

BACK to SCHOOL

BY THE NUMBERS

75.7 MILLION

ESTIMATED NUMBER OF STUDENTS HEADING BACK TO SCHOOL NATIONWIDE, FROM PRE-KINDERGARTEN TO POST-GRAD.

9.8 MILLION

ESTIMATED NUMBER OF RETURNING TEACHERS, FACULTY, AND OTHER STAFF.

1.77 MILLION

NUMBER OF CHILDREN AGED 5-17 WHO ARE HOMESCHOOLED (3.4 PERCENT).

480,000

NUMBER OF BUSES THAT CARRY 26 MILLION KIDS, NEARLY HALF OF ALL SCHOOL-CHILDREN, TO SCHOOL EACH DAY.

5.76 BILLION

TOTAL MILES TRAVELED BY SCHOOL BUSES EACH YEAR (AN AVERAGE OF 12,000 MILES PER BUS).

54

AVERAGE NUMBER OF STUDENTS TRANSPORTED BY EACH BUS.

2

RANK OF BACK-TO-SCHOOL SHOPPING AMONG ALL SEASONAL CONSUMER SPENDING IN THE U.S. (ONLY THE WINTER HOLIDAYS BRING IN MORE).

\$74.9 BILLION

TOTAL AMOUNT HOUSEHOLDS ACROSS THE NATION ARE EXPECTED TO SPEND ON SCHOOL-RELATED ITEMS THIS YEAR.

\$3

AMOUNT OUT OF EVERY \$5 THAT WILL BE SPENT ON COLLEGE-BOUND STUDENTS.

\$669

AVERAGE AMOUNT HOUSEHOLDS WITH K-12 STUDENTS WILL SPEND ON SCHOOL-RELATED ITEMS THIS SEASON. (THOSE WITH COLLEGE KIDS WILL SHELL OUT \$916 ON AVERAGE.)

1 in 10

RATIO OF PARENTS WHO SAY 100 PERCENT OF THEIR PURCHASES WILL BE INFLUENCED BY THEIR CHILDREN.

650,000

NUMBER OF MEALS SERVED DAILY BY THE LOS ANGELES UNIFIED SCHOOL DISTRICT, THE SECOND-LARGEST SCHOOL SYSTEM IN THE NATION.

\$100,000

ESTIMATED VALUE OF THE FOOD DISCARDED BY STUDENTS IN THAT DISTRICT EACH DAY (AROUND \$18 MILLION EACH YEAR).

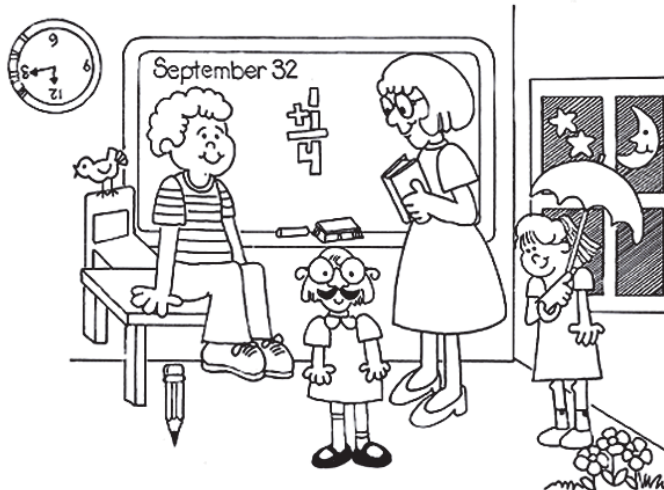
SOURCES: NATIONAL CENTER FOR EDUCATION STATISTICS, AMERICAN SCHOOL BUS COUNCIL, NATIONAL RETAIL FEDERATION, ORGANISATION FOR ECONOMIC CO-OPERATION AND DEVELOPMENT, WRITING INSTRUMENT MANUFACTURERS ASSOCIATION, THE NDP GROUP, LOS ANGELES TIMES, AMERICAN ACADEMY OF PEDIATRICS, NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS, AND THE ENCYCLOPEDIA OF PHOBIA, FEARS, AND ANXIETIES (DOCTOR, KAHN, ADAMEC, 2008)

DESIGNED BY: ERICH BARTLEBAUGH

NBC NEWS.com

Back to School

There are 11 things wrong with this picture. Can you find them?



