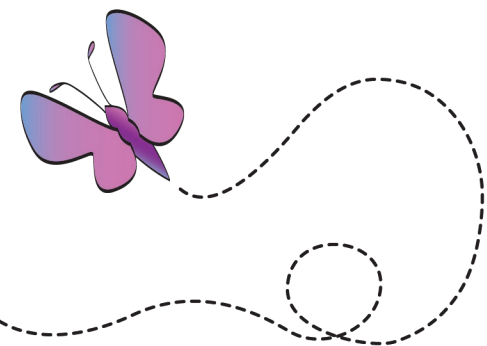




Jeff Hanley began working with the Mercer County Behavioral Health Commission (MCBHC) in March of 2004. He is the Supervisor for our Prevention Department. Jeff has a Bachelor's Degree in Sports Management and a Minor in Business. He previously was employed at the American Red Cross. Jeff currently resides in Sharpsville with his wife Carrie. In his spare time, he coaches the Reynolds Girls Basketball team.



RECIPE CORNER

Hot Spinach Dip

1 (8 oz.) pkg. cream cheese
1/2 cup Mayo
1/4 cup grated Parmesan Cheese
1 (10 oz.) pkg. frozen chopped spinach, thawed and squeezed dry
1 cup shredded mozzarella cheese

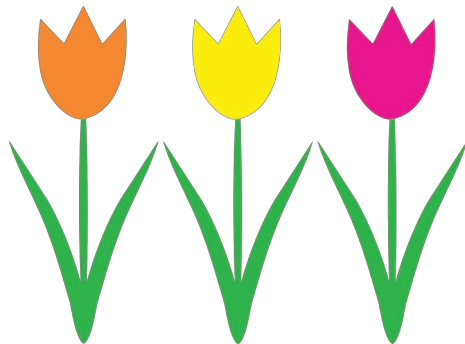
Mix together the cream cheese, mayo, and parmesan cheese until blended.
Stir in spinach and mozzarella cheese.
Microwave, uncovered in a ungreased 9 in. pie plate for 4 to 5 minutes or until bubbling stirring twice.

Serve with tortilla chips, crackers or vegetables.

Submitted by: Star Vespaziani



Spring is the season of Hope!



Welcome to our New Hires:

Kayla Rossman
Peer Specialist



Shellie Kennedy
Crisis/Emergency



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



Note from our CEO: Mary Ann Daniels

Many individuals I know, most of our staff members here, have been involved in the human services field for many years. Like most professions—and life, for that matter—change, if nothing else, is constant.

We are watching with fascination the current push to consolidate many of our human services branches under one umbrella. Currently in our alphabet soup of oversight we have DHS (Dept. of Human Services) which includes OMHSAS (Office of Mental Health and Substance Abuse), ODP (Office of Developmental Programs), OCDEL (Office of Developmental and Early Learning), and OCYF (Office of Children, Youth and Families). Separate from DHS exists the DOA (Department of Aging), DDAP (Department of Drug and Alcohol Abuse) and DOH (Department of Health). The Governor's office is now proposing to shift DOA, DDAP and DOH all under the DHS.

Consolidation makes sense, or so it seems, from a fiscal standpoint; however, it has been made clear no jobs are targeted for consolidation. What, then, is the gain? This remains to be seen. A proponent of integrated service delivery, and sitting in the office of an agency that provides administration, intake and case management across the spectrum of several human services areas, I am hard pressed to complain—however—I will raise a concern, and that is this: **consolidation must never lose sight of the individuality of the consumer populations and the fragility that each population represents.** We should never lose sight of the very special skills and personality it takes to work with a shaken baby and the court system. We cannot forget that addiction is a disease and that recovery from addiction is going to look different than recovery from depression, at least in part. We have to embrace the spirit of the individual who is able to be with and care for someone whose life is nearing conclusion and celebrate the staff members who understand the very special needs of the intellectual disabled.

So what do we hope for if consolidation occurs? Inspired leadership. Expertise in all of the human services areas from that leadership. Better communication and collaboration. An understanding of the individuality of each consumer population and the individuality each county human services delivery system brings to the table. Equal respect and proportional remuneration for rural service areas—like Mercer County. No time to play Alphabet Soup—we have a lot of work to do for our citizens. Let's get moving.

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.



TAKE THE FIRST STEP
TOWARD POSITIVE CHANGE

HAVE THE CONVERSATION



MARCH IS PROBLEM GAMBLING
AWARENESS MONTH



PROBLEM GAMBLING
AWARENESS MONTH
→ HAVE THE CONVERSATION

1-800-522-4700
NCPGAMBLING.ORG/CHAT
#HAVETHECONVO

It's that time of Year!

Please mark your Calendar:

The 14th Annual Leslie Colucci/Sparano Memorial Summer Fest!

A Special Event for all Mercer County
ID Consumers and Families.
Free Food, Fun, & Outdoor Activities!

****July 21, 2017***

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 20, 2017 The Summer Fest Sweat is 3.2 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.****

Jamestown Dedicated and Proactive Partners (JDAPP) HEADED TO CADCA’S NATIONAL LEADERSHIP FORUM TO LEARN NEW SKILLS TO INCREASE SUBSTANCE ABUSE PREVENTION EFFORTS

Representatives from JDAPP, including six Jamestown High School students, who are a part of the FISH club headed to the Washington, D.C. area to join approximately 3,000 substance abuse prevention specialists and advocates from throughout the country for CADCA’s (Community Anti-Drug Coalitions of America’s) 27th Annual National Leadership Forum.

JDAPP’s mission is to provide the residents of Jamestown an opportunity to create and sustain a healthy and supportive community through education, programming and advocacy.

