



WCSI
Westmoreland
Casemanagement
and Supports, Inc.

SPRING 2024
NEWSLETTER



Spring Has Sprung!

Winter didn't slow us down! After a busy start to the year, we are looking forward to the warmer weather and all the fun and excitement that comes with Spring!

Read on to see what we've been up to and to see what's coming!



In this issue:

- About Us
- Out and About
- In the News
- Upcoming Events
- Resources
- Employee Spotlight

APRIL IS NATIONAL AUTISM AWARENESS MONTH

National Autism Awareness Month raises awareness for autism and Asperger's syndrome during the month of April. Autism is a complex brain disorder that often inhibits a person's ability to communicate, respond to surroundings, and form relationships with others. According to World Health Organization (WHO), about one in 270 people in the world has Autism Spectrum Disorder (ASD). ASD is a group of developmental disabilities that causes challenges in many areas of one's life. Some of the profoundly affected areas include social, communication, and behavior. Children with ASD are usually nonverbal or they have restricted or repetitive behaviors. ASD affects people of all racial, ethnic, and socioeconomic backgrounds.

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.

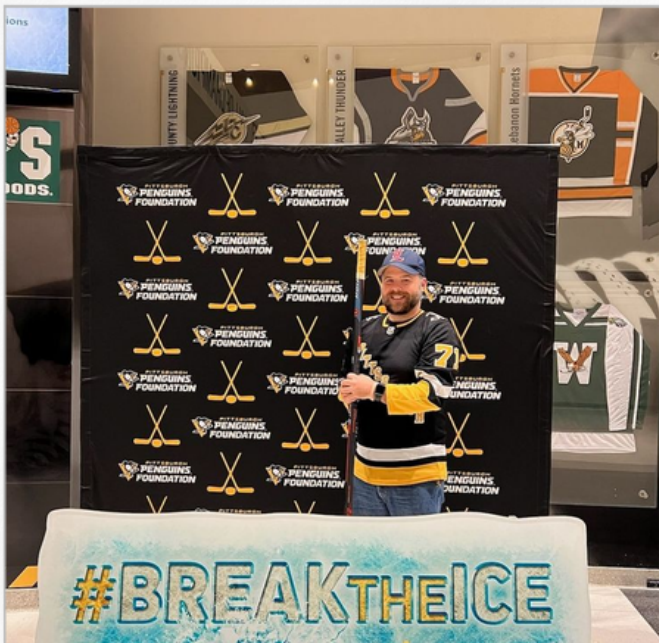
WCSI is dedicated to having a positive impact on the community it is so fortunate to serve. Our philosophy is straightforward: We provide services to any eligible individual or family, doing everything possible to ensure the best possible outcomes. This means that our involvement in the community is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

Out and About

WCSI has been very active over the last few months, attending 10 outreach events since January 1st! From job fairs to school events to resource fairs, we try to attend as many events as possible to ensure everyone that needs our services has the ability to gain information and speak to a representative from WCSI. Look for us the next time you're at a community event. We have 11 events lined up so far for the month of April!



TCM Zough at the Penguins Game on 1/11/24.

TCM Zack Hough attended the Penguins game on January 11. The theme was Break the Ice, with the goal to raise awareness about mental health. While there, Zack spoke to providers and collected information to bring back. It's great to see the Pittsburgh Penguins supporting such an important cause!

Out and About

WCSI attended the WANT Job & Career Expo at Ferrante's Lakeview on 2/28/24. Many organizations from all over Westmoreland County and neighboring counties assisted attendees in finding the right fit job for them. Attendees had a chance to walk around the two levels filled with job opportunities and discuss their experience and job desires with prospective employers. Event organizers were afraid that the rainy weather would dampen the turnout, but it did not deter those who were eager to find the right fit job. Estimated attendance of job seekers would be at least 100+. WCSI was able to talk about our open positions and many benefits to potential future employees.



TCM Supervisor, Becky Carrns and HR Supervisor, Ellie Penatzer at the Want Job & Career Expo on 2/28/24



Tammy Jones, Mya Perkins, Jennifer Sanders-Mink, and Brian Wigle presenting at the Youth Transition Conference on 3/12/24.