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

BHC Central Intake: 724-662-2230
Crisis: 724-662-2227

WHAT'S INSIDE:



National Recovery Month



Camp K.I.D.S. dAY



Summer Fest



The BHC BULLETIN

ISSUE NO. 23
SEASON: FALL
YEAR: 2017

Note from our CEO: Mary Ann Daniels

September is Recovery Month, a national day of observance to honor, educate and encourage the public regarding recovery efforts for those with substance abuse and mental health issues.

Recovery is a daily event for those who walk this path. The journey is a path to a better life, to better health, to better relationships with others and, most importantly, with yourself. The path to recovery differs for every individual but always results in an overall improvement in well-being.

The Mercer County Behavioral Health Commission is the Single County Authority (SCA) for county-based drug and alcohol programs. We are also commissioned by the local governance to administer the funds and programming for mental health services. If you need help, we will assist you with an assessment and linkage to services that can help you discover your own recovery path.

Call us now, 724-662-2230, we'll help you with the first few steps down the path!

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.





National Recovery Month (Recovery Month) increases awareness and understanding of mental and substance use disorders and encourages individuals in need of treatment and recovery services to seek help.

Recovery Month celebrates people in long-term recovery and recognizes the dedicated workers who provide the prevention, treatment, and recovery support services.

This year's **Recovery Month** theme focuses on rural and frontier communities, the criminal justice system, community-and faith-based organizations, and public health professionals and departments, highlighting the various entities that support recovery within our society. The theme, *"Join the Voices for Recovery: Strengthen Families and Communities,"* encourages communities to be socially inclusive, offering support to those with mental and/or substance use disorders, as well as the chance to seek help, lend a hand, and contribute to their community as citizens, parents, employees, students, volunteers, and leaders.

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.

FOLLOW RECOVERY MONTH ON SOCIAL MEDIA

FACEBOOK

<https://www.facebook.com/RecoveryMonth>

YOUTUBE

<https://www.youtube.com/RecoveryMonth>

TWITTER

<https://www.twitter.com/RecoveryMonth>



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 **14th 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!!!



CAMP K.I.D.S. DAY 2017



On Thursday, July 20, 2017, 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 20, 2017 as “Mercer County K.I.D.S. DAY...A Celebration of 26 Years”.

Campers enjoyed a full day of activities! At the courthouse, campers got to meet Lt. Settle & K9 Thunder.

They were able to tour the K9 Police car & learn all about what Thunder’s job duties are & how he is a great asset to the community.

Oh Wow Museum was there and they taught the campers about simple machines. Once they were full of simple machine knowledge; the campers actually created their own catapults by using popsicle sticks, rubber bands and plastic silverware, which were then used to launch marshmallows at targets.

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

Reddick’s Tae-Kwon-Do was a crowd favorite this year, they taught the campers how to correctly and safely punch, kick and deflect attacks. Campers also were treated to lunch and a dance party with DJ Blakely on the courthouse lawn!



Each camp was represented at the commissioner’s monthly meeting. Commissioner/Chairman McConnell, Commissioner McGonigle & Commissioner Boyd explained the process and all procedures to the Campers as the motions were presented & then approved. Campers also witnessed the commissioners approving the proclamation of Camp K.I.D.S Day 2017.



Mercer County’s Strengthening Families Program: For Parents and Youth 10-14 continues to prove to be a solid evidence-based program with favorable outcomes with local families. Since its inception in 2012, over two-hundred families have participated in SFP 10-14

with the goal to increase positive communication, improve problem solving and strengthen family bonds. Over 300 parents/caregivers and over two hundred youth have experienced this powerful prevention program.

