

# COMMUNITY COUNSELING CENTER OF MERCER COUNTY'S NEWSLETTER

## “IN THE KNOW”

Volume IX, Issue 3

September 2011



### MISSION STATEMENT

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

\* \* \*



### CCC LAUNCHES NEW WEBSITE!

(Web address is still [www.cccmer.org](http://www.cccmer.org))



Community Counseling Center unveiled its new website on September 1<sup>st</sup>. This process evolved over the past year by a CCC staff team with input from other CCC staff and through collaboration with representatives from Reeves Information Technology, Inc. The website now has a much more modern appearance and layout as well as new photographs.

Some of the new features include:

- Meet Our Staff-Our administrative and medical staff are currently featured including pictures, credentials, and professional experience.
- Donate Hyperlink-New feature allows persons to financially support the programs at CCC, since we are a non-profit organization. Current projects for which we are accepting donations include an empirically proven Attachment-Based Family Therapy Program for suicidal adolescents and their families, the expansion/renovation of our Greenville Services Site, and the new Hospital Diversion/Step-Down Community Residence near Mercer.
- News-Our CCC Newsletter (“In the Know”) will be posted each month.
- Events-Includes upcoming activities, trainings, and events.
- Contact Us-Individuals may submit questions or comments electronically regarding Services (or to initiate CCC Services), Events, Employment, Website, Donations, Service Participant Feedback, or General Questions/Comments.
- Employment-Information regarding employment opportunities at CCC.
- Location specific data-Services provided at various CCC locations are delineated with driving directions linked.

Future anticipated CCC website updates:

- Meet Our Staff-Will be expanded to include clinical staff.
- Employment-Ability to apply for employment online.
- Donations-We are exploring the possibility of being able to accept real-time contributions online.
- Links-We plan to add logos to the corresponding links.

We are very proud of our new website and acknowledge the work undertaken by the CCC website team thus far. We welcome ongoing suggestions to continually refine our website! Please contact Jerry Brewster at Ext. 119 with any comments.



**Fetal  
Alcohol  
Spectrum  
Disorders**

**Center for  
Excellence**

**SAMHSA**

September 9 is the eleventh annual Fetal Alcohol Spectrum Disorders (FASD) Awareness Day. Events are usually held at 9:09, the 9th minute of the 9th hour of the 9th day of the 9th month of the year. This date and time is used to remind women not to drink during the 9 months of pregnancy. FASD is an umbrella term describing the range of effects that can occur in an individual who was prenatally exposed to alcohol. These effects may include physical, mental, behavioral, and/or learning disabilities with lifelong implications.

FASD is the leading known cause of mental retardation.

# It's the Same Risk for Every Pregnant Woman Everywhere.

Have a  
Be an **healthy** baby.  
**alcohol-free**  
mother-to-be.

## **Drinking alcohol creates the same risk for every unborn child.**

You could be rich or poor. It doesn't matter where you come from.

You still take the same risk if you drink alcohol during pregnancy. Alcohol passes through the bloodstream and hurts as many as 1 in every 100 babies born each year.\*

It's the same risk for every baby hurt by alcohol. He or she can have lifelong problems. It's the same choice for every mother-to-be. Prevention is the only cure.

\* May, P.A., & Gossage, J.P. (2001). Estimating the prevalence of fetal alcohol syndrome: A summary. *Alcohol Research and Health*, 25(3), 159-167.



### **For information call:**

Community Counseling Center  
724-981-7141

### How common is FASD?

- Prevalence of Fetal Alcohol Syndrome (FAS) in the United States is estimated to be between 0.5 and 2 per 1,000 births.
- Prevalence of FAS, Alcohol-Related Neurodevelopmental Disorder (ARND), and Alcohol-Related Birth Defects (APBD) combined is at least 10 per 1,000, or 1 percent of all births.
- Based on estimated rates of FASD per live births, FASD affects nearly 40,000 newborns each year.
- The cost to the nation of FAS alone may be up to \$6 billion each year.
- For one individual with FAS, the lifetime cost is at least \$2 million.

People with an FASD are vulnerable to a range of difficulties, such as failure in school, substance abuse, mental illness, and involvement in the criminal justice system. A Washington State study identified factors that had helped pregnant women avoid alcohol. These included mental health treatment and large social support networks. The most important statistic to remember about FASD is that it is **100% preventable**.

Excerpts taken from the SAMHSA Fetal Alcohol Spectrum Disorders Center for Excellence. *What You Need To Know: Fetal Alcohol Spectrum Disorders by the Numbers*. DHHS Pub. No. (SMA)-06-4236. Rockville, MD: Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration. 2007.



