Blackburn Center responds to the issues of violence or crime. All client services are confidential, offered at no cost, and are available to women, children, and men. They offer services to people throughout Westmoreland County, Pennsylvania.

Hotline

To reach a counselor any time of the day or night, call 1-888-832-2272.

The 24-hour hotline provides crisis counseling to victims of domestic and sexual violence and all other types of violence and crime. The hotline can be the first contact victims have had with an organization dedicated to their safety and healing. The hotline is available to anyone who needs help: victims, their families and friends, and professionals who seek information about how they might better meet the needs of their clients. Our counselors have received training in the dynamics of abuse and violence and understand the complex issues involved. All of our services are trauma-informed, which emphasizes the emotional, psychological, and physical safety of our clients.

Emergency Shelter

Temporary emergency shelter is available to victims of intimate partner violence and their children. The shelter provides a safe, comfortable haven where a victim can plan for her future. Residents may stay up to 30 days in a six-month period.

Counseling and Therapy

Blackburn Center provides in-person crisis counseling to victims of violence or crime. In addition, therapy services are offered by appointment.

Support Groups

Blackburn Center's staff facilitates weekly support groups for victims of violence or crime to explore their strengths, resources, and options. Group participants may include:

- Adult victims of domestic violence,
- Children of victims of domestic violence,
- Adults sexually abused as children,
- Victims and survivors of any type of violence and crime,
- Significant others of victims of any type of crime or violence, and/or
- Incarcerated victims of violence and crime.

Medical Advocacy/Accompaniment

Medical advocates meet victims of violence or crime at medical facilities in Westmoreland County in order to provide support during medical examinations and information about available options and resources. Medical advocacy services are available 24/7.

Legal System Support

(Continued on Page 3)

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FEATURED TOPIC

Family Mental Health

AWARENESS: Pride, PTSD, FASD and Suicide

What do Pride, PTSD, and FASD have in common?

Pride

In the 60s, it was illegal to be openly gay in some places. In 1999, President Clinton recognized June as Pride month to commemorate the 1969 uprising in New York that sparked nationwide change.

While the events that sparked Pride month occurred over 50 years ago, individuals identifying as LGBTQI+ have faced discrimination in society and in their own families. They have endured bullying, hate, shame, loneliness, and guilt. All of these hardships can be traumatic and negatively affect mental health and increase the risk for suicide.

PTSD: Post Traumatic Stress Disorder

In June we also recognize PTSD as an awareness month. PTSD is traditionally thought of as an illness that impacts veterans and their families and is characterized by reliving events and avoiding triggers. These symptoms can also lead to fear, anger, and a need to control the environment when possible. Anyone who has experienced trauma can experience PTSD or some of these effects.

PTSD is categorized as an anxiety disorder. Individuals battling anxiety are also at a greater than average risk of suicide. All of these difficulties affect not only the individual who is experiencing them but also the people who love them. An effective and research-based approach to helping individuals with PTSD is called Eye Movement Desensitization and Reprocessing (EMDR), helping when other therapies have been less successful.

FASD

In September, we acknowledge Suicide Prevention Month and FASD (Fetal Alcohol Spectrum Disorder). FASD is a developmental disorder that can occur when a pregnant mother consumes alcohol. It can cause physical, intellectual, and behavioral disabilities.

How does your family impact your mental health?

FASD and other developmental challenges begin while a child is still growing in the womb. A mother’s physical, emotional, and mental well being have a major impact on her child’s temperament, put more simply, the way they view and respond to the world throughout their life.

Once a child is born, the family environment has a major impact on a child’s personality and emotional

(Continued on Page 3)

FEATURED SERVICE

Certified Peer Specialist

While FASD, Suicide, and PTSD, and the discrimination faced by the LGBTQI+ community may be tough topics, there is hope. Many have recovered and have been able to turn their pain into a purpose through helping others.

According to the Pennsylvania Depart of Human Services website, “Based upon the fundamental principles of recovery, Peer Support Services (PSS) are specialized therapeutic interactions conducted by self-identified current or former consumers of behavioral health services who are trained and certified to offer support and assistance in helping others in their recovery and community-integration process”.

https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/Peer-Support-Services.aspx

Westmoreland County currently has two CPS service providers for CPS services: Westmoreland Case Management, Inc. (WCSI) and Peerstar Inc. Both are covered by medical assistance.