SFP 10-14 is a highly interactive seven session program that can benefit any family with children ages 10-14. A parent or caregiver accompanies the youth each week to the free program. Families enjoy a delicious, nutritious meal promptly at 5:30pm followed by the parent and youth session for one hour. Families rejoin for the final hour for family session. Mercer County parent participants share that they learn how to love their 10-14 year old and set limits appropriately and respectfully. Parents and caregivers learn the power of giving compliments to their child, having family fun time, as well as using “I statements.” Adult participants also see the value in the 5 minute chore, small penalties for small misbehaviors, and family meetings, which are just a few examples of the tools taught throughout program.

Youth participants report they feel prepared to handle peer pressure situations and cope with the stressors of adolescence since participating in SFP 10-14. The 10-14 year olds enjoy the fast-paced, interactive sessions and look forward to the family session each evening. Spending structured, one on one, quality fun time with their respective parent is commonly shared as the youths’ favorite aspect of the program. Upon completion of SFP 10-14, youth report having an increased level of appreciation for their parents as they are placed in role of caregiver throughout the weeks. Youth understanding why their parent may respond the way they do in situations strengthens the quality of the parent-child relationship. Activities and games address such issues as parental concerns.

Should you wish to be best prepared for the adolescent years, please consider enrolling in the Strengthening Families Program: For Parents and Youth 10-14 by contacting Kelly Burke, Prevention Specialist @ 724-662-1550 ext 108 or via email at kelly.burke@mcbhc.org. The long-lasting value of this program is unsurpassed. Parents and caregivers - you will feel confident in raising a responsible, respectful and loving adolescent at conclusion of the program.

4 Programs offered yearly at the following locations:

Fall Sessions (Oct/Nov):

Bethel Life Worship Center; Greenville- Tuesday evenings
Grove City Medical Center; Grove City- Wednesday evenings

Spring Sessions (Mar/Apr):

Community Counseling Center; Hermitage- Tuesday evenings
Mercer Co. Behavioral Health Commission, Inc.; Mercer- Wednesday evenings

September is F.A.S.D Awareness Month



FASD Identification

Recognizing Fetal Alcohol Spectrum Disorders can be difficult. Early and accurate identification is key to receiving appropriate educational and mental support. Fetal Alcohol Syndrome (FAS) is just one FASD; others may be more difficult to distinguish, particularly when the mother's exposure to alcohol is unknown. Many of the symptoms that can lead to an assessment for FAS cannot be identified at birth, but become more recognizable later on. Behavioral symptoms are more common than associated facial characteristics in FASD. The identifying facial features required for FAS diagnosis are shown here. (CDC 2004)

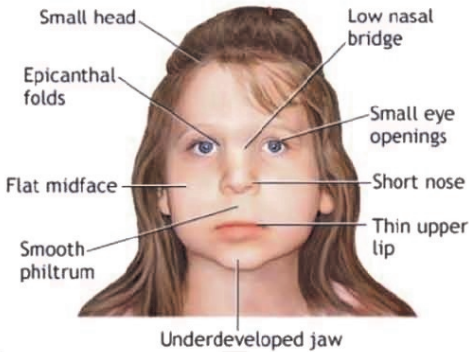


Image courtesy of the National Library of Medicine, NIH

Prenatal exposure to alcohol can affect executive functions, which are controlled by the frontal lobe.

Executive Functions	Effects of Prenatal Exposure to Alcohol
Planning	Inability to apply consequences from past actions
Time Perception	Difficulty with abstract concepts of time and money
Internal Ordering	Difficulty with sequencing, difficulty processing information
Working Memory	Difficulty storing and/or retrieving information
Self-Monitoring	Requires frequent cues, assistance from others with monitoring behavior
Verbal Self-regulation	Needs self-talk, verbal self-feedback
Motor Control	Fine motor skills more affected than gross motor skills
Regulation of Emotion	Difficulty in maintaining stable emotional state, swings from emotional highs to lows; unable to regain composure without assistance
Motivation	Requires external motivators, may demonstrate lack of remorse



Fetal alcohol spectrum disorders (FASD) is an umbrella term describing the range of effects that can occur in a baby exposed to alcohol in the womb.

FAS (Fetal Alcohol Syndrome) is the most visible disorder associated with prenatal alcohol exposure. The criteria are abnormal facial features, below average height and/or weight, and central nervous system abnormalities.