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
www.samhsa.gov



FASD Partnership to Prevent  
Fetal Alcohol Spectrum Disorders  
Prevention.samhsa.gov/faspartners/



## ANOTHER SUCCESSFUL CPRP (Certified Psychiatric Rehabilitation Practitioner) CERTIFICATION!

**Congratulations to Angela Church-Bukus** who is the twelfth employee in CCC's Psychiatric Rehabilitation Program to pass the CPRP (Certified Psychiatric Rehabilitation Practitioner) exam. The exam is designed to ensure that those providing Psychiatric Rehabilitation services are qualified in several domains including: Interpersonal Competencies, Professional Role Competencies, Community Resources, Assessment, Planning and Outcomes, Systems Competencies, Interventions, and Diversity. In addition to these domains, those becoming CPRP certified agree to adhere to the core principles and code of ethics of Psychiatric Rehabilitation. One of the criteria for a licensed Psychiatric Rehabilitation Program is that 25 percent of the staff must be certified. We are proud that **100 percent** of CCC's full-time staff in this program are certified!

**In addition to earning the certification, Angela has been designated to attend a 3-day training in September as part of a VBH-PA initiative "Recovery & Resiliency-Based Individualized Treatment Planning".** The emphasis of this initiative is on developing treatment plans based upon the "voice of the consumer", the consumer's role in developing their treatment plan and what barriers lessen this important role. Upon successful completion of the training Angela will then be equipped to train others in this individualized treatment planning initiative.

*Submitted by: Darlene Reddinger, Community Integration Services Director*

CCC recently conducted its **annual agency wide safety activity** to reinforce the principles of safety within our varied workplace settings. Realistic pictures of CCC work areas were placed on the agency network for employees to view. The task was to identify the safety breach in each picture.

Some of the deficiencies and their corrective actions identified included:

- ⇒ Make sure area rugs are flat.
- ⇒ Keep electrical cords out of walkway areas.
- ⇒ Keep unattended drawers closed.
- ⇒ Keep pot handles pushed in towards the counter.
- ⇒ Knife blades should be pointed downward when not in use.
- ⇒ Keep all containers properly labeled.
- ⇒ Clean up any spills immediately.
- ⇒ Use proper footwear for the designated work activity.
- ⇒ Put ladders away when not in use. Center items on top of ladder properly.
- ⇒ Make sure lighting is adequate.
- ⇒ Relocate dartboard away from the walk through area.
- ⇒ Use proper smoking extinguisher containers.
- ⇒ Make sure your walking pathway is clear of any slip hazards.
- ⇒ Use a ladder to reach something, (or at least a chair with no wheels).

Many employees were even able to identify additional safety concerns within the pictures. At least eight of the pictures involved potential slips, trips, or falls which are the leading causes of workplace injuries. The first five persons to complete the activity were Chris Piatek, Georgie Groover, Lorena Knott, Carol Scholl, and Danielle Denson. All participants earned customized Careful Clyde post it notes and even some gummy bananas! Thank you to all those employees who completed this year's safety activity.

*Submitted by: Fern M. Torak, MS, LSW (on behalf of CCC's Safety Committee)*

"Careful  
Clyde"  
CCC's  
Safety  
Mascot





## SAVING MONEY TIPS AND ADVICE

Reprinted Courtesy of Janice Schwanbeck from JFS Wealth Advisors.

Following are some spending and saving tips to help you improve your money saving habits.

- ◇ **Avoid compulsive purchases.** Don't buy things you really don't need. If you find something else you want while shopping, hold off on the purchase until next time. This gives you time to decide if the item is really something you need.
- ◇ **Prepare meals at home.** Eat breakfast at home instead of picking up fast food. Bring lunch instead of eating out. Avoid the vending machine and bring snacks from home too.
- ◇ **Do online price comparisons.** Online prices are very competitive; by checking online first, you will know if the store price makes sense.
- ◇ **Turn down the temperature.** Adjust your thermostat; lower in the winter and higher in the summer.
- ◇ **Keep a budget.** Create a budget and then stick to it. Even just tracking where your money goes helps you to be more aware of your spending habits and eliminate unnecessary purchases.

Work Incentive Seminar Events (WISE) will present the workshop described below on Tuesday, September 27th. Clinicians as well as service participants are invited to attend. It will be a very informative seminar regarding how individuals who receive social security benefits can go back to work and retain their benefits. It will also cover information on MAWD (Medical Assistance for Workers with Disabilities) and Vocational Rehabilitation.