What is a Certified Peer Specialist?

According to WCSI’s brochure:

A Peer Specialist (CPS) is an individual with lived mental health experience and who has demonstrated resiliency and perseverance in their own recovery journey. A Peer Specialist offers a unique insight and a valuable perspective that is different from the traditional clinical approach. Having guidance and support from someone who has “been there” is what many in recovery value the most about Peer Support Services. Peer Specialists serve not only as mentors but also as sources of hope and inspiration to people who are beginning their journeys to recovery.

PeerStar, LLC, says:

“Perhaps you’ve been experiencing disabling depression or anxiety. Maybe you feel as though your life is being controlled by substance use. Whether you are experiencing the hardships of mental illness or a substance use disorder, we are here for you....and we know how it feels.

Whatever your needs may be, we are here to offer our support. Our peer specialists have experienced their own struggles with mental health and substance use, and they are ready to guide you through the journey of recovery. Peer Support is a process of growth and self-discovery, encouraged by those who have the lived experience and special training to inspire hope that RECOVERY IS POSSIBLE!”

(Continued on Page 4.)
Early Intervention (Birth to 3 years)
If you are concerned about your child’s development, Westmoreland Casemanagement & Supports, Inc. (WCSI) can do an evaluation to determine whether he or she qualifies for services to help overcome any challenges during this critical stage.
Contact: (724) 837-1808 or 1-800-353-6467

LGBTQI+ Resources
PFLAG Parent Outreach Program (mentoring)
(412) 833-4556; Leave a voicemail or send an email to parentsupport@pflagpgh.org

Suicide
Come, Talk Inc. is a resource center for anyone affected by suicide.
Contact: Amanda Morrison, (724) 978-1330 or at come.talk15642@gmail.com
Location: 321 Main Street, Irwin, PA 15642
www.cometalkinc.com

Follow and Like our Facebook page: https://www.facebook.com/WestCoBHDSEI
Visit our website at: https://www.co.westmoreland.pa.us/841/Behavioral-Health-Developmental-Services
As seen in the statement from Peerstar’s website, there are peer specialists for drug and alcohol recovery as well called Certified Recovery Specialists (CRS). They receive a separate specialized training.

Research has shown that peer services are highly effective. Having someone who has “walked the walk” to guide your journey and walk alongside you can make all the difference.

Peerstar Inc. recently began offering services in Westmoreland that help with criminal justice system challenges for individuals with a mental health diagnosis.

According to postings on Indeed, a peer specialist in Greensburg can make between $12 and $16 per hour, and there are currently job openings. Trainings for certification, which allows a company to bill insurance, are offered in the spring and fall, and scholarships are available for applicants meeting criteria:

State of PA Requirements for Obtaining the CPS Credential

- Be at least 18 years old.
- Have received or are receiving mental health services for serious mental illness.
- Have a GED or High School Diploma.
- Within the last 3 years, have maintained at least 12 months of successful work or volunteer experience or earned at least 24 credit hours at a college or post-secondary educational institution.

Fall training this year is offered on five consecutive weekends beginning on October 8 and 9 and ending on November 5 and 6.

Peerstar Inc. Serves adults.

Westmoreland Case Management and Supports, Inc. (WCSI) serves ages 16 and up.

New & Exciting!

Dennis Marion Impact Award

Westmoreland County Behavioral Health and Developmental Services’ Administrator, Sara Stenger, was the recipient of the 2022 Dennis Marion Impact Award, which was established in honor of the former Department of Human Services Office of Mental Health and Substance Abuse Services’ Deputy Secretary Dennis Marion’s commitment to public services. The award recognizes local and state government employees whose initiatives, processes, and projects have led to significant improvements in Pennsylvania’s behavioral health service delivery system.