Individuals with **PFAS** (Partial Fetal Alcohol Syndrome) meet 2/3 of these criteria.

Individuals with **ARND** (Alcohol Related Neurodevelopmental Disorder) experience only the brain, or central nervous system, abnormalities.

Individuals with **ND-PAE** (Neurobehavioral Disorder Associated with Prenatal Alcohol Exposure) primarily experience the behavioral effects of prenatal alcohol exposure, including those listed in the table on the left.

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.

JOIN THE VOICES FOR RECOVERY
STRENGTHEN FAMILIES AND COMMUNITIES

National
Recovery Month

Presented By: Substance Abuse & Mental Health Services Administration
SEPTEMBER 2017


2nd Annual Mercer County Recovery Celebration!

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

Thursday, September 21, 2017
11:00 a.m. - 1:30 p.m.
Buhl Farm Park Casino Ballroom
715 Hazen Road, Hermitage

Free & Open to the Public

KEYNOTE SPEAKER



Keirston Parham
Recovery & Peer Services Coordinator
Western Psychiatric Institute & Clinic
UPMC, Pittsburgh

Local Speakers

5 local individuals will share personal stories about their journey and the power of recovery.

County Coalition
Gloria Macklay, President
Mercer County Coalition for Drug Awareness
"Coalitions in Action: How communities can support recovery"

Vendors

Informational Tables include:
Treatment Facilities
Recovery Organizations
Local Agencies & Resources

Lunch

A light lunch will be provided

RSVP

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

BHC Bulletin Extra



Crystal Agostino began working with the Mercer County Behavioral Health Commission (MCBHC) on March 12, 2001. She is a Clerk Typist II at our North Entrance. Crystal graduated from Slippery Rock Area High School. She was previously employed by Dr. Elizabeth Clark's dental office. Crystal resides in Harrisville with her husband Mike and her two dogs, Duncan and Moka. She has two married children, Jenna and Jarod and three grandsons, Jackson, Cade and Grayson. In her spare time, Crystal likes to walk her dogs and spend time with her grandchildren.



Welcome to our New Hire:

Morgan Dunlap
Peer Specialist



RECIPE CORNER Pumpkin Spice Cupcakes Ingredients:

- 2 1/4 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground allspice
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 cup butter, softened
- 1 cup white sugar
- 1/3 cup brown sugar
- 2 eggs, room temperature
- 3/4 cup milk



Cinnamon Cream Cheese Frosting

- 1 (8 ounce) package cream cheese, softened
- 1/4 cup butter, softened
- 3 cups confectioners' sugar
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon

Directions:

1. Preheat an oven to 375 degrees F (190 degrees C). Grease 24 muffin cups, or line with paper muffin liners. Sift together the flour, 1 teaspoon cinnamon, nutmeg, ginger, clove, allspice, salt, baking powder, and baking soda; set aside.
2. Beat 1/2 cup of butter, the white sugar, and brown sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color. Add the room-temperature eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Stir in the milk and pumpkin puree after the last egg. Stir in the flour mixture, mixing until just incorporated. Pour the batter into the prepared muffin cups.
3. Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 25 minutes. Cool in the pans for 5 minutes before removing to cool completely on a wire rack.
4. While the cupcakes are cooling, make the frosting by beating the cream cheese and 1/4 butter with an electric mixer in a bowl until smooth. Beat in the confectioners' sugar a little at a time until incorporated. Add the vanilla extract and 1 teaspoon ground cinnamon; beat until fluffy. Once the cupcakes are cool, frost with the cream cheese icing.

Submitted by: Star Vespaziani

BHC ANNUAL STAFF PICNIC

Hosted by Administration

A good time was had by one and all!



Health & Wellness



Your Best Shot is the Flu Shot

Getting vaccinated is the best way to reduce the chances that you will get seasonal flu and spread it to others. Everyone 6 months and older should get a flu vaccine each year. It takes about two weeks after vaccination for your body to develop protection against the flu. So, go ahead and take your best shot in the fight against flu! Protect yourself and your loved ones by getting your shots!

Excerpt from www.cdc.gov