



The ANSWER

Fayette County Behavioral Health Administration Newsletter

WINTER 2014

**Lifesharing
Award**

**Fall Fairs
And Functions**

**Crisis Intervention
Association of PA**

**Happy
Holidays ??**

**FCBHA
Cares**

**From Thanksgiving
To Gift-Giving**

**SPICE &
Behavioral Health**

**Traditions, Customs
And Trivia**

**Packin' Up
2014**

**A Peek at
2015**

Trainings

**Holidays/
Office Closures**

Christmas—12/24 & 25
New Years Day—1/1/15
Martin Luther King Jr.—1/19/15
Presidents' Day—2/16/15

Contact Us:
(724) 430-1370
www.FCBHA.org



**May Peace Be Your Gift
This Holiday and Your Blessing
All Year Through!**

Peace cannot be kept by force; it can only be achieved by understanding.

ALBERT EINSTEIN

When the power of love overcomes the love of power the world will know peace.

JIMI HENDRIX

Better than a thousand hollow words, is one word that brings peace.

BUDDHA

Peace is its own reward.

An eye for an eye only ends up making the whole world blind.

MAHATMA GANDHI

Peace is a journey of a thousand miles and it must be taken one step at a time.

LYNDON B. JOHNSON

A people free to choose will always choose peace.

RONALD REAGAN

Courageous people do not fear forgiving for the sake of peace.

NELSON MANDELA

MISSION: To enrich lives by providing choice and access to resources
That encourage hope, independence and recovery.



Lifesharing Award

On October 21, 2014, FCBHA Employee Tina Pahula was presented the “Excellence in Lifesharing Award” from the Office of Developmental Programs, Western Region. Tina has been a Lifesharing Provider since 1994 and has welcomed George and Emmett into her home. The mission of Lifesharing is to enrich the lives of people with disabilities by matching them with families who are willing to share life experiences in a caring household. The award was presented by State Representative Thomas Murtha at the annual Pennsylvania Lifesharing conference in State College. For more information about Lifesharing in Fayette County, Please call FCBHA Developmental Program Specialist, Joe Wingrove at (724) 430-1370 or go to <http://www.fcbha.org/Agency.html>.



Congratulations Tina!!

FALL FAIRS AND FUNCTIONS

Summer and Fall are the busiest times of the year for our staff.

You will find them everywhere throughout Fayette County where the community gathers. They always bring a wealth of knowledge about Behavioral Health Services and supports with them.



Representative Kula Senior & Veterans Fair—10/3/14

EEUCC Senior Fair—10/3/14

VBH Family Forum—10/3/14



Representative Mahoney Senior Fair— 10/24/14

www.FCBHA.org

r sharing



CIAP

CRISIS INTERVENTION ASSOCIATION OF PA

At the Crisis Intervention Association of Pennsylvania's Annual Conference held in November at Nema-colin Woodlands Resort, our very own Pat Morrison was elected President of the Association for the second time (not consecutive). Pat accepted and will share his skills and knowledge on this subject over a 2-year term beginning in 2015. CIAP was founded in 1973 and Pat has been a member since 1993. The Mission of CIAP is to promote and enhance crisis services, provide a forum for communication between providers and MH professionals, and influence legislation and regulation that impacts Crisis Intervention Services. Now more than ever it is a priority for crisis intervention services to recognize and understand trauma and trauma-informed care. As President, Pat's goal is to advocate for unified crisis services throughout the commonwealth and increase awareness and participation in the Association. He hopes to do this through future events such as a violence summit and the annual conference.

CONGRATULATIONS PAT MORRISON!!!



Unless someone like you ,
cares a whole awful lot,
nothing is going to get better.
It's not.

Dr. Seuss—www.brainyquote.com



FCBHA CARES!

STAFF GIVES BACK TO THE COMMUNITY

January—Wounded Warrior Project
February—Alexandra's Butterflies of Hope
March—Special Olympics
April—Point Marion Park Association
May—East End United Community Center
June—Miracle League
July—Relay for Life
August—Salvation Army
September—Staff Veterans Day Luncheon
October—Domestic Violence Services
November—Salvation Army
December—Christmas Angels (25) and more

More than \$1800 was raised in 2014 and has been donated back to local organizations who help those in need. We are thankful for a staff who responds to each and every request with kindness and generosity.

HAPPY HOLIDAYS????

Joy to the world! 'Tis the season to be jolly! Festive music fills the air; holiday cheer abounds. Everyone is happy at holiday time — right? Wrong.

Truth be told, many people feel lonely, sad, anxious and depressed at this time of year. How can this be? There are many reasons why people feel down at this time of year but you can do something to beat those blues. No matter what is happening in your life, think of the blessings you do have. Taking stock of all of the positives in your life — right here and now — can go a long way toward ending your "bah humbug" mood. With a little bit of planning and forethought, the holidays can be wonderful — and not just because they are supposed to be. For 50 interesting tips on how to avoid the Holiday Blues...visit the **TINY BUDDAH** and **FIND HAPPINESS!**



It's the Most Wonderful

FROM THANKSGIVING TO GIFTGIVING...

Think about teaching children the joy of giving by making holiday treats and giving them to family and friends. It's a simple and inexpensive way to spend quality time with the family and teach your children (and spouse) very valuable lessons at the same time.

Gingerbread Cutout Recipe for Houses and Men......from www.allrecipes.com

1/2 C Butter Softened
1/2 C Brown Sugar
2/3 C Molasses
2 Eggs
4 C Flour—divided
1/2 Tsp. Baking soda
1/2 Tsp Salt
1/2 Tsp Allspice
1/2 Tsp Cloves
1/2 Tsp Cinnamon
1 Lb. Powdered Sugar
1/2 Tsp Cream of Tartar
3 Egg whites

Directions: Preheat oven to 350 degrees.

1. In large bowl cream butter and brown sugar until smooth, stir in molasses and eggs.
2. Combine 1- 1/2 C of flour, baking soda, salt, allspice, cloves, cinnamon, and ginger then beat into mixture.
3. Gradually stir in remaining flour by hand to form a stiff dough.
4. Divide dough in half—on floured surface, role dough into 1/8" thickness, cut into desired shapes
5. Place cookies 1" apart onto ungreased cookie sheets and bake for 8—10 minutes.
6. Cool for 5 minutes then remove to a wire rack.
7. Icing: sift powdered sugar and cream of tartar then blend in egg whites. Use an electric mixer on high speed and beat for about 5 minutes or until thick and stiff. Cover with a moist cloth until ready to frost.



NEWS FROM SAMHSA ABOUT SPICE AND BEHAVIORAL HEALTH

While **SPICE** is great for baking cookies, it's not always a good thing. This term is also used to refer to synthetic version of Marijuana that is produced to avoid existing drug laws. **SPICE**, also know as herbal incense, is a synthetic cannabinoid and designer drug. It is a dried, shredded plant material treated with cannabinoid analog. An analog is one of a group of chemical compounds similar in structure and pharmacology to that of an illicit drug that functions similarly to the active ingredient, in this case Delta-9-tetrahydrocannabinol (THC). Unfortunately the synthetic cannabinoid can be between **4 and 100 times more potent** than the natural substance with added compounds that further amplify the psychotropic effects and side effects. People who use these substances cannot know the precise contents or the serious, if not lethal, outcomes that may result. Growing evidence suggests an association between using **SPICE** and having an acute episode of psychosis in individuals with no history of psychosis or triggering an episode in someone who has. Designer drugs are not new, but they are not a passing fad either so be aware of the common names for **SPICE** and advise your children to avoid these as well: Arctic Synergy, Black Mamba, Bombay Blue, Cloud Nine, Genie, K2Blonde, K2 Blueberry, Moon Rocks, Natures Organic, Skunk, Spice Diamond, Spice Gold, Spice Silver, Yucatan fire, Zen, Zen Organic. For more information about this and other forms of synthetic drugs, visit www.SAMHSA.gov.



derful Time ...

TRADITIONS, CUSTOMS, TRIVIA......what do you know about Christmas?

1. **The Worlds Largest Nativity Scene**—is located in Einsiedeln, Switzerland consisting of more that 450 figures and hundreds of yards of landscape. It began In 1930 by Ferdinand Pottmesser as a copy of the landscape of Bethlehem with a visual representation of the story of the birth of Christ.
2. **Xmas**—some think of Xmas as a contemporary, sacrilegious abbreviation of the word Christmas. To the contrary, the first letter of the word Christ in the Greek language is chi, which is identical to the modern Roman alphabet's X...therefore Xmas is an ecclesiastical abbreviation that has been used for almost as long as Christmas has been in existence.
3. **Who is Santa Claus?** - For centuries, St. Nicholas has been remembered by Christians for his generosity toward children and the poor. The real St. Nicholas lived in Turkey where he served as bishop in the town of Myra during the fourth century. According to Dutch legend, Sinter Klaas brought gifts at Christmastime through an open window or down a chimney, the basis of the Santa Claus we know and love today. It wasn't until 1809 that Americans had an actual description and drawing of St. Nicholas though.
4. **Who is tracking Santa Claus?** Deter—Detect—Defend! This motto of the North American Aerospace Defense Command, better known as NORAD, applies to the Canadian and American agency's responsibility to defend the airspace of Canada, Alaska, and the Continental US. However, each December 24th, NORAD is also involved in tracking Santa Claus's ride across the globe. To see where Santa is in real time, visit the NORAD Santa Tracking Site at <http://www.noradsanta.org/>.
5. **Which Cities are Easiest for Santa to Visit?** - Those with snow of course!
6. **Does Santa Really Exist ?**—Yes he really does. He lives in Rovaniemi, Finland at Santa's Village and you can visit Santa in his workshop and watch his trusty elves building toys and decorating for the holidays. Santa also has a North Pole address on the Arctic circle but it's really hard to get there.



How to SAY "Merry Christmas" around the world

- | | |
|--------------------------------------|--|
| * Glaedelig Jul—Danish | * Sung Tan Chuk Ha—Korean |
| * Joyeux Noel—French | * Frohliche Weihnachten—German |
| * Nadalog Llawen—Welsh | * Geseende Kersfees—Afrikaans |
| * Juon Natale—Italian | * Jyvaa Joulua—Finnish |
| * Kala Christouyenna! - Greek | * Kurisumasu omedeto—Japanese |
| * Nollaig Shona Dhuit—Gaelic (Irish) | * Mele Kalikimake—Hawaiian |
| * Shub Naya Baras—Hindi | * Suksun Wan Christmas—Thai |
| * God Jul—Swedish | * Wesolych Swiat Bozego Narodzenia—Polish |
| * Boldog Karacsony—Hungarian | * Pozdrevlyayu s prazdnikom Rozhdestva I s Novim Godom—Russian |
| * Feliz Navidad—Spanish | * Kung His Hsin Nien bing Chu Shen Tan—Chinese, Mandarin |





Packin' Up 2014!

RELAY FOR LIFE—08/09/14



**MENTAL HEALTH
ASSOCIATION
CRAFT AND GIFT FAIR
10/16/14**



THINK PINK THURSDAY—10/16/14

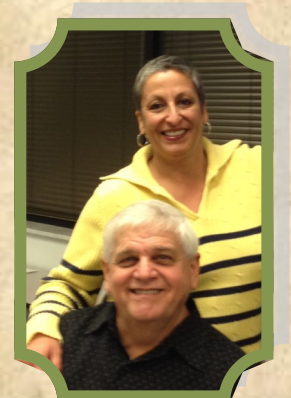
MORE MORRIS MORRISON




**VETERANS DAY CELEBRATION
11/7/14**



**ON TO SUNNIER PLACES—DARRELL TALLERICO RETIRES—12/5/14
THANKS FOR THE MEMORIES DARRELL!**





A Peek at the New Year!

COMMUNITIES THAT CARE!

From numerous meetings held in 2014 originally inspired by concern over a culture of drug & alcohol abuse by youth and families in Fayette County, the Communities that Care (CTC) program/model came to light. The CTC model, is a proven and effective tool in reversing growth in risk and substance use among adolescents. What sets CTC apart from some other programs is that it is a community-wide model that leads to coordinated assessment, planning, and implementation of evidence-based prevention and avoids the duplicative, non-systemic programming that now exists. CTC was rolled out by PSU Prevention Research Center for the Promotion of Human Development in the mid 1990s. Today it uses real data analyses from the PA Youth Survey (PAYS) which is administered within schools anonymously to identify risk and protective factors within a particular geographic area. This customized information provides the best foundation for community-level planning and action. The parties involved in making the decision to implement CTC; FCBHA, FCDA, Fayette County Commissioners, State Representatives and Senators, professionals in Behavioral Health and Substance Abuse Services are excited about CTC and looking forward to positive change for the citizens and communities in Fayette County. This initiative should hit the ground running in 2015 so be prepared, you may be invited to the broad blend of people and organizations who will make the concept a reality here. If you would like to lend your gifts and talents to the effort, call (724) 430-1370. For more information about CTC, go to:

http://www.portal.state.pa.us/portal/server.pt/community/communities_that_care/5461

UPDATE ON HEALTHY PA!!

Beginning December 1st, those whose annual income is less than 133% of the Federal Poverty level who do not qualify for the HealthChoices program may apply for healthcare coverage through Healthy PA. This plan offers subsidized insurance options through a Private Health Care Organization (PCO). The process will involve a self-assessment screening for new enrollees that will designate them as either High Risk (Healthy Plus) or Low Risk (Healthy). Service availability will differ greatly between Healthy and Healthy Plus plans. It is important to note that much of this program was developed under outgoing Governor Corbett's administration and incoming Governor Wolfe has requested that the Corbett Administration scrap Healthy PA and simply expand the existing Medicaid Program. The Corbett Administration did not agree to this and enrollment has begun. The Wolfe team believes a transition from Healthy PA to the existing Medicaid programs can be achieved but would be time consuming and costly. Stay tuned for more information in 2015 or go to:

<http://www.healthypa.com/>.

THAT'S GOOD INFORMATION!

You will find new brochures on our website, www.fcbha.org, outlining the categories of service provided to residents of Fayette County by FCBHA:

1. About Fayette County Behavioral Health Administration
2. Early Intervention Services & Supports in Fayette County
3. Children's Behavioral Health Services in Fayette County
4. Intellectual Disability Services & Supports in Fayette County
5. Adult Behavioral Health Services & Supports in Fayette County
6. Lifesharing in Fayette County

As always, additional questions are welcomed by our knowledgeable staff by calling (724) 430-1370 and a crisis line is available to those in need 7 days a week, 24 hours a day at (724) 437-1003.

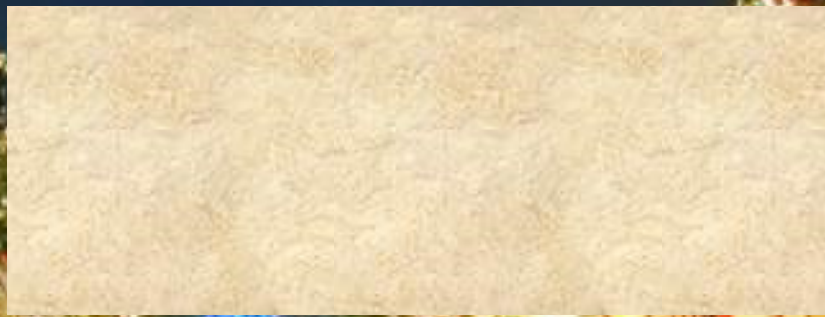
THE ADVOCACY NETWORK & CENTER

The Advocacy Network and Center is a local initiative to reorganize and coordinate community resources focused on consumer recovery, resiliency, and advocacy into a unified system using peer leadership. MHA of Fayette County will take the lead unifying some operational functions for the NAMI, Suicide Prevention Taskforce, YouthMove and Partners for Recovery organizations. This consolidation project began in September of 2013 with consumer forums that lead to the formation of a planning/stakeholder group who successfully developed an action plan to build the framework needed to accomplish the reorganization. In 2015, the stakeholders will continue to implement the goals they identified by attending leadership training and establishing a Governing Board. Sometime in mid to late 2015 we expect the Network to be a cohesive, peer-lead, fiscally independent entity with a focus on empowerment and advocacy in Fayette County.





FAYETTE COUNTY
BEHAVIORAL HEALTH ADMINISTRATION
215 JACOB MURPHY LANE, UNIONTOWN, PA 15401
LISA A. FERRIS, CHIEF EXECUTIVE OFFICER



**Fayette County
Behavioral Health
Administration**

(724) 430-1370

Lisa A. Ferris
Chief Executive Officer

www.FCBHA.org



**Fayette County
Board of Commissioners**

Vincent Zapotosky, Chair
Angela M. Zimmerlink, Vice Chair
Alfred F. Ambrosini, Secretary



**FCBHA Advisory Board
2015 Meeting Dates**

215 Jacob Murphy Lane
Uniontown, PA 15401
724-430-1370

**February 18, 2015
April 15, 2015
September 16, 2015
November 18, 2015**

(open to the public)
5:30 PM



**Video Conferences
And Trainings At FCBHA**

1/28/15—MH/ID and Sex Offenders
2/11/15—New Dilemmas in Ethics
2/25/15—Overdose Prevention-Response
3/11/15—Moms & Cops
3/25/15—Surviving After Suicide

Go to:

<http://www.fcbha.org/Current.html>

**For a Full List of
FCBHA Events and Activities**

The ANSWER is a publication of the Fayette County Behavioral Health Administration.
Comments, questions or suggestions may be submitted to the Newsletter Editor at www.fcbha.org or
Fayette County Behavioral Health Administration, 215 Jacob Murphy Lane, Uniontown, PA 15401.