



# WCSI

Westmoreland  
Casemanagement  
and Supports, Inc.

FALL 2024  
NEWSLETTER



Summer was here and gone in what seems like the blink of an eye! We look forward to sharing what we've been up to; we're sure you'll FALL in love with our Fall 2024 edition!

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OCTOBER IS SIDS  
AWARENESS MONTH



Sudden Infant Death Syndrome is the unexpected death of a child under the age of one without an obvious cause of death before investigation. About 3,700 infants die of SIDS per year. According to the CDC, it is the leading cause of death for infants between one month and one year.

THE PURPOSE OF HUMAN LIFE IS TO SERVE, AND TO SHOW  
COMPASSION AND THE WILL TO HELP OTHERS.

Albert Schweitzer



## WCSI MISSION STATEMENT

We are dedicated to working in partnership with all individuals impacted by Intellectual and Developmental Disabilities and Behavioral Health Challenges through their connection to essential services, personal empowerment, and promotion of wellness.

## WCSI VISION STATEMENT

WCSI will be the leader in integrating people into the community through Recovery, Wellness, and Positive Approaches to live a full and renewed life.

## WCSI CORE VALUES

COMMITMENT  
QUALITY  
INTEGRITY  
ACCOUNTABILITY  
RESPECT



## WHO WE ARE: SERVING THE COMMUNITY FOR 30 YEARS!

Established in 1994, WCSI provides a range of Behavioral Health, Intellectual and Developmental Disability, and Early Intervention services to the residents of Westmoreland County.

WCSI is dedicated to having a positive impact on the community it is so fortunate to serve. Our philosophy is straightforward: We provide services to any eligible individual or family, doing everything possible to ensure the best possible outcomes.

This means that our involvement in the community is not defined only by funded services but rather by a holistic response to individual, family, and community needs.

We meet you where you are:  
In any stage of your life.  
In your home or in the community.

We care about your whole person, and we are committed to connecting you with the resources to enable you to thrive in all aspects of your life. Our services are individualized according to your identified needs and preferences.



SIDS is every parent's worst nightmare, but there are several things you can do to reduce the risk of sudden infant loss. Here are some things you should make sure you're doing all year long when you have a new baby in the house according to the Centers for Disease Control and American Academy of Pediatrics.

- Place a baby on his or her back when you are putting them to bed. Make sure to do this at all times. It's a common mistake that parents think placing a child on their back to sleep may cause them to choke on spit-up, but their gag reflex will wake them up and stop them from choking. If a child sleeps on their stomach, they are more likely to breathe in less air.
- Use a firm sleep surface, like a mattress in a safety-approved crib. Put a tightly fitted sheet over the mattress. It's very important That you keep toys, even cuddly teddy bears, out of the crib while the infant sleeps. The less that's in the crib, the less chance there is of suffocation when a baby is rolling around in their sleep.
- The baby can share your room, but not your bed. Even though it may be tempting to snuggle your little one at all hours of the night, accidental suffocation and strangulation can happen quite easily if you share a bed. Sharing a bed may increase the chance of SIDS by about 50%.
- Dress your baby in cozy sleep clothing instead of using a blanket.
- DO NOT allow smoking around your baby. Smoke in an infant's surroundings is a major risk factor for SIDS.

# Out and About

WCSI has been all over Westmoreland County during the summer months attending 33 outreach events during the months of July, August, and September! From Pittsburgh to Mt. Pleasant to Monessen, we have been attending as many community events as possible to provide information and resources to ensure everyone has the ability to gain the support they need. Look for us the next time you're at a community event and stop to say hello!



WCSI Supports Coordinators enjoying the  
EI Night at the Worms Event July 23,  
2024.

On July 23, 2024, the Family and Community Partnerships Committee, subcommittee of the Early Intervention Local Interagency Coordinating Council (LICC) presented "Night of the Worms".

EI Service Coordinators, Georgiann Beske and Danielle O'Neill, and EI Supervisor, Bo Fry, assisted at this event, which hosted 32 children and 24 adults at Twin Lakes Park in Greensburg. There were four different worm stations that drew many children to each of them - there was anatomy of a worm, Willie Worm's dinner, Willie's neighborhood, and care for worms.

