



**The Spring Formal Dance**  
**hosted by the**  
**Mercer County Behavioral Health Commission**  
**on April 21, 2018**  
**was a huge success!!!**  
**A good time was had by one and all!**



**Please contact us at: 724-662-1550**  
**Or visit our website at:**  
**[www.mercercountybhc.org](http://www.mercercountybhc.org)**

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



## **Note from our CEO:** **Mary Ann Daniels**

When you hear “ACEs”, you normally think of poker games or perhaps solitaire—right? June highlights Post-Traumatic Stress Disorder and, in that same vein, we will highlight “ACEs”. ACEs stands for Adverse Childhood Experiences. Adverse childhood experiences can be any event – long-term or singular – which is traumatic to a child. Most all of us have had some form of trauma, be it parental discord or divorce, the death of a grandparent, moving away from a well-established peer group. Any of these types of events can lead to trauma for children which they carry on into adulthood, shaping how they interact with others and their environment. They are strongly predictive of health outcomes, social functioning, early death, and well-being in later life. How do we intervene? ACEs often go unrecognized. Prevention is the key for significant issues such as child abuse or addiction. Building resiliency in our children, both at home and through health and well-being programs in our schools also has an impact. As adults, recognizing that behaviors such as addiction, chronic mental and physical health conditions, may also be closely tied to ACEs and connecting adults to counseling services that might help them resolve lingering issues is a first and important step.

If you’d like more information on Adverse Childhood Experiences and their effects on our public health systems, go to [ACEsTooHigh.com](http://ACEsTooHigh.com), where you can take the brief ACEs survey, find your own score, and discover whether or not your own childhood experiences might be impacting you or someone you love.



**ISSUE NO. 26**  
**SEASON: SUMMER**  
**YEAR: 2018**

## **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.







## About PTSD Awareness

The National Center for PTSD promotes awareness of PTSD and effective treatments throughout the year. Starting in 2010, Congress named June 27th PTSD Awareness Day (S. Res. 541). In 2014, the Senate designated the full month of June for National PTSD Awareness (S. Res. 481). Efforts are underway to continue this designation for the fourth consecutive year in 2017.

After a traumatic event, most people have painful memories. For many people, the effects of the event fade over time. But for others, the memories, thoughts and feelings don't go away - even months or years after the event is over. Mental health experts are not sure why some people develop PTSD and others do not. If stress reactions do not improve over time and they disrupt everyday life, it is important to seek help to determine if PTSD is present. The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of PTSD and effective treatments. We can all help those affected by PTSD.

### Raise PTSD Awareness

#### You can make a difference!

"Greater understanding and awareness of PTSD will help Veterans and others recognize symptoms, and seek and obtain needed care." - Dr. Paula P. Schnurr, Executive Director of the National Center for PTSD.

### Commitment to Veterans and Others

VA provides effective treatment for our nation's Veterans and conducts research on PTSD, including the prevention of stress disorders. Our campaign supports Veterans, their families, and all those who have experienced trauma to get care. Be a part of PTSD Awareness Month.

Excerpts from the National Center for PTSD

## Welcome to our New Hires:



**Shannon DeJulia**  
ID Supports Coordinator  
Hired May 7, 2018



**Shauna Rodgers**  
Blended Case Manager  
Hired May 21, 2018



**Sharronda Faber**  
Housing Coordinator  
Hired March 26, 2018



**Valerie Belles**  
Peer Specialist  
Hired May 15, 2018



### RECIPE CORNER

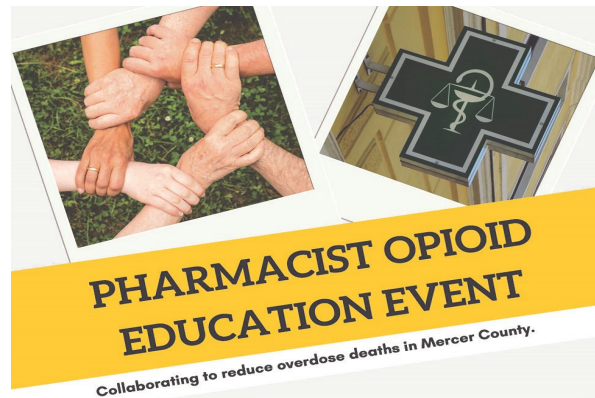
#### Easy Summer Pie



- |                  |                             |
|------------------|-----------------------------|
| 1 9-inch         | pie crust (frozen, thawed)  |
| 1 (8 ounce) pkg. | cream cheese (softened)     |
| 1/3 cup          | white sugar                 |
| 1 (11 ounce) can | mandarin oranges (drained)  |
| 1 cup            | fresh strawberries (halved) |
| 4                | kiwi (peeled and sliced)    |
| 1 cup            | fresh raspberries           |
| 1 cup            | fresh blueberries           |

