

"IN THE KNOW"

Volume VIII, Issue 12

June 2011



MISSION STATEMENT

Community Counseling Center's mission is to help individuals and families lead healthy and fulfilling lives.



CCC ANNUAL DINNER 2011

The guest speaker at this year's Annual Dinner on May 19th was Natalie Shaffer, Housing Specialist for the PA Office of Mental Health & Substance Abuse Services. In her Keynote Address "**Journey of Recovery**" Ms. Shaffer shared her personal story of recovery from an ischemic stroke and how she applied the behavioral health recovery concepts of Hope, Self-determination and Support to re-member, re-define and re-claim meaningful life at work, home and in the community.



A **25 Year Service Award** was presented to Barb Bolois, Residential Program Worker

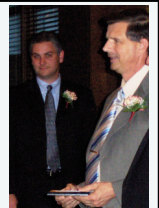


A **20 Year Service Award** was presented to Dina Pocza-Clerical Supervisor (pictured with Angelo Stamooulis-CEO and Duane Piccirilli-Chair of CCC Board of Directors)



10 Year Service Awards were presented to:
Kip Hoffman-Clinical Administrator

and Lyle Turner-Family-Based Therapist
(pictured with Al Boland-emcee)



The **Vernice C. Frye Award** was presented to Anna Hohman (pictured with her parents)

Special Thanks to Al Boland of UPMC Horizon for emceeding the event, and to Duane Piccirilli-Chair of CCC's Board of Directors, and Tim Jablon-past chair (pictured at right) for assisting with the presentation of awards.



The Community Service Award/Volunteer of the Year Award were combined this year and renamed the **Dewitt Boosel Community Service Award**

in honor and remembrance of Dewitt Boosel who passed away unexpectedly this year. Dewitt served on CCC's board of directors for over 20 years. Linda Boosel accepted the award on behalf of her family (pictured above with daughter, Leslie Powell)



PCPA



Pennsylvania
Community
Providers
Association

Congratulations Denise Macerelli, CCC Board Member

Macerelli Honored by NASW-PA

PCPA Board Secretary Denise Macerelli, ACSW, LSW, Western Psychiatric Institute and Clinic of UPMC, was honored in May as Social Worker of the Month by the Pennsylvania Chapter of the National Association of Social Workers (NASW-PA). A clinician for more than 20 years in both public and private practice settings, Macerelli's work has led her into supervisory, teaching, management, and administrative roles with a career dedicated to the behavioral health field. Her exemplary career is described by her peers as endless dedication to improving the lives of those in service.

In addition to her long service with PCPA, Ms. Macerelli has worked closely with the University of Pittsburgh's School of Social Work in building opportunities for field instruction. She is involved at the local, regional, state, and national levels including at the National Alliance on Mental Illness (NAMI) Southwestern Pennsylvania, Mental Health America - Allegheny, NASW-PA, and the National Council for Community Behavioral Health. PCPA congratulates Ms. Macerelli on this recognition.

Community Counseling Center's Welfare to Work Program

showcased its successes to two distinguished members of the program on Wednesday, May 18th. Tom Ritko, Program Advisor of the Department of Public Welfare and Bureau of Employment and Training Programs, and Chris Burger, West Central Job Partnership Program Coordinator, visited our program's centralized work site—the document scanning department. The visit yielded enthusiastic and positive reactions, and Tom noted that he was "impressed with the work the participants of the Welfare to Work program to work both independently and as a team." He highlighted the diverse skills sets accessible to participants, including scanning and indexing, customer service, maintenance, and clerical work. According to Tom, our program fulfills all of the requirements for a central worksite and needs no corrective action plans—an anomaly in relation to most other sites. Chris and Tom also enjoyed the other triage and training activities that build useful employment skills. Overall, the visit was excellent. We are looking forward to continue succeeding with our Welfare to Work program site.

Thanks to the hard work of Justin Disko and the great relationship he has with his program participants, this visit from West Central Job Partnership and the Department of Public Welfare was a great success!

WHO IS YOUR LIFESAVER?



Crisis Management Training for individuals with mental illness, family members, and/or supporters

- Discuss the definition of "crisis" in your family
- Develop healthy coping skills to utilize when in crisis
- Obtain information on how to handle a crisis safely
- Open up lines of communication between family members/supporters and those with mental illness.

WHO:

Individuals with Mental Illness and/or family members of someone with mental illness

WHERE:

Community Counseling Center
2201 East State Street
Hermitage, PA 16148

WHEN:

Every Tuesday in July
5:00–6:00p.m.

For additional info please contact

Amanda Kokoski at
(724) 981-6193 ext. 198

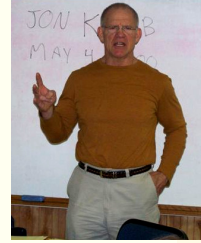
On May 20th Ken Messina and Summer Clapper (MDFT Multi-Dimensional Family Therapy Therapists) presented a 4 hour **workshop on Teen Drug Use and Treatment at the Western Pennsylvania Partnership for Family Supports Friday Forum.**

The audience for this workshop consisted of providers from various agencies in western Pennsylvania and representatives from managed care. The workshop focused on drug use trends among teenagers, signs and symptoms of drug use, treatment options for teenagers, dual diagnosed teens, and the unique challenges of working with this population. The program also focused on Multidimensional Family Therapy (MDFT) as an effective modality of treatment for teenagers and their families who are struggling with teenage substance use.

The MDFT program at CCC will have completed its third year of operation on 7/1/11. The team has served over 70 families in the past 3 years with significant success in most of these cases. Summer, Ken, and supervisor Mary Pollock have also presented workshops on MDFT at PCPA's annual conference and the PCB annual conference this past April in Harrisburg.

"KOLB RAISING MENTAL HEALTH AWARENESS"

As reported in last month's newsletter, Jon Kolb, former Pittsburgh Steelers defensive great was recently a guest speaker at Our Friends' Place Drop-in Center. The Herald recently ran an article regarding Mr. Kolb's visit. The article talks about Mr. Kolb's belief that mental and physical health and wellness go hand-in-hand. He shared a few of his favorite quotes related to mental health including one by humanitarian Albert Schweitzer: "The tragedy of life is what dies inside a man while he lives." Kolb said, "You could be alive but have no life or hope in you, leading to physical and mental health problems." Mr. Kolb said he often meets with young adults who aspire to be professional athletes or astronauts, yet he also encounters adults who don't want to do anything with the rest of their lives. Kolb said, "You have to set goals for yourself in order to keep control over your mind and body. Training mentally is just like training physically. The process of winning is just as important as winning, and don't lose hope no matter how bad things get because struggles make you stronger." Mr. Kolb made several more visits to the Drop in Center after this initial visit and we thank him so much for the time he has given us.



THANK YOU TIM MAURICE FOR ARRANGING THESE VISITS!!!

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."

The above quote is from Rabindranath Tagore, a Bengali poet, musician and playwright and inspired me to share it with all of you. We work in a field in which service means more than a meal served correctly, gasoline pumped for us on a blustery, wintery evening (thank goodness those days are behind us for now) or being provided your favorite two scoops on a waffle cone with a smile at Bruster's. Service in our surroundings means encouraging, empowering and supporting those we serve to set and achieve goals, conquer fears and bad memories, and build skills that will make their tomorrows better. We are vested in the well being of others. We serve in faith that our efforts, along with theirs, make a difference. I have heard many wonderful comments of thanks and gratitude about the differences our service makes. It is not always easy. Take comfort in that your service is not in vain! Your life is service...let this service bring your life JOY!

Angela S. Church-Bukus, MS Mental Health Professional

CCC COMPLIANCE PROGRAM

REMINDER:

Confidentiality of protected health information is required by regulation and the tenets of ethical and professional behavior. Service Participants must believe that the confidentiality of the information they share within the therapeutic relationship will be maintained. Regulations require that, except in the case of an emergency or a subpoena and court order, protected health information can only be released with the Service Participant's permission. Therefore, it is very important to check the electronic chart for an authorization for release of information and make sure that authorizations are current before releasing ANY protected health information. These can be found in either the visit list (called "Consent Rel To" or "Consent Rel From") or in attachments.

*Jerry Brewster, MEd.
Quality Assurance &
Compliance Coordinator*

SUPPORTIVE HOUSING

On May 13th, Supportive Housing staff, two consumers, and Community Action Partnership hosted a **BAKE SALE** at Hermitage Wal-Mart. This bake sale was held to promote *Mental Health Awareness Month*. We raised \$90.00 this year. These proceeds will benefit the Mental Health Association and the beautification of Independence Park, which is a Community Action Partnership property for housing.

Thanks to all who donated funds and baked goods for this community awareness activity!

POEM WRITTEN RECENTLY BY A PARTICIPANT IN CCC'S PSYCHIATRIC REHABILITATION PROGRAM

Lack of understanding
Sucks the big one
Lack of patience
Makes you always on the run
Lack of compassion
Makes your illness weigh a ton
Lack of all the above
from the one you love
Make you feel like you are done
What good does educating the world do
When you can't get through
to the ones that love you

-Janet M

Welcome New Hires
May 2011



Patty Fisher- Therapeutic Staff Support Wkr.
Wendy Maiorca-Therapeutic Staff Support Wkr.

Lauren Fister – Intern for Community Integration Services

IN-HOUSE CHANGES

Kendra Opperman – FROM TSS Worker TO Family-Based Mental Health Services Caseworker

Michelle Wygant – FROM TSS Worker TO Contract Outpatient Therapist

HAPPY BIRTHDAY TO YOU.....

Below are CCC Staff
June Birthdays

If you prefer to not have your birthday published, please advise Janine Haun, Human Resource Assistant.

Summer Clapper	Janet Groenendaal	Nora McElhinny
Scott Clary	Georgie Groover	Tina Perkins
Stacey Durkin	Randi Hall-Lee	Dwayne Sims
Susan English	Steve Jewell	Nicole Summers
David Gaines	Adam Krasgrow	Dan Sump
Catherine Martell		

Our Friends' Place Drop-in Center
133 S. Irvine Ave., Sharon, PA Ph-724-981-1166

JUNE

Drop-in Center Hours
Monday through Saturday 9:00am-5:00pm

Mon	Tue	Wed	Thu	Fri	Sat
		1 Community Meeting 12:00-?	2	3	4 Walking Group 11:00-?
6 Aerobics Class 11:00-?	7 Exercise Group 2:00-?	8 Community Meeting 12:00-?	9 Exercise Group 2:00-?	10 WRCSP MEETING Leave ECHO	11 Walking Group 11:00-? ECHO Center Dance 2:00-5:00
13	14 Exercise Group 2:00-?	15 Community Meeting 12:00-?	16 Exercise Group 2:00-? NAMI PICNIC AT ECHO 5:00-7:00	17	18 Walking Group 11:00-? ECHO Center Bingo 1:00-3:00
20 Aerobics Class 11:00-?	21 Exercise Group 2:00-?	22 Community Meeting 12:00-?	23 Exercise Group 2:00-?	24	25
27	28 Exercise Group 2:00-?	29 Community Meeting 12:00-?	30 Exercise Group		

"I have learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances."
Martha Washington

New low impact exercise group will be held at the Drop-in Center on Tuesdays and Thursdays from 2:00-?

Christian Garner, a graduate student at Slippery Rock University is studying Adapted Physical Activity. Adapted Physical Activity is a field that helps to promote exercise and physical activity for people with and without physical or mental disabilities. He will be implementing an exercise program for the clients at the Drop-in Center and others who would like to participate. He will create an individualized exercise program, with emphasis on strengthening and cardiovascular exercise. He would like to promote the benefits of exercise to the community. Christian will chart progress each individual's progress by blood pressure readings, blood oxygen readings, and pulse rate. Christian completed his internship at Specialty Orthopedics, under the supervision of Jon Kolb.

WESTERN PSYCHIATRIC INSTITUTE AND CLINIC
OF UPMC PRESBYTERIAN SHADYSIDE
OFFICE OF EDUCATION AND REGIONAL PROGRAMMING

CO-SPONSORED BY COMMUNITY COUNSELING CENTER OF MERCER COUNTY

Engaging Blended and Non-Traditional Families in Treatment

Thursday, June 16, 2011 10 a.m. to 4 p.m.

Community Counseling Center of Mercer County 2201 East State Street Hermitage, PA 16148

Course Code: R720

Presenters:

Robert Sukolsky, MA Family Based Trainer/Clinical Consultant

Program Description:

This program will focus on addressing the various types of families encountered in treatment. Specifically, single parent families, step families, and alternative families will be addressed. Each of these family structures have unique traits that need to be identified so that the clinician may successfully engage and develop effective treatment strategies.

Educational Objectives:

At the conclusion of this program participants should be able to:

- Describe the respective stages and structure of single parent, step, and alternative families.
- Explain some of the common dilemmas of single parent, step, and alternative families.
- Demonstrate skills and strategies for engaging single, step, and alternative families.

Target Audience:

All clinical and research professionals, students, and trainees as well as interested family members and consumers who work with children and adolescents and their families

Continuing Education Credits:

ACT 48 – 5.0	CEU – 5.0	PSYCHOLOGIST – 5.0
CADC – 5.0	NBCC – 5.0	SW/LPC/LMFT – 5.0

Tuition: \$80

Tuition for Western Psychiatric Institute and Clinic and all UPMC employees is \$50. Full tuition must accompany the registration form. Refunds must be requested in writing two weeks prior to the program or a \$15 administrative fee will be deducted.

To register, please download registration form at www.wpic.pitt.edu/oerp.

Contact: Program Coordinator

Joanne Slappo, PhD, CPRP, CRC 412-802-6918 slappojm@upmc.edu

Registration

Nancy Mundy 412-802-6900 mundynl@upmc.edu

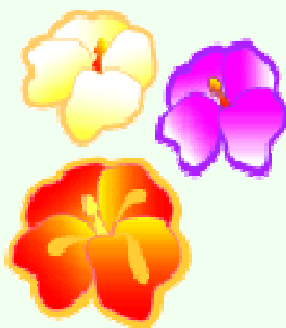
Telephone Registrations Cannot Be Accepted

DUCK FAMILY VISITS CCC!



Photo submitted by Fern M. Torok, MS, LSW
Community Outreach & Development Coordinator

The little yellow chick reminds us that it's okay to be different and stand out from the crowd!



Ready for some summer fun?
CCC's Hospitality Committee will be hosting a Luau for staff on July 13th. Watch your e-mail for further info.