There were resource tents at the event as well, including ELRC and Parent to Parent, so families could gather information and resources. We thank McDonalds for donating a box of small toys for each child and Sheetz for the chocolate chip cookies!

# Out and About

On Sunday, August 18, 2024, TCM Supervisor Becky Carns and SAP Supervisor Anna Gump proudly represented WCSI at the vibrant PFLAG Pride in the Park Potluck held at Hempfield Park. This community celebration invited attendees to bring their favorite prepared dishes for a shared potluck experience, creating a festive atmosphere of generosity and camaraderie.

The event featured a lineup of live performances by Practice Makes Perfect, providing entertainment and adding to the joyful spirit of the day. Attendees had the opportunity to explore various provider tables offering valuable information about local resources and services, making it a great occasion for community engagement and support.

The PFLAG Pride Potluck helped to foster a sense of community and providing vital information and resources.



Targeted Case Manager Supervisor Becky Carns and SAP Supervisor Anna Gump at the PFLAG Pride in the Park Potluck on Sunday, August 18, 2024



Pictured above is Amy Rabickow at the Arnold Tower/Arnold Manor Health Fair on June 11, 2024.

Westmoreland County Housing Authority hosted a health fair for residents of Arnold Tower and Arnold Manor on June 11 from 1-3pm.

The event was held between the two WCHA buildings and showcased a range of local community outreach organizations.

The event was well attended by the residents, who were able to gather some great information on resources in their community!



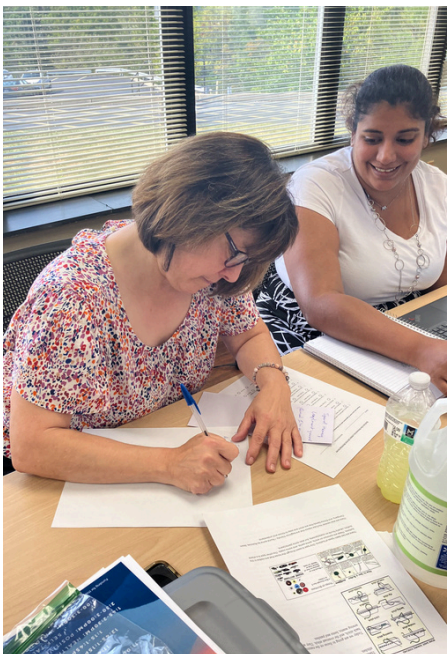
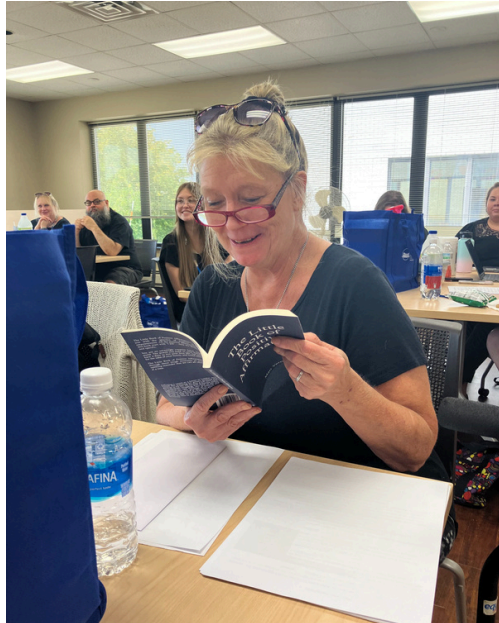
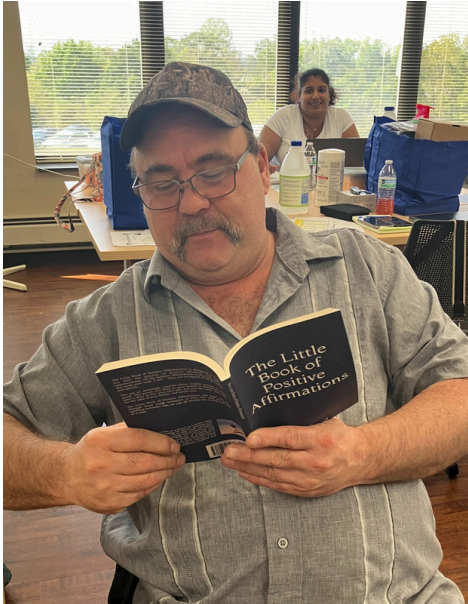
The final two Build Your Own Resources for a Better Life workshops were held on Wednesday, June 26, 2024, and Friday, September 20, 2024, in the WCSI Conference Center. WCSI Staff Members Brian Wigle (SC Supervisor), Alisa Rubino (TCM), Rachael Anderson (TCM), Tina Reid (SC), Diana Danko (Fiscal Clerk), Lisa Fyke (TCM), and Sarah Jennings (TCM) shared their knowledge and expertise on Budgeting/Financial Planning/Sound Financial Decision Making, Resume Writing/Interview Skills, Homemade Cleaning Products, Indoor Gardening, Basic Sewing and Repair, Creating Healthy Meals on a Budget, and Positive Affirmations and Self-Talk. Clients took home large “tool kits” with items to sustain the skills learned during each session of the workshop at home. The workshops were funded in part through generous grants from the Community Foundation of Westmoreland County, Walmart, and the Rachel-James Armstrong Trust. Another special thanks to Dawn Darazio, Fiscal Administrative Assistant and Chad Vertacnik and Bruce Danko from Maintenance for ordering and delivering supplies for the workshops and for driving the WCSI Link vans to ensure transportation was not a barrier for those that wanted to attend the workshops. Many of the staff and clients that attended asked us to hold more workshops in the future! Keep an eye out for upcoming events. We hope to see you here!