**You can register as described below, or call Danielle Denson in the CIS Department at Ext. 168.**

**Choose Work, They Did.**



Thousands of Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) beneficiaries have learned how to stay in control of their benefits while enriching their lives through employment. You can too.

Work Incentive Seminar Events (WISE) provide you and your family the opportunity to learn how to take advantage of Social Security Work Incentives including Ticket to Work.

**September 27, 2011**  
**from 9:00 a.m.—12:00 p.m.**  
**at:**

**Community Counseling Center**  
**2201 East State Street**  
**Hermitage, PA 16148**

**Hosted by AHEDD and Community Counseling Center**  
**Register online at [www.socialsecurity.gov/work](http://www.socialsecurity.gov/work)**  
**866-968-7842 / TDD 866-833-2967**



**Space is limited, so please call our toll free number or register online today!**



## ECHO Center Art Show

### Rules

Participants must be mental health consumers.  
 All works must be the participant's own original works. Paint by numbers, for example, will not be accepted.  
 No more than 2 entries per person.  
 No Pornography.  
 Mark entries as for sale or not. If for sale, name ideal price.  
 Submissions due Oct 7, 2011.

### Dates

Due Date: 10 – 7 – 11  
 Show Starts: 10 – 10 – 11  
 Open House: 10 – 10 – 11 (Time: 4:00 – 5:00 PM)  
 Show ends 10 – 15 – 11



**Cash prizes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place overall.**

*Great Chance to showcase your talent!*

**Categories**  
 Drawings  
 Paintings  
 Sculpture  
 Photography

*Find potential buyers for your work!*

Questions? Call the ECHO Center and ask for Marc Stewart or Anna Hohman  
 724-981-1166



## 2011 Mercer County Heart Walk

### Saturday, October 1st at Buhl Park

### Registration at 9:00 a.m. Walk Begins at 10:00 a.m.

It's not too late to join our CCC company team in raising funds for lifesaving research and educational programs for the American Heart Association by participating in the 2011 Heart Walk. Our goal is a CCC team of 20 walkers including both staff and service participants, but we need your help! As of September 1<sup>st</sup>, we have only 7 committed walkers.

Bill Rader is in the lead as far as fundraising amounts with \$53.00 raised thus far. He and Jeanne Davis also came up with the idea to place a collection can for leftover change in the CCC Café to raise additional Heart Walk funds. The can is filling up! Sponsor forms are still available now to begin to collect your contributions. Participants who raise funds and attend the Heart Walk will earn a CCC T-shirt, but we must have time to place the order! See Fern (Heart Walk Team Captain) at Ext. 149 ASAP for more information.

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#### Here are some interesting heart health facts:

- Even though high cholesterol may lead to serious heart disease, most of the time there are no symptoms. That's why it is important to have your cholesterol levels checked by your doctor. Learn more from the American Heart Association about cholesterol at [www.heart.org/cholesterol](http://www.heart.org/cholesterol).
- Nearly four in ten American adults believe they have ideal heart health, when actually less than 1 percent does. The American Heart Association can help connect you to better cardiovascular health. Visit [www.heart.org/conditions](http://www.heart.org/conditions).
- Your donations help us spread the word so people can reduce their risks of getting heart diseases, stroke and other dangerous health problems. Visit [www.heart.org/donate](http://www.heart.org/donate) to give today.
- Untreated atrial fibrillation doubles the risk of heart-related deaths and causes a four- to five-fold increased risk for stroke. Of the people with atrial fibrillation who have strokes, half die within a year. **The American Heart Association has information to help you prevent and reduce your risk for atrial fibrillation at [www.heart.org/afib](http://www.heart.org/afib).**
- Peripheral artery disease is a life-threatening condition, with the most common symptoms of cramping, pain or tiredness in the leg or hip muscles while walking or climbing stairs. But this condition can be managed or even reversed with proper care. **The American Heart Association has information to help you learn more at [www.heart.org/pad](http://www.heart.org/pad).**

**Submitted by: Fern M. Torak, MS, LSW**  
**Community Outreach and Development Coordinator**

*Congratulations to Jerry & Lexie Brewster on the birth of their twin daughters on June 21st!*



*Kelsey Ann (on left) weighed 6 lbs., 12 oz. 18.5" long, and Nina Marie weighed 6 lbs., 14 oz. 18" long. Angels Do Exist!*

**Welcome New Hires**



Jacob Young – Therapeutic Staff Support Worker  
 Roberta Morgan – Therapeutic Staff Support Worker

**IN-HOUSE CHANGES**

Donise Hampton - FROM West Hill PREP Clinical Manager TO School-Based Outpatient Supervisor  
 Alexandra Nagel - Therapeutic Staff Support Worker IN ADDITION TO Rehabilitation Specialist

**HAPPY BIRTHDAY TO YOU**  
 Below are CCC Staff September Birthdays

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

- |                  |                    |                      |
|------------------|--------------------|----------------------|
| Cathy Davis      | Jeannie Davis      | Rob Kroko            |
| Maggie Mills     | Nicole Fragle      | Rodney Carson        |
| Angelo Pappas    | Dennis Robertson   | Carrie Becker        |
| Doreen Savage    | Scott Adams        | Michelle Hayman      |
| Debbie Spaulding | Wilhelmina Hawkins | Patrice Banch        |
| Jeff Kaufman     | Jim Kennelley      | Michelle Constantino |
|                  | Mike Seech         |                      |

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

**SEPTEMBER**

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

Mon	Tue	Wed	Thu	Fri	Sat
			1 Exercise Group 2:00-?	2 Bible Study 10:00-? Overeaters Gp. 2:00-?	3 Walking Group 11:00-?
5 LABOR DAY PICNIC - FREE MEAL - CALL TO SIGN UP	6 Exercise Group 2:00-? Pool Tournament 1:30-?	7 Community Meeting 12:00-? Discussion Circle 10:30-?	8 Poetry 2:00-?	9 Bible Study 10:00-? Overeaters Gp. 2:00-?	10 Walking Group 11:00-?
12 Aerobics Class 10:00-?	13 Exercise Group 2:00-?	14Community Meeting 12:00-? Discussion Circle 10:30-?	15 Poetry 2:00-?	16 Bible Study 10:00-? Overeaters Gp. 2:00-?	17 Walking Group 11:00-? ECHO Center Bingo 1:00-3:00
19 Aerobics Class 10:00-?	20 Exercise Group 2:00-?	21 Community Meeting 12:00-? Discussion Circle 10:30-?	22 Poetry 2:00-?	23 Bible Study 10:00-? Overeaters Gp. 2:00-?	24
26 Aerobics Class 10:00-?	27 Exercise Group 2:00-?	28 Community Meeting 12:00-? Discussion Circle 10:30-?	29 Poetry 2:00-?	30 Bible Study 10:00-? Overeaters Gp.	

***DON'T BE DISCOURAGED BY FAILURE. FAILURE, IN A SENSE, IS THE HIGHWAY TO SUCCESS BECAUSE EVERY DISCOVERY OF WHAT IS FALSE LEADS US TO SEEK AFTER WHAT IS TRUE. AND EVERY FRESH EXPERIENCE POINTS OUT AN ERROR WHICH WE SHALL, AFTERWARDS, CAREFULLY AVOID. JOHN KEATS***



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

*Treatment Strategies in Working with the Elderly with a Mental Health  
Diagnosis and Challenging Behaviors*

September 28, 2011      9 a.m. to 3 p.m.

**UPMC Horizon: Greenville      110 North Main Street      Greenville, PA 16125**  
**Course Code: R741**

**Presenters:**

**Marcia Kollar, MSN, CS**    Nurse Clinical Specialist    Long Term Care  
Western Psychiatric Institute and Clinic of UPMC

**Program Description:**

This program will provide an overview of psychiatric disorders affecting the elderly. Treatment strategies including medication management and behavioral approaches will be discussed. Methods to deal with challenging behaviors will be presented.

**Educational Objectives:**

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

- Describe symptoms and treatment strategies for patients with delirium, depression, and dementia.
- Discuss psychopharmacology as it impacts the treatment of the elderly with these and other psychiatric disease processes.
- Identify behavioral approaches and communication techniques in dealing with challenging behaviors.

**Target Audience:**

All clinical and research professionals, students, and trainees who work with the elderly, as well as interested family members and consumers

**Continuing Education Credits:**

ACT 48 – 5.0	CPRP – 0.5	PSYCHOLOGIST – 5.0
CADC – 5.0	NBCC – 5.0	SW/LPC/LMFT – 5.0
CEU – 5.0	PCHA – 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 the registration form at [www.wpic.pitt.edu/oerp](http://www.wpic.pitt.edu/oerp).

Contact: Program Coordinator - Joanne Slappo, PhD, CPRP, CRC    412-802-6918    [slappojm@upmc.edu](mailto:slappojm@upmc.edu)  
Registration - Nancy Mundy    412-802-6900    [mundynl@upmc.edu](mailto:mundynl@upmc.edu)

Telephone Registrations Cannot Be Accepted