WCSI participated in the Youth Transition Conference on 3/12/24. The conference was held at the Westmoreland Intermediate Unit in Greensburg and targeted students from surrounding school districts who are in the process of graduating and entering the workforce. WCSI presented on LifeCourse to a group of 30 students from varying school districts. The main LifeCourse tool discussed and utilized was the integrated supports star. WCSI staff assisted students in outlining a personal goal they would like to reach, the supports they would need, and strengths they possess to achieve their goal.



We are excited to be involved with the Walmart Sparks Good program, which allows us to create a Walmart registry for essential client and consumer needs that are not readily available through voucher or similar programs and/or can't be purchased with SNAP benefits. Anyone can purchase items via the registry and they will conveniently be shipped directly to WCSI for distribution to our clients. Please consider making a purchase. A majority of the items are under \$20, with a large amount being under the \$10 price point. Any purchase will GREATLY help those we serve. Please spread the word!

View Registry [here](#).



Emergency Preparedness for ID/A Consumers

Through the Department of Human Services (DHS), the Office of Developmental Programs (ODP) has developed an initiative called I-PREPARE focused on emergency preparedness. The state is providing emergency backpacks for individuals served through ODP who receive waiver and live alone or with a family member. The list of items provided include:

Backpack Contents

- Deluxe EP-FLEX4 Backpack
- SOS Emergency Food Ration - 2400 Calorie
- Mainstay Emergency Drinking Water Pouch - 4.22oz (x6)
 - Yellow Lightstick - 12 Hour
- EMR2000 Multi-Function Emergency Radio
- Emergency Whistle with Carabiner - 125db
 - Emergency Planning Card
- Heavy-Duty Work Gloves – Pair
 - Hand Warmers – Pair
- Emergency Survival Blanket
- Waterproof Poncho - Adult Size
 - Biohazard Waste Bags (x12)
 - Cleansing Towelette
- Hand Sanitizer - Antibacterial - 2oz
 - Pocket Tissue Pack
- First Aid Kit - 100 Piece
 - Comb - 5" - Black
- Toothpaste with Fluoride - 1.5oz
 - Toothbrush
 - Bar of Soap
- Waterproof Matches - Box of 40
 - Duct Tape - 10 Yards
 - Pencil - 4"
 - Clipboard

We received 105 backpacks to distribute to individuals we serve! We will be distributing the backpacks on June 4th at a I-PREPARE distribution event. For more information, speak to your Supports Coordinator.

GRANTS *Space*

Through a generous grant from the Richard King Mellon Foundation, we are holding several trainings at WCSI during the spring. All trainings are free to attend and open to the public! To register, scan the QR code on any of the flyers or visit our website at <https://wcsi.org/education-training/calendar/>, select the training/date you'd like to take and complete the registration.

Youth Mental Health First Aid: This training is a must for anyone that works with or interacts with kids on a regular basis, including parents. During the COVID-19 pandemic, the US Surgeon General declared a mental health crisis, but in the 10 years leading up to the pandemic, feelings of persistent sadness, hopelessness, and suicidal thoughts/behaviors increased by 40% among young people according to the CDC. It's more important than ever to understand common mental health challenges for our youth and how to handle and address them.

CPR/First Aid: CPR, especially if performed immediately, can double or triple a cardiac-arrest victim's chance of survival. This hands-on training focuses on both adult and child life saving measures and teaches how to use an AED device. You will receive your certification which is good for two years.

Question Persuade Refer (QPR): Unfortunately, suicide is one of the leading causes of death in the United States and can affect ANYONE. QPR teaches three steps that anyone can learn to help prevent suicide. Another life-saving must-take training!

LBGTQ+ 101: This training gives participants a basic understanding of the fundamental LGBTQ experience. It examines issues of gender and sexual identity, reviews vocabulary and terminology, examines the context of discrimination experienced by the LGBTQ community, and provides strategies to create welcoming and affirming spaces for clients, customers, students, staff, friends, family, and neighbors.

FREE to attend!
Community Members and
Providers welcome and
encouraged to attend!



Westmoreland
Casemanagement & Supports,
Inc. invites you to:

Youth Mental Health First Aid

LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE

WHEN

March 22, 2024
8:00 AM - 5:00 PM

April 12, 2024
8:00 AM - 5:00 PM

April 26, 2024
8:00 AM - 5:00 PM

May 17, 2024
8:00 AM - 5:00 PM

WHERE

WCSI Conference Center
134 Industrial Rd.
Greensburg PA, 15601

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of health challenges, including anxiety, depression, eating disorders & attention deficit hyperactive disorder. (ADHD)
- Recognize common symptoms of substance use challenges.
- Understand how to interact with a young person in crisis.
- Know how to connect a young person with help.
- Better understand trauma, substance use, self-care, and the impact of social media and bullying.