# JUNE





September



# Upcoming Events AND RESOURCES!

Promoted by the Westmoreland County Area Agency on Aging,  
Westmoreland County Commissioners, and Trib Total Media.

Accessing information for  
Caregivers, Seniors,  
and Persons with Disabilities.

Free admission, information,  
resources, door prizes, light  
refreshments, and entertainment!

**Health Screenings and  
Vaccination Clinic offered.**

Transportation available  
through GO Westmoreland.

To schedule a ride, call:  
724-832-2706

## **2024 Health and Education Expo**

**Wednesday  
October 23, 2024  
10:00am – 2:00pm  
Westmoreland Mall**

For more information, call the Area Agency on Aging at:  
**724-830-4444 or 1-800-442-8000**



Please bring  
a non-perishable  
food donation  
to benefit the  
Westmoreland Food Bank

**WHO: ANYONE AGES 18-30**

**WHEN: TUE, OCT 29<sup>TH</sup>, 2024, 11:00 AM – 1:30 PM**

**WHERE: GREENSBURG GARDEN AND CIVIC CENTER  
951 OLD SALEM ROAD, GREENSBURG, PA 15061**



**Costume Contest\***



**Cookie Decorating**



**Sand & Spin Art**



**DJ with Dancing**



**Pizza, Snacks & Refreshments**

\*Costumes are not required to attend. If wearing a costume, costume must be appropriate and cannot include weapon props (guns, knives, etc.) or revealing clothing.

Must RSVP by October 25<sup>th</sup> contact Karan Steele at 724-600-4166 or at [karan.steele@carelon.com](mailto:karan.steele@carelon.com)



Sponsored by Carelon





# Suds of Love

Don't miss a **FREE** laundry day hosted by Carelon

Take advantage of self-service washing machines, dryers, detergent, and fabric softener provided at no charge. Just bring your clothes — we'll cover the cost for the rest.

**We will also be hosting a Grab N Go opportunity for paper products and cleaning supplies from the Carelon Van located behind the building.**

**Tuesday, October 22, 2024, 10am-3pm**

**Scottdale Laundromat  
222 Pittsburgh Street  
Scottdale, PA**



Since 1999, Carelon has managed behavioral health services as part of the HealthChoices program. Carelon manages behavioral health services for Medical Assistance (MA) recipients in 11 Western Pennsylvania counties: Armstrong, Beaver, Butler, Crawford, Fayette, Indiana, Lawrence, Mercer, Venango, Washington, and Westmoreland.

For more information about Carelon, visit: <https://pa.carelon.com/>

# WCSI will be attending the Ray of Hope Annual Conference on November 22, 2024

*Finding Purpose: Inspiring Hope*



## Ray of Hope Annual Conference

*Finding Purpose: Inspiring Hope*

**November 22, 2024**

**WCCC, Youngwood Campus**

**Registration Check-in Opens at 8AM**

**Conference 9AM-3PM**

If you are interested in having a resource table, Do Not Register on Eventbrite. Please contact Lisa Goldberg at [egoldberg@mhaswpa.org](mailto:egoldberg@mhaswpa.org) for an application. Limited Space Available



**Kristie Knights**



**Malory Spring**

### **Preregistration Only**

**Eventbrite Registration:**

<https://www.eventbrite.com/e/2024-ray-of-hope-annual-conference-tickets-1000232070047>





# PHISHING AND CYBERSECURITY

In June 2024 there was an estimated 3.4 billion spam emails that were being sent every day. The likelihood of you being one of those individuals to open a spam email is very high. This is called phishing.

Phishing occurs when criminals try to get us to open harmful links, emails, or attachments that could request our personal information or infect our devices.

URL phishing tends to occur alongside brandjacking, where cybercriminals design their phishing webpage to mimic known and trusted websites. Often, they try to look like popular social media services, official government domains, or banking websites.

This threat can be avoided by following the three simple rules when using computerized devices.



## RECOGNIZING POTENTIAL THREATS

- 1) Urgent or emotionally appealing language, especially messages that claim dire consequences for not responding immediately.
- 2) Requests to send personal and financial information
- 3) Untrusted shortened URLSs
- 4) Incorrect email addresses or links, like **amazon.com** (notice how the word Amazon is spelled)

### **RESIST THESE POTENTIAL THREATS:**

If you suspect phishing, resist the temptation to click on links or attachments that seem too good to be true. Instead, you can report this threat via the “Phishing Alert” option through your email provider.

### **THREATS DELETE THE POTENTIAL THREATS:**

Delete the message. Don’t reply or click on any attachment or link, including any “unsubscribe” link. Just delete.

The #988Lifeline is here for everyone, for many reasons, always. Help spread the word that when you connect with 988, a trained crisis counselor is ready to listen and support you.



*Some Reasons to*

**CALL, TEXT, AND CHAT 988**

Thoughts of suicide  
-----

Feeling depressed or anxious  
-----

Drinking too much or drug use  
-----

Trauma  
-----

Did you know that tobacco use worsens mental health symptoms? Did you know that quitting nicotine while quitting other substances increases the chances of success and allows for better engagement in treatment?

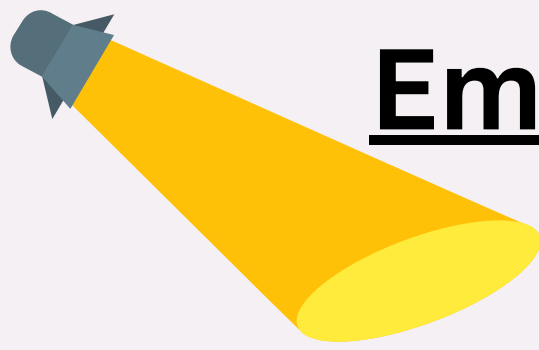


**Better your chance  
for long-term  
recovery.**

Learn to go  
tobacco-free.

 **PENNSYLVANIA  
Statewide Tobacco-Free  
Recovery Initiative**

Let's talk about it. Get free help at  
**[tobaccofreerecovery.pa.com](https://tobaccofreerecovery.pa.com)**  
or call **1-800-QUIT-NOW.**



# Employee Spotlight



**Zack Hough, Behavioral  
Health Targeted Case  
Manager (Above left)**



**Adrienne Faight, ID  
Supports Coordinator  
(Above right)**

**Katie Rounds, Behavioral  
Health Targeted Case  
Manager (Right)**



**Q: How long have you been at WCSI?**

Zack: Almost 8 years

Adrienne: 16 years and 7 months

Katie: 1 year

**Q: What is your favorite part of your job?**

Zack: I like being able to help others and try to make their lives better.

Adrienne: Getting to meet new people and helping them succeed and reach their personal goals to live everyday lives.

Katie: Seeing a client thrive at their goals and knowing I was able to help them get to that place.

**Q: What is your favorite thing or favorite memory about WCSI?**

Zack I always enjoyed the client picnics because it was a great day for everyone involved. It gave clients a chance to get out and be social and it gave us a chance to interact with the client in a different way.

Adrienne: When we had offices with other SCs at the Davis Building. It was fun being able to share office space with 3 other co-workers and talk to them about how they are doing. We still have opportunities to see co-workers at the monthly department training.