Westmoreland County’s Commissioners honored Sara Stenger with a Proclamation at their Public Hearing held on May 12, 2022.
<table>
<thead>
<tr>
<th>Training</th>
<th>Details</th>
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</table>
| **QPR Training**  
(Question Persuade Refer)  
Mental Health America of Southwestern PA provides suicide prevention trainings at no cost. To schedule a training or if you have any question regarding QPR Training, contact Lisa Goldberg at egoldberg@mhaswpa.org or call (724) 834-6351 ext. 122. |  |
| **Advance Directives**  
Presented by Kathy Quick  
Date: July 8, 2022  
Time: 1:00—2:30 p.m.  
Location: [https://beaconhealthoptions.zoom.us/webinar/register/WN_TChMZrHATdyQawdFNJpElw](https://beaconhealthoptions.zoom.us/webinar/register/WN_TChMZrHATdyQawdFNJpElw)  
Meeting ID: 962 6429 3711  
Password: 970294  
Contact: Sue Klaus, (724) 744-6501 or Suzanne.klaus@beaconhealthoptions.com |  |
| **Mental Health in Adolescence**  
Zoom Date: July 14, 2022  
Zoom Time: 9:00 a.m.—3:00 p.m.  
In-Person Date: July 15  
In-Person Time: 9:00 a.m.—3:00 p.m.  
Cost: $20  
In-person training is located at Westmoreland County Juvenile Services Center, 2771 South Grande Blvd., Greensburg, PA 15601.  
Register: [https://forms.gle/Lx4TpeH3DGgsySGw5](https://forms.gle/Lx4TpeH3DGgsySGw5) Limited to 24 Participants per Training. |  |
| **Creating Welcoming Services for LGBTQ Individuals and Their Families**  
Keystone Pride Resource Institute 2 one-day trainings.  
Dates: July 18, 2022; August 19, 2022  
Time: 9:00 a.m.—3:00 p.m. (Includes a 1-hour lunch break)  
Contact: Joel Brecht, Training Coordinator, Training@kpri.org  
Register: [https://kpri-meet.webex.com/kpri-meet/k2/j.php?MTID=ta0203ea67ba16ef1ab8d63e48674b1da](https://kpri-meet.webex.com/kpri-meet/k2/j.php?MTID=ta0203ea67ba16ef1ab8d63e48674b1da) |  |
| **Youth Mental Health First Aid**  
Register today as space is limited.  
2022 Dates: July 19, September 15, October 13, November 17  
2023 Dates: January 12, February 16, March 16, April 13, May 18, July 13  
Time: 8:00 a.m.—4:00 p.m. (includes a manual and lunch)  
Contact: Marissa Rega, mrega@wiu7.org  
Register: [https://www.mylearningplan.com/WebReg/Catalog.asp?D=10645&H=1](https://www.mylearningplan.com/WebReg/Catalog.asp?D=10645&H=1) |  |
| **Hoarding Conference**  
Date: July 26, 2022  
Time: 9:00 a.m.—3:00 p.m. (Continental Breakfast and Lunch included)  
Location: Westmoreland Community College, Health and Culinary Building 2303  
Register: [https://www.eventbrite.com/e/hoarding-conference-tickets-354635282677](https://www.eventbrite.com/e/hoarding-conference-tickets-354635282677) For more info contact Heather McLean at hmclean@mhaswpa.org |  |
| **Faith-Based Security & Resilience Learning Series**  
Securing Sacred Spaces  
Third Quarter 2022  
Date: July 28, 2022  
Time: 1:00—4:00 p.m.  
| **Stories of Hope and Recovery**  
Date: July 28, 2022  
Time: 2:30—4:00 p.m.  
Location: [https://beaconhealthoptions.zoom.us/webinar/register/WN_mLI_eCHvTGi6lmwo-z63sA1-646-876-9923](https://beaconhealthoptions.zoom.us/webinar/register/WN_mLI_eCHvTGi6lmwo-z63sA1-646-876-9923)  
Meeting ID: 982 9799 3379  
Password: 209032  
Contact: Sue Klaus, (724) 744-6501 or Suzanne.klaus@beaconhealthoptions.com |  |
| **The Role of Nutrition in Mental Health**  
Presented by Kathleen D. Zamperini.  
Date: August 5, 2022  
Time: 2:00—3:30 p.m.  
Location: [1-646-876-9923](https://beaconhealthoptions.zoom.us/webinar/register/WN_mLI_eCHvTGi6lmwo-z63sA1-646-876-9923)  
Meeting ID: 913 2964 6787  
Password: 873104  
Contact: Bobbi Jo Comes, (724) 636-9270 or BobbieJo.Comes@beaconhealthoptions.com |  |
| **Passion. Purpose. Life.**  
Presented by DreamLife Recovery.  
Date: August 25, 2022  
Time: 9:00 a.m.—4:00 p.m.  
Location: DreamLife Recover, 212 Snyder Road, Donegal, PA 15628  
RSVP: [http://ow.ly/Q3Ek50J5uVQ](http://ow.ly/Q3Ek50J5uVQ) |  |
**Mon Valley’s Night Out**  
**Date:** August 2, 2022  
**Time:** 6:00—9:00 p.m.  
**Location:** DiVirgilio Recreational Complex, Belle Vernon, PA

**Northmoreland National Night Out**  
Musical entertainment is the Luke Weltz Band.  
**Date:** August 3, 2022  
**Time:** 5:00—8:00 p.m.  
**Location:** Northmoreland Park, Apollo, PA

**Hempfield Night Out**  
**Date:** August 4, 2022  
**Time:** 6:30—9:30 p.m.  
**Location:** outside of Hempfield Area High School’s stadium

**Mount Pleasant Night Out 2022**  
There will be a special ceremony to honor the late, great Chief Jerry Lucia and K-9 Officer Gerro. Bring a donation for Animal Friends and receive an additional ticket for CSAY’s raffle basket! (See list of needed products at www.wedacinc.org.)  
**Date:** August 9, 2022  
**Time:** 5:30—8:00 p.m.  
**Location:** Frick Park, Mt. Pleasant, PA

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**ENGAGE**

In Issue 2, we informed you of a new and exciting program in Westmoreland, ENGAGE. This is a first episode psychosis program that can greatly benefit individuals who are between the ages of 15 and 30 and have been experiencing symptoms of psychosis, such as paranoia, auditory or visual hallucinations, or other concerns that suggest they may be out of touch with reality.

There is currently no wait for services.

This program uses a team approach to ensure that those in need have all possible support to reduce the likelihood of serious lifelong mental illness. A psychiatrist, therapist, peer specialist and case manager work together with the individual who needs help to overcome this scary situation.

If someone you know is experiencing any of these symptoms and would like more information or to make a referral, call or email Melissa McKowen at (724) 594-4807 or email her at Melissa.McKowen@wfspa.org to see about getting help.

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**Local Nights Out**

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**Farcus**

“My wife gave me this list of character flaws she wants you to fix.”

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**Becoming a Geriatric Competent Clinician**

**Webinar Training Series**  
**Date:** September 14—December 12, 2022  
The training consists of a series of ten webinars that cover a wide range of topics that are specific to the Behavioral Health needs of the Geriatric population.

- **What it Means to Grow Old**, September 14, 10:00 a.m.—12:30 p.m.
- **Normal Cognitive Changes that Accompany Aging/Brain Health**, September 28, 10:00 a.m.—12:30 p.m.
- **Aging, Mental Health and Chronic Illness**, October 12, 10:00 a.m.—12:30 p.m.
- **Depression, Anxiety, and Suicide in Older Adults**, October 26, 10:00 a.m.—12:30 p.m.
- **Differentiating Depression, Delirium, and Dementia**, November 9, 10:00 a.m.—12:30 p.m.
- **Substance Use Disorders: Issues in Older Adults**, November 16, 10:00 a.m.—12:30 p.m.
- **Understanding Psychiatric Symptoms of Dementia**, December 7, 10:00 a.m.—12:30 p.m.
- **Understanding Hoarding Behaviors**, December 12, 10:00 a.m.—12:30 p.m.
- **Advanced Substance Use in Older Adults and Behavioral Health issues in Older Adults** (two webinars), December 12, 10:00 a.m.—12:30 p.m., and 1:00—3:30 p.m.

**Registration/Application:** [https://www.co.westmoreland.pa.us/DocumentCenter/View/23986/Application-UPDATED](https://www.co.westmoreland.pa.us/DocumentCenter/View/23986/Application-UPDATED)
Disability Awareness Day
A number of agencies will be on hand providing information about disability services.
Date: July 7, 2022
Time: 4:00—7:00 p.m.
Location: Keystone State Park, Pavilion #1, Derry PA
RSVP is requested. Please call (833) 431-0494

Westmoreland County Human Services Fair
Learn about Human Services Resources in Westmoreland County and non-profit agencies, professionals, community members, and others who provide these services. We are working towards building stronger communities in Westmoreland County.
Date: July 14, 2022
Time: 11:00 a.m.—2:00 p.m.
Location: Westmoreland County Community College, Student Achievement Center

Come, Talk Inc.—One-Year Anniversary Celebration
Date: July 14, 2022
Time: 4:00—7:00 p.m.
Location: Come, Talk Inc.
- Free chair massage by Relax with Rajha from Christy & Co. Salon.
- Enter to win a self-care basket ($80 value) by participating in the monthly town-wide shop crawl.
- Light refreshments.
- Learn about what we do, why we do it, and how we help people.

Family Funday Sundae
Free event with fun activities and a raffle. Each child will receive a coupon for a FREE ice cream sundae from the Lynch Field Dairy Queen.
Date: July 17, 2022
Time: 12:00—3:00 p.m.
Location: Lynch Field, Greensburg
Contact: Julie Cawoski, Julie.cawoski@wfspa.org or (724) 217-8304
Please bring a children’s book to donate!

2002 TAAG Picnic
Transition Age Advisory Group and Beacon Health Options
Free event for everyone age 16-30 in Western Pa!
Date: August 9, 2022
Time: 11:00 a.m.—3:00 p.m.
Location: Mammoth Park, Mt. Pleasant
Contact: Karan Steele, karan.steele@beaconhealthoptions.com or (724) 744-6537

Pride in the Park Picnic
Fun for all ages!
Date: August 21, 2022
Time: 2:00—6:00 p.m.
Location: Hempfield Park, Pavilion E
Contact: galikjames96@gmail.com or at (724) 459-8532

Overdose Awareness Day
Community wide family-friendly event to honor the lives of those lost and find hope for a brighter tomorrow free of addictions.
Date: August 31, 2022
Time: 4:00—6:00 p.m.
Location: Twin Lakes Park, Pavilion #2, Latrobe, PA

Ray of Hope: Wings of Hope
Annual Ray of Hope walk.
Date: September 10, 2022
Survivors’ Event: 9:00—9:15 a.m.
Sign-In: 10:00—10:30 a.m.
Opening Ceremony: 10:45 a.m.
Location: Twin Lakes Park ~ Lower Lake
Registration Form: https://www.co.westmoreland.pa.us/DocumentCenter/View/23748/2022-RoH-Walk-Form

Accessing Children’s Mental Health Care
Local Task Force of Westmoreland County
A resource for parents/caregivers and professionals working with children. Join speakers from various community providers in a discussion about accessing children’s mental health care.
Date: September 27, 2022
Time: 10:00 a.m.—11:30 a.m.
Location: https://wiu7.zoom.us/j/6178568864
Questions? Email nsmith@wiu7.org

2022 3rd Annual CSAY Prevention Conference
Discussions and insights on drug trends, stigma, overdose statistics, and medical marijuana & DUIs.
Date: September 30, 2022
Time: 9:00 a.m.—3:30 p.m.
Registration: 8:00—9:00 a.m.
Location: Westmoreland County Community College, Student Achievement Center, Youngwood PA.
Contact: sopaliniski@wedacinc.org
Attendee Registration: https://www.surveymonkey.com/r/2022CSAYPrevConfAttendee
Vendor Registration: https://www.surveymonkey.com/r/2022CSAYPreventionConference
$25 Vendor Fee for non-members.
Support Groups

Virtual

Contact Heather Mclean at hmclean@mhaswpa.org or (724) 433-1359 for further info.

**Aging Up Support Group**
(Transitional Ages 18-26)
Every 2nd Monday of every month
Time: 4:00—5:00 p.m.

**LGBTQ+ Support Group**
Every 2nd Tuesday of every month
Time: 6:00—7:00 p.m.

**The “Anyone” Support Group**
(For anyone wanting to talk)
Every 1st Wednesday of each month
Time: 6:00—7:00 p.m.

In-Person

**Anger Management**
This is an open, on-going group. Participants can join any time and take part as long as they desire. Court-ordered participants must attend 16 group session. The fee is $16 per session.
**When:** Tuesday evenings
**Contact:** Bob Brinker, (724) 837-1840 ext. 1652.