1. Preheat oven to 400 degrees F (200 degrees C).
2. Roll pastry into an 11 inch circle. Lay flat on a baking sheet or pizza pan. Prick several times with a fork. Bake in preheated oven for 12 to 15 minutes, until light brown. Remove and allow to cool completely.
3. In a small mixing bowl, beat together cream cheese and sugar until mixture is creamy and smooth. Spread evenly onto cooled pastry. Arrange fruit in a decorative pattern over cream cheese layer. Chill until ready to serve.





**On April 26, 2018**, an Opioid education event was held at the Corinthian Banquet Hall in Sharon, PA, for local pharmacists. The event was presented by the Mercer County Overdose Prevention Workgroup in collaboration with the University of Pittsburgh. The focus of the event was to educate pharmacists about resources and guidelines to reduce public access to opiates and to address the issue of the opioid epidemic in Mercer County.

Pharmacists were trained in motivational interviewing, intervention techniques using the SBIRT method, and CDC prescribing guidelines. Approximately 40 pharmacists attended the event and provided positive feedback for the program. As a follow-up to the program, a subcommittee of pharmacists is being established to further discuss tracking controlled substance prescriptions, assessment of patient opioid misuse and overdose risk, intervention techniques for patients deemed to be at risk, and education strategies on the use of Naloxone. This event was one component of the “Forging Physician, Pharmacy and Family Networks” project, which aims to increase access to intervention, training, treatment and education services to reduce substance use in the community.



Mercer County Behavioral Health Commission, Inc.

Is celebrating their 40th Anniversary this year!

1978-2018

## 2017-2018 CAMP K.I.D.S.

With Summer quickly approaching the Prevention Department is getting ready for our 27<sup>th</sup> year of Camp K.I.D.S. summer program for students going into 5<sup>th</sup> & 6<sup>th</sup> grade! We continue to provide a comprehensive life skills drug & alcohol prevention program full of fun at 6 local school districts: Commodore Perry, Lakeview, Reynolds, Jamestown, Sharon, & West Middlesex. At camp we offer a fun, healthy & safe summer camp experience, strengthen peer relationships, support personal growth, & assist in positive decision making. Camp continues to be broken up into 3 week rotations; first rotation will begin June 25<sup>th</sup> and goes through July 12<sup>th</sup>. Our second rotation begins July 16<sup>th</sup> and will go until August 2<sup>nd</sup>.

Our goal this is year is to have at least 190 campers total for all 6 camps! As always we will celebrate Camp K.I.D.S. with all 6 camps on July 19<sup>th</sup> during our annual Camp K.I.D.S Day!



Camp K.I.D.S. Day Picture from 2017!



## wellness for the



### 12th Mental Health Recovery Conference

On May 8, 2018, the 12th annual Mental Health Recovery Conference on Wellness for the Mind, Body and Spirit was held. It marked another great event that everyone enjoyed! We learned about the importance of taking care of our mind and body on the journey to recovery. The morning focused on the wellness of the spirit. We practiced some chair yoga, learned techniques for self-motivation, and got us all thinking about the activities we enjoy that make us happy. We also had an opportunity for guided meditation to promote relaxation.

Following a great lunch, our own Katie Gassner talked of the ways to quit tobacco, the implications that tobacco has on our mental health and overall wellness of the body. To end the day, we heard from two mental health consumers who shared their personal recovery story.

It seemed that a great day was had by all! Everyone left learning new recovery tools and are looking forward to next year's conference!



**The Mercer County Overdose Prevention Workgroup** was established approximately a year and a half ago to combat the opiate epidemic affecting residents of Mercer County. The Workgroup's mission is: *Collaborating to reduce overdose deaths in Mercer County.* The members meet monthly to provide oversight, direction and planning of county-wide initiatives.

The foundation of the workgroup are the partnerships formed between the Mercer County Behavioral Health Commission and the project's key stakeholders. The strength of the workgroup are the three committees - Prevention, Intervention and Treatment. Every member of the workgroup serves on one of these committees to plan county wide programming.

It's that time of Year!

Please mark your Calendar:

## The **15th** Annual Leslie Colucci/Sparano Memorial Summer Fest!

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

**\*July 13, 2018\***

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 more!

*Event is Sponsored by:*

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