Katie: My favorite thing about being at WCSI is how supportive my supervisor is. I have never felt such support within a job before!

**Q: As a child, what did you want to be when you grew up?**

Zack: Pro Baseball player.

Adrienne: An architect or a school teacher.

Katie: I wanted to be a veterinarian.

**Q: What was your first job ever?**

Zack: I worked as a dishwasher at Gino's Pizza.

Adrienne: Working at McDonald's when I was 16.

Katie: Waitress

**Q: What led to you working in this field?**

Zack: I always had a desire to want to help people and try to help them grow and learn.

I knew this would be a good fit for that.

Adrienne: I wanted to have the opportunity to help people.

Katie: I did not want to be in this field, but somehow, I kept coming back to it and realized this is what I was meant to do and where I was meant to be. Turns out I like it and am really good at this kind of work. I am really glad I ended up in this field and followed my gut.

**Q: What's the best advice you can give to someone who is just starting out in your field?**

Zack: Don't get discouraged. This field can be challenging and has a lot of ups and downs. Don't feel like you can't do it after 6 months. It takes a long time to figure out what kind of case worker you will become. It took me about 2 and a half years to truly find myself and I am still learning even now.

Adrienne: Remember to start with a clean slate every day and stay positive.

Katie: Push through those initial feelings of being overwhelmed or thinking you are not going to make it. Those feelings will be there and then one day they aren't, and all the sudden you realize how much progress you have made for yourself and for those you help.

**Q: What do you enjoy doing outside of work?**

Zack: I enjoy playing sports such as baseball, hockey, bowling, and golf. I enjoy going to Pirates, Penguins, and Steelers games and spending time with my fiancé.

Adrienne: Spending time with my family, working around the house on projects, cheering my daughter on at her softball games, and catching up with friends.

Katie: I enjoy reading, riding horses, playing with my dogs, and going on hikes.

**Q: If you could learn to do anything, what would it be?**

Zack: This will be the nerd in me, but I would love to learn to be a Super Saiyan (haha) but realistically I would love to learn to code on a computer. I have tried, but it is a challenge.

Adrienne: I would like to make pottery on a wheel. I have tried it before when I was a teenager and was not very successful. Now that I am older, I would like to try it out again.

Katie: I would like to learn how to play the violin.

**Q: What is your "happy place"?**

Zack: I don't really have one. I just try to stay happy wherever I go.

Adrienne: My home and my family.

Katie: My happy place is the boat our family owns on the Yough Lake. Specifically, in the middle of the night, I like to go there and look up at the stars. There is no quiet or peace quite like it.

# Best Wishes

A new job is like a blank book, and you are the author.

After a 30-year career at WCSI, Tony Colosi certainly authored his own bestseller.

He started out as an Intensive Case Manager (ICM), eventually transitioning into a Targeted Case Manager (TCM) / Resource Coordinator Supervisor. From there, Tony found himself in the Education and Compliance Specialist role, and the Link Lead Transportation Specialist with some other roles in between.

Tony truly had done it all at WCSI prior to his retirement. One of his favorite memories was when he participated in the “GUNG HO” trainings and the Harrisburg Lobby Day Trips.

Thank you, Tony, for 30 years of dedication to WCSI and those we serve. You will be truly missed and we wish you the best in your next chapter!





At WCSI, employees truly are our #1 Resource!

A career at WCSI offers you:

- A challenging environment where you will put your skills to good use
- Continuous training and development to ensure you reach your full potential. An opportunity to gain valuable experience and build a lucrative career
- Competitive salaries
- Generous benefits
- A family focused approach to employment, providing flexibility in balancing work and home

WCSI takes great pride in offering a comprehensive, competitive benefits package for its full-time employees. Visit our website for a complete [benefits summary](#)!

To view current job openings and apply, visit our website at [www.wcsi.org/openings/](http://www.wcsi.org/openings/) or scan the QR Code below.



For more information, visit our website at [www.wcsi.org](http://www.wcsi.org)  
or scan the QR Code on the first page.

Don't forget to like and follow us on Facebook and Instagram for more  
information on valuable resources, community events, and the good work we do!



*From all of us at WCSI, wishing you a bright and beautiful fall!*