CADCA’s Forum covered a wide range of topics – everything from how to prevent prescription drug abuse and the abuse of synthetic drugs and marijuana to how to create tobacco-free environments and develop policies to reduce underage drinking.

The coalition continues to impact the community by providing education and programs. FISH (Friends in Support and Honor) Club members from Jamestown High School have been very active in the community by empowering fans at local sporting events with the tools and education in prevention of drug and alcohol use.

The coalition’s youth members participated in CADCA’s National Youth Leadership Initiative training events to help them become strong community leaders.

The coalition representatives heard from several federal leaders including Michael Botticelli, former director of the Office of National Drug Control Policy and Senator Sheldon Whitehouse (D-RI) who will both receive CADCA’s National Leadership Award at the event. JDAPP also met with U.S. representatives and senators at the Forum’s Capitol Hill Day.

As part of Capitol Hill Day, the coalition was able to speak to Brendan Fulmer on behalf of Representative Mike Kelly. They were able to educate Mr. Fulmer about JDAPP, FISH, and their efforts in Jamestown. It takes one voice and these youth are bringing this passion and fire back to their hometown.



Autism spectrum disorder (ASD) is a complex developmental disability; signs typically appear during early childhood and affect a person’s ability to communicate, and interact with others. ASD is defined by a certain set of behaviors and is a “spectrum condition” that affects individuals differently and to varying degrees. There is no known single cause of autism, but increased awareness and early diagnosis/intervention and access to appropriate services/supports lead to significantly improved outcomes. Some of the behaviors associated with autism include delayed learning of language; difficulty making eye contact or holding a conversation; difficulty with executive functioning, which relates to reasoning and planning; narrow, intense interests; poor motor skills’ and sensory sensitivities. Again, a person on the spectrum might follow many of these behaviors or just a few, or many others besides. The diagnosis of autism spectrum disorder is applied based on analysis of all behaviors and their severity.

In March 2014, the Centers for Disease Control and Prevention issued their ADDM autism prevalence report. The report concluded that the prevalence of autism had risen to 1 in every 68 births in the United States – nearly twice as great as the 2004 rate of 1 in 125 – and almost 1 in 54 boys. The spotlight shining on autism as a result has opened opportunities for the nation to consider how to serve families facing a lifetime of supports for their children. In June 2014, researchers estimated the lifetime cost of caring for a child with autism is as great as \$2.4 million. The Autism Society estimates that the United States is facing almost \$90 billion annually in costs for autism. (This figure includes research, insurance costs and non-covered expenses, Medicaid waivers for autism, educational spending, housing, transportation, employment, related therapeutic services and caregiver costs.)

Know the signs: Early identification can change lives

Autism is treatable. Children do not “outgrow” autism, but studies show that early diagnosis and intervention lead to significantly improved outcomes. For more information on developmental milestones, visit the CDC’s “Know the Signs. Act Early” site.



HERE ARE SOME SIGNS TO LOOK FOR IN THE CHILDREN IN YOUR LIFE:

- Lack of or delay in spoken language
- Repetitive use of language and/or motor mannerisms (e.g., hand-flapping, twirling objects)
- Little or no eye contact
- Lack of interest in peer relationships
- Lack of spontaneous or make-believe play
- Persistent fixation on parts of objects

Excerpts from the Autism Society.

11th ANNUAL RECOVERY
CONFERENCE

Finding
Inner Strength
and Wellness for
Recovery

May 9, 2017

8:30a.m.—3:00 p.m.



First Assembly of God
1455 N. Keel Ridge Road
Hermitage, PA 16148

Register by April 28, 2017
with
Diana @ (724) 662-1550,
Ext. 101
Or Email:
Diana.covert@mcbhc.org



May

Mental Health
Awareness Month

National Mental Health 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 reduced and there has been growing acceptance towards mental health issues and support for people with them.

Despite this shift in attitude, the idea of a mental health awareness campaign is not a recent one. In the late 1940's, the first National Mental Health Awareness Week was launched in the United States.

During the 1960's, this annual, weekly campaign was upgraded to a monthly one with May the designated month.

During this month, National Health America, the main organization which sponsors this event, run a number of activities which are often based on a theme. In 2010, the theme was 'Live Your Life Well'. 'Live Your Life Well' encouraged people to take responsibility for the prevention of mental health issues during times of personal challenge and stress. Many mental health problems can be avoided by taking positive lifestyle choices in how we act and think before they can manifest.

To coincide with Mental Health Awareness month, other mental health campaigns & activities also run during this month. National Children's Mental Health Awareness Day is one such campaign. This event is sponsored by the American Psychological Association (APA). Other activities have included 'Blogging for Mental Health' and 'Help For People Seeking Psychological Services'.

The Spring
Formal Dance

Hosted by
The Mercer County BHC

Saturday, April 29, 2017
4:00—8:30 p.m.

Hickory VFW
5550 East State Street
Hermitage, PA 16148

RSVP NO LATER THAN **April 4, 2017**
(Maximum Seating is 300)
Please send payment along with this form to:
Mercer County BHC
Attn: Tina McMath
8406 Sharon-Mercer Rd.
Mercer, PA 16137

Guest's Name & Phone #:

Please List 2 Emergency Contacts & Phone #:

Please Circle YES or NO:

*Does the Individual need food pureed or other dietary concerns: YES NO

Please note dietary concerns: _____

*Requires assistance in getting own food due to physical limitations or Concerns: YES NO

*Needs Wheelchair Seating: YES NO

*Does this individual have any medical concerns: YES NO

Please Explain* _____

*Allow BHC to use my picture for Newsletters, on their website & other documents : YES NO

Name of 1:1 staff if needed: _____

Are you attending with a provider: YES NO

If YES, Provider _____

Group home address & Staff Names:

If this info is not provided for the correct number of staff attending then there will not be seating available

Preferred to sit with/by:

