



The BHC's prevention department has worked closely with JDAPP over the years. They are a wonderful group of dedicated adults and students working to create a health community. They met with Representative Mike Kelly in Washington D.C. and were representing their community coalition for the CADCA Annual National Leadership Forum.

Drug & Alcohol Trainings at the Mercer County Behavioral Health Commission

Screening and Assessment	March 3, 2016	9:00 a.m. to 4:00 p.m.
Addictions 101: Back to Basics	April 12, 2016	9:00 a.m. to 4:00 p.m.
Practical Applications	April 26, 2016	9:00 a.m. to 4:00 p.m.
Ethics	May 24, 2016	9:00 a.m. to 4:00 p.m.
Stimulants	September 19, 2016	9:00 a.m. to 4:00 p.m.
Heroin & Other Narcotics	September 20, 2016	9:00 a.m. to 4:00 p.m.



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



Issue 17
Spring 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

April is a month that recognizes a variety of important social causes. Topping the list of those causes names **April as Child Abuse Prevention Month**, highlighting the importance of a community taking the role of putting an end to child abuse. A few facts for Pennsylvania 2014, a year that saw unprecedented changes in the laws surrounding the reporting, identification and investigation of child abuse:

- * 11 out of every 1,000 Pennsylvania children was the victim of child abuse
- * 65% of those children were female 35%, were male
- * Sexual abuse accounted for the most frequent type of child abuse
- * County child welfare agencies spent 1.426 billion dollars on providing investigation and intervention services to children and families, with 46.5 million dollars targeted on the investigation role.

The Mercer County Behavioral Health Commission has traditionally provided services to the mentally ill, the intellectually disabled, those needing early intervention services and drug and alcohol services. In 2015, we stepped into another role—in conjunction with our local child welfare agency and the district attorney's office, Mercer County BHC established a local Child Advocacy Center.

What role do we play? It is a very small role, but an important team to be playing on.

Historically, when abuse is alleged by a child, several individuals talked to the child regarding the allegations: police officers, child welfare workers, parents, teachers, district attorneys. This method of interviewing a child results in multiple accounts of the incident having to be told, the effect of which can be very traumatizing. In the 1980's, a practice began whereby a single interviewer was trained and appointed to interview a child in a developmentally appropriate fashion while all other pertinent parties were available to view the interview in a separate room. The result—one interview for the child. One time to tell their story. An opportunity for healing to begin at the beginning of the process rather than occurring well after the incident was initially talked about. Thus were born what is now known as a Child Advocacy Center.

It has been over 30 years since the practice began. Since that time, Child Advocacy Centers have been slowly developing across the nation. Where there were once but a handful of "CACs" in the state of PA, there now exist over 40 centers in various stages of development, from full-fledged CACs to organizations who are just beginning to establish their processes of working together as teams to develop their protocols.

We proudly stand by Mercer County Children and Youth Services and the Mercer County District Attorney in developing a local Child Advocacy Center. Since opening our doors in mid-2015, our interviewers have conducted 70 interviews with children regarding their allegations. We have much to learn and are eager to do so. We recognize that the children and families who cross our doors in search of assistance are sometimes also the victims of abuse and we embrace the opportunity to participate in our own small way as a team member for those who work to prevent child abuse on a daily basis.

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



April is National Autism Awareness Month

The characteristic behaviors of autism spectrum disorder may be apparent in infancy (18 to 24 months), but they usually become clearer during early childhood (24 months to 6 years).

As part of a well-baby or well-child visit, your child's doctor should perform a "developmental screening," asking specific questions about your baby's progress. The [National Institute of Child Health and Human Development](#) (NICHD) lists five behaviors that warrant further evaluation:

- Does not babble or coo by 12 months
- Does not gesture (point, wave, grasp) by 12 months
- Does not say single words by 16 months
- Does not say two-word phrases on his or her own by 24 months
- Has any loss of any language or social skill at any age

At first glance, some people with autism may appear to have an intellectual disability, sensory processing issues, or problems with hearing or vision. To complicate matters further, these conditions can co-occur with autism. However, it is important to distinguish autism from other conditions, as an accurate and **early autism diagnosis can provide the basis for an appropriate educational and treatment program.**

Welcome to our New Hires:



Jeremiah Cleland
Blended Case Manager



Jake Smith
ID Supports Coordinator



Maggie Miller
Clerk Typist II

SPRING FORMAL DANCE

Hosted by Mercer County BHC

The Spring Formal Dance will be:

Saturday, April 23, 2016

4:00 p.m. to 8:30 p.m.

Hickory VFW
559 East State Street
Hermitage, PA 16148

\$35.00 per guest (18 or older)
Pictures, dinner and dancing to follow

Please RSVP NO LATER THAN April 1, 2016
Questions or to register call: Tina McMath at
724-662-1550 ext. 141

"Social Media, Apps and Our Youth"

The Internet moves at the speed of light. So does online misinformation and misuse. No one person can keep up with it all, but a Community can make a difference.

If you saw a text message a teen had sent in cryptic lingo, would you know what they were talking about?

Do you know the latest apps and sites?



Twitter



Tumblr



Vine



Facebook



Snapchat



Instagram



Oovoo



Omegle



Kik



Ask.fm

The Student Assistance Program County Coordination meeting was held, at the BHC, on February 25, 2016.

The topic was **Teen Social Media and Mental Health Usage Trends for Adults**. The presenter was Ryan Klingensmith, LPC, NCC, MA, from Shape the Sky. Ryan reviewed social media websites and apps that teens and younger children are using to post material such as cutting, suicidal statements, bullying, eating disorders, and sexually inappropriate photos. Ryan also addressed the safety issues surrounding these postings and how as a concerned parent or adult you can intervene. The presentation was attended by 52 adults, including BHC SAP Liaisons, Mercer County Juvenile Probation, and the following school districts: Commodore Perry, Farrell, Grove City, Hermitage, Keystone, Lakeview, Mercer, Reynolds, Sharon, Sharpsville, and West Middlesex.

In the evening, Mr. Klingensmith presented the same information to the Jamestown Community through the Drug Free Coalitions Grant. In attendance, were members of Jamestown School District Administration, parents, grandparents, community members and representatives of the Jamestown Coalition (JDAPP).

"Where Knowledge Meets Wisdom"

Children are born into an online world where they often believe they're all on their own. They don't think parents have the understanding to help. Or worse, that parents may overreact to requests for guidance. So kids don't ask, parents don't get involved—and the conversation never starts. The truth is, children have the knowledge to navigate the Web, but lack the wisdom of an adult's experience to do so safely.

At Shape the Sky, we bring knowledge and wisdom together. We'll give you an inside view of the online world our children live in. So you'll know how to "talk the talk. Then, we'll help you start the conversation with your children. So you can connect, share and learn together.



www.dea.gov

National Prescription Drug Take-Back Day

**Saturday
April 30, 2016
10:00 a.m. - 2:00 p.m.**

**TURN IN YOUR UNUSED OR EXPIRED
MEDICATION FOR SAFE DISPOSAL**

**Mercer County Collection Sites
To Be Announced, on April 1st, at the
following website:**

www.dea.gov

Local police departments and the Mercer County Behavioral Health Commission, Inc. (724-662-1550, ext. 125) have teamed up to participate in the National Take-Back Initiative. Here are some key points about the initiative:

- It is anonymous.
- Prescription and over-the-counter medications in tablet and capsule form are accepted.
- Intravenous solutions and needles are not accepted.
- Illegal substances such as marijuana and methamphetamine are not part of the program.
- Prescription drug abuse is a major concern. Removing these unused, potentially dangerous drugs from our homes is a common sense approach to limiting the opportunity to abuse them.

May is National Mental Health Month

Mental Health Awareness Month has been observed in May in the United States since 1949, reaching millions of people in the United States through the media, local events, and screenings. It is more important than ever for all Americans to know that **behavioral health is essential to health, prevention works, treatment is effective, and people recover**. Today, adults with mental illnesses and children and adolescents with emotional disturbances have improved access to care.

National Mental Health Awareness Month gives us all the opportunity to combat the negative attitudes, prejudice, and discrimination that prevent people from accessing treatment and supports and isolate people from their communities.

Within this National Mental Health Month, is National Children's Mental Health Awareness Day on Thursday, May 5, 2016. Communities across the country, as well as national collaborating organizations and federal partners, are busy planning Awareness Day activities that will take place through the month of May. To support their efforts, SAMHSA (Substance Abuse and Mental Health Services Administration) will host the Awareness Day 2016 on May 5th in Washington, DC. This year's national theme, "Finding Help, Finding Hope," explores strategies for improving access to behavioral health services and supports for children, youth and young adults with mental and substance abuse disorders and their families. For more information on National Mental Health Month or National Children's Mental Health Awareness Day go to: <http://www.samhsa.gov/>

*Mark your
calendars....*

**Tuesday,
May 10, 2016**

Mercer County's New Freedom Initiative
presents:

10th Annual Recovery Conference

For Consumers engaged in Mental Health and/
or Substance Abuse Recovery, Caregivers, and
Providers

*"Recovery Tools for a
Mental Health Survivor"*

On
Tuesday, May 10, 2016
At

First Assembly of God Church
1455 North Keel Ridge Road, Hermitage, PA
16148

Free to all attendees.

Includes diverse speakers, continental breakfast
and lunch!

Registration information will be coming soon.

724-662-1550

It's that time of Year!

Please mark your Calendar:

The 13th Annual Leslie Colucci/ Sparano Memorial Summer Fest!

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

Free Food, Fun, & Outdoor Activities!

****July 22, 2016****

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 21, 2016. 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.****

A Comprehensive Community Response for Overdose Prevention

Drug overdose is the leading cause of injury death in the United States and Pennsylvania is near the top of the nation's statistics. Fatal overdose deaths now surpass car accident-related deaths in the Commonwealth. This is hard to imagine! The Pennsylvania Department of Drug and Alcohol Program Secretary, Mr. Gary Tennis, reports that the state of Pennsylvania cannot arrest its way out of this national epidemic. At an Overdose Symposium held on January 27th by the Pennsylvania Commission on Crime and Delinquency, state leaders including Secretary Tennis, Governor Tom Wolf, PCCD Chairman Josh Shapiro, and Physician General Dr. Rachel Levine lead a conversation with law enforcement officers, healthcare field representatives, and drug and alcohol professionals about effective strategies to combat the opioid epidemic in Pennsylvania.

PCCD Chairman Josh Shapiro said the only way Pennsylvania can win the fight against overdose is by working together to implement proven prevention, intervention, and treatment strategies. Panels comprised of district attorneys, judges, doctors, drug and alcohol administrators, academic experts from both the University of Pittsburgh and Penn State shared their experiences of effective interventions which have worked to curb the opioid overdose rates in their communities. Some of the strategies shared from their comprehensive plans are:

Evidence-Based Prevention Strategies The Evidence Based Prevention and Intervention Support Center of Penn State University highly recommends communities implement the Strengthening Families Program. Strengthening Families is an evidence based parenting skills, children's social skills, and family life skills training program which is taught in two-hour group sessions. The program focuses on each family's strengths, treats each participant with dignity and respect, provides an opportunity for each family to share a meal, and is filled with FUN. Families strengthen their relationships while reducing substance abuse and delinquency risk factors. Strengthening Families 10-14 has been provided in Mercer County for the past four years and is currently receiving referral phone calls through Ms. Laura Leskovac at 724-456-7785 or Ms. Kelly Burke at 724-662-1550.

In addition to Strengthening Families, another prevention strategy that communities may implement to help reduce overdose rates is the availability of Drug Drop Boxes. Supported and coordinated by the Pennsylvania District Attorney's Association, Mercer County maintains 4 Drug Drop Boxes in the community. They are located at:

- Greenville-West Salem Police Department, 125 Main Street, Greenville, PA
- Borough of Grove City Police Department, 337 East Pine Street, Grove City, PA
- City of Hermitage Police Department, 800 North Hermitage Road, Hermitage, PA
- Mercer County Sheriff's Office, 205 South Erie Street, Room 102, Mercer, PA

Effective Intervention Strategies The PA Department of Drug and Alcohol Programs (DDAP) recognizes overdose as a situation in which an individual requires medical intervention. DDAP has prioritized those individuals who have survived an overdose, and have required counties to implement a seamless 24/7 direct referral process from local emergency rooms to drug and alcohol treatment services. Secretary Tennis has called this new requirement a "Warm Hand-Off" process. Armstrong, Indiana, and Clarion Counties highlighted their "Warm Hand-Off" process at the Overdose Symposium. Kami Anderson, SCA Administrator for Armstrong, Indiana, and Clarion Counties promoted their Warm Hand-Off response which uses Case Coordinators and Recovery Specialists to respond to overdose calls received from the local Emergency Rooms.

In addition to interventions occurring with overdose survivors in the Emergency Rooms, the panels of experts recommend communities make Naloxone available as an effective intervention tool to prevent overdose. Naloxone is an opioid antagonist, which means it works by pushing opioids (drugs like heroin or prescription painkillers) out of the brain's receptors. The Center for Disease Control, the Substance Abuse and Mental Health Services Administration, and the National Institute for Drug Abuse have recommended communities make Naloxone available for patients at risk for prescription opioid or heroin overdose. A friend or family member who may have witnessed an overdose, or patients who are at risk for overdose should purchase Naloxone. Naloxone is easy to use, and it is safe. Naloxone reverses the overdose without affecting much else.

Effective, Evidence-Based Treatment There are many paths to recovery. One pathway that is widely accepted is through the participation in treatment. Treatment helps individuals change addictive behavior into non-addictive, healthful patterns. Experts presenting within the Overdose Symposium recommend communities support treatment programs that are evidence-based. Evidence-based treatment programs that maintain the fidelity of key components of the evidence-based intervention increase the likelihood of patient success. Some of the NIDA endorsed research based drug and alcohol treatment interventions are: Cognitive-Behavioral Therapy, Motivational Interviewing, Multidimensional Family Therapy, The Matrix Model, among others. If you or a family member participates in a drug and alcohol treatment program, remember to ask about the types of evidence-based treatment the provider employs.

In addition to traditional therapeutic treatment, the DDAP and the Pennsylvania Commission on Crime and Delinquency recommend communities include Medication Assisted Treatment (MAT) in their response to opioid overdose. Medication-assisted treatment is treatment for addiction that includes the use of medication along with counseling and other supports. Treatment that includes medication is sometimes the best choice for opioid addiction. If used properly, the medication does not create a new addiction. It helps people manage their addiction so that the benefits of recovery can be maintained. There are three main choices for medication used to treat opioid addiction: methadone, buprenorphine, and naltrexone. Methadone is only available at licensed treatment centers. Methadone, when used appropriately, reduces drug cravings and helps the person feel normal, not high. The second type of MAT is Buprenorphine. Buprenorphine is prescribed at treatment centers but can be prescribed at a doctor's office as well. Buprenorphine is the first medication to treat opioid dependency that is permitted to be prescribed in a physician's office, this significantly increases treatment access. As with all MAT, buprenorphine is prescribed as part of a comprehensive treatment plan that includes counseling and participation in social support programs.

Naltrexone is another medication that is used for opioid addiction. Naltrexone, otherwise known as Vivitrol helps overcome addiction in a different way. Naltrexone blocks the effect of opioid drugs which takes away the feeling of getting high if the problem drug is used again. Naltrexone is available in pill form or by injection, and can be obtained at a treatment center or doctor's office.

People who participate in MAT also benefit from participating in counseling. The counseling provides an opportunity to talk with a professional about addiction, the problem that has caused the addiction, and to learn how to prevent relapse.

Addiction is a disease. It cannot be cured, but it can be treated. Recovery is possible, but it takes work.

Submitted by Kim Anglin

BHC BULLETIN

Extra

In the Spotlight



Maggie Miller began working with the Mercer County Behavioral Health Commission (MCBHC) on January 25, 2016 as a Clerk Typist II for our Central Intake Unit. Prior to the MCBHC, she worked for Dr. James Gardner III. Maggie and her husband Dan enjoy gardening and riding their Harley together.

Information Technology (IT) Corner

Clean house on your computer.



- The Disk Cleanup utility removes unnecessary files to free up space on the disk/hard drive.
1. To run Disk Cleanup follow these steps:
Windows XP,7, Click on the Start and select All Programs > Accessories > System Tools > Disk Cleanup.
Windows 8 and above, Search for Disk Cleanup and select "Free up disk space by deleting files".
 2. Select Drive C from the drop-down menu on the popup window.
 3. Click OK.
 4. Disk cleanup will calculate the free space on your computer, which may take a few minutes.
 5. After the calculation is complete, you should see a popup window with locations you can check mark or leave empty.
 6. You can check mark all the boxes.
 7. Click OK.
 8. You will see a dialog box that prompts you: Are you sure you want to permanently delete these files?
 9. Click Delete Files.
 10. Disk cleanup will delete the files and close automatically.
 11. Windows 8 and above, repeat steps 1 through 6
 12. This time select the Cleanup system files button bottom left and perform steps 7 through 12.
 13. You may see a popup warning that you may not be able to restore to a previous version of windows, click yes.
- Perform this process at least twice a year.

Submitted by Gregg Buchanan

Recipe Corner

The Perfect Steak

4 steaks (preferably New York Strip) , 1 inch thick
2 cloves garlic
2 Tblsp. Worcestershire sauce
2 Tblsp. Balsmic vinegar
Ground Pepper
2 tsp. Dijon mustard
2 Tblsp. Soy sauce
2 Tblsp. Olive oil



Trim excess fat from steaks. In a heavy, re-sealable plastic bag, combine garlic, Worcestershire sauce, balsamic vinegar, pepper, mustard, soy sauce, and olive oil.

Marinate the steaks for 1 hour at room temperature or up to 24 hours in the refrigerator. If refrigerating, bring steaks close to room temperature 1 hour before grilling for more even cooking.

Preheat the grill on high. Brush grids or foil with olive oil. Grill steak on both sides until desired doneness.

Let cooked steaks sit for 5 minutes before serving.

Submitted by Star Vespaziani

HEALTH & WELLNESS PAGE



The Office Worker's Workout

Sedentary workplace behaviors and their negative effects on health have recently been all the focus in the media. Recent reports have claimed that anyone who has a sedentary job may be negatively impacted, even if they are active at other times in their day. Many workers are taking action by using stand up desks, exercises balls for chairs, or walking between phone calls etc. Although these initiatives can be healthy, it is important to know what is true and what is hype.

A study on the dangers of sedentary behavior in the workplace and leisure time was conducted by researchers from the University of Exeter, England. The study followed 3,720 men and women ages 35-55 for 16 years, tracking health, intentional physical activity, lifestyle choices and body mass index. Findings concluded that people who participate in moderate to vigorous physical activity daily are less negatively impacted by their sedentary jobs. This is positive news! With this stated, it is important to remember that all of our bodies need consistent movement to be their healthiest. A body in motion feels its best.

Now, let's look at how we can incorporate more exercise into our day:

~Park farther away from the building.

~Walk to a co-workers office instead of calling or emailing.

~Every hour or so, stand up, stretch and take a quick five minute walk or do some basic exercise at your desk.

~If you have an hour lunch, use half to walk outside.

~Always use the stairs.



Simple, right?! Now let's look at how fitting in small bouts of exercise can lead to a happier, more productive work environment (all information is based on studies scientific studies, but I will not statistically bore you):

~ Fatigue decreases by 65% throughout the day. Compare that to a 20% decrease by an energy drink or caffeinated beverage. And, there is no "crash" experienced.

~ Memory, performance and mood all improve.

~Workplace happiness increases with more physical activity. With more activity, the less burnout and reports of depression.

~ Increases in brain power and cognitive ability were significant!

~Creativity is increased, especially with a walk outdoors.

~Better pay check. Who doesn't want this?! People, who exercise the most, tend to make the most.

I will end this article with the sobering fact that although simple changes can create positive change, many people continue to remain highly inactive throughout the day. If you find these changes difficult to implement, start small and simple or grab a walking buddy throughout the day. Your health will thank you!

Submitted by Lisa Medyetz