**Hope & Healing Support Group**
For those recovering from a past suicide attempt.
Every 1st and 3rd Tuesday of every month.
**Time:** 6:00—7:30 p.m.

**LOSS Support Group**
(Loved Ones Stolen by Suicide)
Every 1st Tuesday of every month
**Time:** 6:30—8:30 p.m.
**Contact:** Beth Crofutt
bcrofutt@mhaswpa.org or (724) 834-6351

**Sage’s Army**
Mondays
Recovery Life Greensburg, 5:30 p.m.

Tuesdays
Positive Peer Group—no longer active

Wednesdays
Peer Rec Night, 5:30 p.m. 2nd & 4th Wednesdays, Greensburg

Request for Proposal

Beacon-PA in partnership with Southwest Behavioral Health Management (SBHM) and Westmoreland County BH/DS office (hereafter referred to as ‘These Partners’), are seeking proposals from agencies interested in providing mental health Peer Support Services to youth and young adult residents between the ages of fourteen (14) and twenty-six (26).

Upon award, the agencies chosen must be able to serve the entire target population of individuals from fourteen (14) to twenty-six (26) years of age.

Download the application: [https://www.co.westmoreland.pa.us/DocumentCenter/View/23952/Westmoreland-YYA-Peer-06012022](https://www.co.westmoreland.pa.us/DocumentCenter/View/23952/Westmoreland-YYA-Peer-06012022)

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**BHDS Office**

<table>
<thead>
<tr>
<th>Administrator III</th>
<th>Sara Stenger</th>
<th><a href="mailto:stenges@westmoreland.swsix.com">stenges@westmoreland.swsix.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Deputy Administrator</td>
<td>Sherrie Thropp</td>
<td><a href="mailto:tropps@westmoreland.swsix.com">tropps@westmoreland.swsix.com</a></td>
</tr>
<tr>
<td>BH Director (Adult)</td>
<td>Patrick Showman</td>
<td><a href="mailto:showmap@westmoreland.swsix.com">showmap@westmoreland.swsix.com</a></td>
</tr>
<tr>
<td>BH Director (Children &amp; Youth)</td>
<td>Renee Dadey</td>
<td><a href="mailto:dadeyr@westmoreland.swsix.com">dadeyr@westmoreland.swsix.com</a></td>
</tr>
<tr>
<td>Complex Case Director</td>
<td>Jessica Lesniewski</td>
<td><a href="mailto:lesniej@westmoreland.swsix.com">lesniej@westmoreland.swsix.com</a></td>
</tr>
<tr>
<td>IDD Director</td>
<td>Amanda Lentz</td>
<td><a href="mailto:lentza@westmoreland.swsix.com">lentza@westmoreland.swsix.com</a></td>
</tr>
<tr>
<td>Fiscal Operations Officer III</td>
<td>Sandra Huth</td>
<td><a href="mailto:huths@westmoreland.swsix.com">huths@westmoreland.swsix.com</a></td>
</tr>
<tr>
<td>Administrative Assistant II</td>
<td>Toni Dubovsky-Modar</td>
<td><a href="mailto:dubovst@westmoreland.swsix.com">dubovst@westmoreland.swsix.com</a></td>
</tr>
</tbody>
</table>

**Office:** 724-830-3617  
**Fax:** 724-830-3571
Creative Writing with a Twist!
Summer Session
1st, 3rd, & 5th Tuesdays in June, July, and August
Open to ages 13 through adult. Drinks and snacks will be provided. Kristin, the class facilitator, will provide thoughtful writing prompts and fun journaling activities. Time will be provided for discussion for those who wish to share. Please RSVP by the day before class.

Self-Care Art Class
Summer Session
2nd & 4th Tuesdays in June, July, and August from 6:30-7:45 p.m.
This class is open to ages 13 through adult. Drinks, snacks, and supplies will be provided. Kristin, with the help of friends, will provide easy, creative, and relaxing art projects. Please RSVP by the day before class. Many thanks to PFLAG Pittsburgh for sponsoring these classes!

Game Night!
Last Friday of the month at 6:30 p.m.
Open to ages 13 through adult. Drinks and snacks will be provided. Joe & Caroline will have a variety of games—board, cards, dice, etc.—planned and ready to play. Please RSVP by the day before the event. Many thanks to FitToBeTidy for sponsoring the food for these events!

Photography 101: Improved Your Photography Skills Class
Every Thursday in July from 6:00—8:00 p.m.
Open to ages 18 through adult. Drinks and snacks will be provided. The class will be taught by Carl Stillitano from CPS Photography. The classes will build on one another, so it is best to attend all four classes. You will need to bring your DSLR or a mirrorless camera with interchangeable lenses. A tripod and flash are also strongly recommended. A laptop loaded with Adobe Photoshop or Photoshop Elements will be helpful but not required. Class size is limited. RSVPs are due by July 5.

Origami with Joe
August 11 & 18 at 6:30 p.m.
Open to ages 13 through adult. Drinks, snacks, and supplies will be provided. Come earn the art of paper folding and make some cool things! Please RSVP by the day before the class.

Weight Loss & Healthy Nutrition Goals Class
Every other Wednesday beginning July 17 at 6:30 p.m.
Open to ages 13 through adult. Drinks and snacks will be provided. This class will be taught by Susann Penska DTR, CDM, CFPP. Learn about your best options for successful weight loss and how to overcome barriers, develop personal motivational statements, and more! Please RSVP by the day before the class.

Gentle Yoga Class
Class will start again in the Fall.
This class is open to ages 13 through adult. Drinks and snacks will be provided. Bring a yoga mat and wear comfy clothes. Diane’s class is gentle and for all levels of ability. Please RSVP by the day before class.

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Crisis Resources

Westmoreland County Crisis Hotline
1-800-836-6010

Crisis Text Line
Text HOME to 741741

National Suicide Prevention Lifeline
1-800-273-8255

Trevor Lifeline (LGBTQ)
1-866-488-7386

Trevor Project Text Line (LGBTQ)
Text START to 678678

Veteran’s Crisis Line
1-800-273-8255 Press 1

Veteran’s Crisis Line Chat
Text 838255
Tips for Choosing a Health Plan: A Step-by-Step Guide for Consumers

Effective September 1, 2022, there will be changes to the Medicaid physical health managed care plans available in Pennsylvania. These changes only apply to people who get their Medicaid through the physical HealthChoices system—they do not apply to Community HealthChoices. They also do not apply to the Medicaid behavioral health plans. As such, this guide shares tips on choosing a physical HealthChoices plan, and does not address Community HealthChoices or behavioral health plans.

Consumers who do not choose a new health plan by August 17th will be auto-enrolled into one.

Everyone impacted by these Medicaid plan changes should get a letter in early-to-mid June 2022 explaining their new health plan choices. You will have until August 17th to choose a plan. If you select a plan by August 17, your new plan coverage will start September 1.

Step 1: Make a list of all your health care providers.
Step 2: Make a list of your medications
Step 3: Review co-pays and other programs
Step 4: Enroll in a plan

You can enroll online at www.enrollnow.net.

The Impact

Check out the latest issue of “The Impact”, DHS’s weekly newsletter sent to stakeholders.

P-EBT: Program Continues to Serve as Lifeline for Children, Families Affected by School Closures During Pandemic
ODP SERVICES
A quick guide to the Office of Developmental Programs (ODP) and services for Individuals with an Intellectual Disability, Autism, and Children with a Developmental Disability in Pennsylvania

What is ODP?
The Office of Developmental Programs (ODP) within the Department of Human Services is responsible for the oversight of intellectual and developmental disability services in Pennsylvania. Local County MH/ID Programs’ verify program eligibility for services through ODP.

