disability should not be integrated in the same classroom as other kids their age.

44% of Americans believe that a person with ID who commits a crime where the death penalty is a possible sentence should be treated no differently than someone without an intellectual disability.

More than 1 in 5 Americans (22%) believe that adults with intellectual disabilities should not be allowed to vote in elections.

26% of Americans believe that parents of children with intellectual disabilities should lower their expectations about their child's potential for success.

(For further results on the Shriver Report, please visit <http://mariashriver.com>)



BHC BULLETIN

Extra

In the
Spotlight

John Force began working with the Mercer County Behavioral Health Commission (MCBHC) on May 31, 2016 as a D&A Case Coordinator. He has Bachelor's Degree in Education and is currently in Graduate School working on his Masters in Clinical Mental Health Counseling with a specialty in Addictions Counseling. He previously worked as a trainer for Nikon Camera Company and as a teacher for an Alternative High School in Pottstown, PA. He currently resides in Greenville with his Fiancée Morgan and his children Sophia (6) and Liam (1). John has personally been in recovery for over 3 years and works in his spare time giving back to the recovery community.



RECIPE CORNER

Pumpkin Cookies

2 Cups Sugar
2 Cups Shortening
2 Cups pumpkin
2 eggs
2 tsp. soda
2 tsp. cinnamon
2 tsp. salt
2 tsp. vanilla
4 cups flour
2 tsp. baking powder

Preheat oven to 375°
Cream sugar and shortening together.
Add the remaining ingredients and mix well.
Bake for 9 to 10 minutes.

Submitted by: Star Vespaziani



A good time was had by one and all at our BHC Annual staff picnic hosted by our Administration!!!



HEALTH & WELLNESS

HEALTH & WELLNESS??

What's in Season?

Fall brings to our plates many delicious fruits and vegetables. Many of these can be purchased at your local farm markets or produce stand. Eating produce from local farms is one of the ways to provide our bodies with the essential vitamins and minerals it needs to stay healthy. Remember, the fresher, the better! Any of these foods can be frozen at the time of purchase to preserve their nutritional value. This list is just a few of the popular choices:

Apples: Choose apples that are firm and unblemished. One rotten apple can rot the others in the basket due to the emission of ethylene gas. Store apples in a cool, dark place. Early season apples should be eaten quickly versus mid-season and late season apples that can last for several weeks. To prevent a sliced apple from browning, try squeezing a bit of lemon over it. Apples are high in fiber and vitamin C.

Broccoli: Broccoli peaks in the U.S. between October and April. Stalks should be bright green and firm, with crisp leaves. Fresh broccoli has a moist, cut end. It is best kept cold and stored unwashed in a perforated plastic bag. Broccoli should be consumed within a few days of purchase. Broccoli is high in fiber, Vitamins A, C, and K, and folate.

Carrots: Look for carrots that are smooth, firm and crisp with a deep color. The attached greens can be used in soups and salads. Remove the leaves before storing, as they will draw moisture from the root and dry them out. Avoid storing carrots next to ethylene gas releasing fruits like apples, apricots and melons. Peeling carrots is optional, as the peel can be consumed. Carrots are high in Vitamin A and K.

Mushrooms: All varieties should be firm and dry to the touch, with an earthy odor and caps slightly open. Signs of moisture in the gills can affect the taste, so check them when possible. Store your mushrooms in the refrigerator inside a loose paper bag, layered between paper towels. To clean, use a soft paper towel and gently brush. Mushrooms are high in riboflavin, niacin, pantothenic acid, copper, selenium and Vitamin D.

Potatoes: When purchasing the bag, be sure to check all the potatoes to be sure none are rotting, as a rotten potato can spoil the entire bag. Store in a cool place away from sunlight. New potatoes perish faster and need to be consumed within a few days. Do not wash potatoes until you are ready to use them. Potatoes are high in Vitamins B6 and C.

Squash: Squash should be hard and not give when pressed. Skin should be deeply colored and relatively dull in appearance. Winter squash can be stored in a cool dark place for several weeks without spoiling. If cooking whole, simply scrub the skin. If cutting, use a sharp knife top to bottom and scoop out the seeds. Squash is high in fiber, vitamin A and C, and Manganese.

Submitted by Lisa Medvetz

Information Technology (IT) Corner

Here is another task for cleaning up our computers and it is just as important as cleaning up our disk space as in the previous newsletter IT article.



So often we change or upgrade the devices on our computers leaving behind old programs that we used to interact with them. Devices like printers, cameras, phones etc... We also have programs that the vendors have upgraded to new releases and leave behind the old programs because you may still need them. Programs like Java and Adobe in the past have done this. Then there are the unwanted unused programs that get installed when we install a program we do want to use. These are the 3rd party programs and some can be malicious. So we especially want to clean these up. This procedure will clean up old and unwanted apps/programs on your computer.

Most, probably know how to get to the control panel and uninstall a program, but if not from Windows 7, click the “**Start**” button, then click on the “**Control Panel**” menu option. **Windows 8**, simply drag your mouse pointer to the right edge of the screen, select **Search** and search for “*control panel*”. **Windows 10**, use Cortana to search for “*control panel*”. When the “*Control Panel*” window opens click on the “**Uninstall a program**” option under “*Programs*” category. When the “**Uninstall a Program**” screen is displayed you can see all the programs you have installed on your computer. 1st lets sort the list by clicking on the “Installed On” column header and an arrow pointing down appears above the Installed On. This will rearrange the list to show what was installed recently. This way is the safest way to determine what programs can be removed. Use some caution when uninstalling programs and make a list so you can reference the list and reinstall a program if you find something doesn't work anymore. To uninstall an unwanted program/app, right click on the program and select uninstall. Now let's sort the list back by name by clicking on the Name column header and look through the list for programs we know we don't use anymore and remove them. Programs not to remove are your updated anti-virus and Microsoft programs. A clean computer is a responsive computer unless it is ready for the old computer recycle bin.

Submitted by Gregg Buchanan