Program Eligibility
Must have a diagnosis of one of the following:
- Intellectual disability with a full scale IQ of 70 or below that occurred prior to the age of 22
- Autism diagnosis based on diagnostic tools that occurred prior to the age of 22
- Developmental disability between age 0 through 8 with a high probability of an intellectual disability or autism
- Medically complex condition between age 0 through 21 with a current medical evaluation from a licensed medical provider
And also have:
- Substantial adaptive skill deficits in 3 or more of these major life activities: self-care, understanding and use of receptive and expressive language, learning, mobility, self-direction, capacity for independent living
- Intermediate care facility (ICF) level of care
- Medicaid eligibility (required for most services)

Where do I begin?
1. Make an appointment with your local County Office of Mental Health and Intellectual Disabilities (MH/ID). If you need help locating your local county office, call ODP Customer Service Hotline at 1-888-565-9435.
2. Take documents to the appointment that will help establish that you are eligible for services. Some examples are medical, psychological, and school records.

What Happens Next?
Once program eligibility is determined, the County Office of Mental Health and Intellectual Disabilities (MH/ID) will offer a choice of Supports Coordination Organizations (SCOs). SCOs will assign a Supports Coordinator to help determine what services are needed and what resources are available to help plan for a good life, an everyday life.

More information available at dhs.pa.gov, Compass.state.pa.us, and MyODP.org
Westmoreland County Suicide Awareness & Prevention Task Force is hosting the 16th Annual Suicide Awareness & Prevention Walk on Saturday, September 10, 2022
Twin Lakes Park ~ Lower Lake

~ Walk Registration Form ~

**Location** ~ The walk will begin at Twin Lakes Park Activity Center located on the Lower Lake/Pavilion #7. The walk course will include the upper lake (9/10 mile) and/or lower lake (1½ mile), you may choose your walk course. The walk will finish at Pavilion #7 and we welcome you to stay and enjoy post-walk refreshments.

**Survivor’s Event**
Survivor’s Event Check-in: 9:00 a.m. to 9:15 a.m. If you have lost a loved one to suicide, please join us for refreshments and discussion from 9:15 a.m. to 10:00 a.m. This event is open to survivors of suicide loss and will allow family members and friends to share memories and meet other survivors as well as personalize a remembrance item. There is no additional cost but pre-registration is required for this event. A memory wall also will be available for photos of those lost to suicide. Held in Activity Center, Lower Lake near Pavilion #7.

**Registration** ~ Register on-line, by mail or on the day of walk. Registration fee includes a T-shirt**, gift bag**, refreshments, chance for door prizes, and fellowship with others who walk in support of suicide awareness and prevention.

PLEASE FILL OUT ONE REGISTRATION FORM FOR EACH ATTENDEE

DAY OF WALK REGISTRATION & SIGN IN: 10:00 AM–10:30 AM
Opening Ceremony: 10:45 AM ~ Walk begins immediately after
Please stay after the walk for lunch, fellowship, and prizes

Adults: $15 until August 20th
**$20 Aug. 21st – Sept. 9th
**$20 Walk day registration
Children: 12 yrs. & under walk FREE
**Child T-shirts available--same cost as adult shirts

Adult pre-registration includes a T-shirt, gift bag with promotional items, refreshments, and a chance to win door prizes.

**T-shirt and gift bags are not guaranteed for registrations received after August 20th **

All proceeds from this event go towards the Westmoreland County Suicide Awareness and Prevention Task Force to provide educational programming, purchase materials, and support Mental Health America SWPA’s Survivors Group, LOSS.

Name: ___________________________ Adult: ____________ Child: ____________
Address: ___________________________ City/State/Zip: ___________________________
Phone: ___________________________ Email Address: ___________________________

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I will not be participating but would like to make a donation. (Make check payable to MHA-SWPA Walk)

I will be participating in the Survivor’s Event.

I am walking in memory of a loved one/friend lost to suicide.

Make checks payable to “MHA-SWPA Walk” and mail to:
MHA-SWPA Walk, 409 Coulter Avenue, Suite 4, Greensburg, PA 15601 ~ For questions please call Heather McLean 724-433-1359.

Waiver: I hereby waive and release any and all claims for damages or injury I may have against the sponsors and officials of the Ray of Hope Suicide Awareness and Prevention Task Force and its members, for my participation in said event of Sept. 10, 2022 and for any and all injuries suffered. I also attest that I am physically fit and able to participate in this event, and acknowledge that photos of the event will be taken for non-promotional purposes.

Signature (Required) Parent or Guardian must sign for child:

$_________