To register, visit <https://wcsi.org/education-training/calendar/> or scan the QR Code, select the date from the calendar, and complete registration



This training is made possible through a generous grant from the Richard King Mellon Foundation

WESTMORELAND
CASEMANAGEMENT
AND
SUPPORTS, INC.
INVITES YOU TO:



American
Red Cross

NO COST TO
ATTEND
TRAINING AND
RECEIVE
CERTIFICATION!

CPR & FIRST AID

COMMUNITY MEMBERS AND PROVIDERS WELCOME AND
ENCOURAGED TO ATTEND

WHEN:

MARCH 18, 2024
9:30AM - 2:30PM

APRIL 8, 2024
9:30AM - 2:30PM

APRIL 29, 2024
9:30AM - 2:30PM

MAY 13, 2024
9:30AM - 2:30PM

*Each session is limited to 20
participants

WHERE:

WCSI CONFERENCE CENTER
134 INDUSTRIAL PARK RD.
GREENSBURG, PA 15601

To register, visit
[https://wcsi.org/education
-training/calendar/](https://wcsi.org/education-training/calendar/) or scan
the QR Code below, select
the date from the
calendar, and complete
registration



CPR,
ESPECIALLY IF
PERFORMED
IMMEDIATELY,
CAN DOUBLE
OR
TRIPLE A
CARDIAC
ARREST
VICTIM'S
CHANCE OF
SURVIVAL.

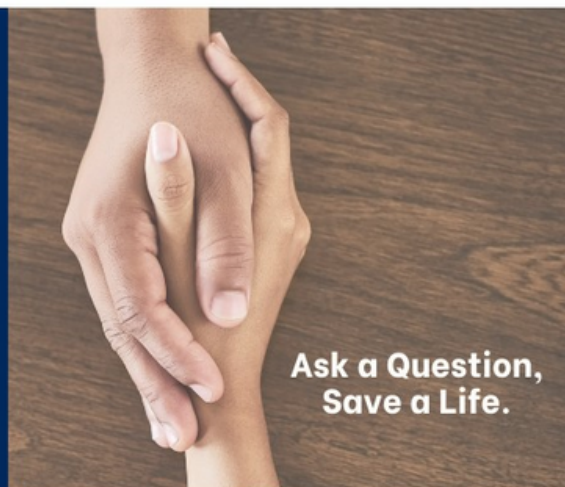
THIS TRAINING IS MADE POSSIBLE THROUGH A GENEROUS GRANT FROM
THE RICHARD KING MELLON FOUNDATION

Westmoreland
Casemanagement and
Supports, Inc.
invites you to:

FREE SUICIDE PREVENTION CERTIFICATION COURSE

Question Persuade Refer

Three steps anyone can learn
to help prevent suicide.



Ask a Question,
Save a Life.

What to expect

Through lectures, videos, & practice, you will be able to respond confidently to emergency situations. Skills and Topics include:

- How suicide is a Public Health Emergency
- Recognizing Risk Factors & Warning Signs of Suicide
- Understanding the Myths and Facts of Suicide
- Learning about Direct and Indirect Cues of Someone at Risk
- Learn About Situational & Behavioral Cues Related to Suicide

Question - Learn How to Ask About Suicide (and learn how NOT to ask)

Persuade - Learn How to Influence a Person to Seek Ongoing Help

Refer - Learn How to Refer and Connect a Person to Resources

HELD AT: WCSI Conference Center
134 Industrial Park Rd.
Greensburg, PA 15601

*Unless VIRTUAL is indicated

SIGN UP FOR FREE TODAY!

Tuesday, March 26, 2024 2:00-3:30pm
Thursday, April 4, 2024 5:30-7:00pm
Wednesday, April 10, 2024 9:00-10:30am
Monday, May 6, 2024 5:30-7:00pm
Thursday, May 9, 2024* 10:00-11:30am -
VIRTUAL
Monday, May 20, 2024 9:00-10:30am
Friday, May 31, 2024* 10:00-11:30am -
VIRTUAL
Monday, June 10, 2024 12:30-2:00pm

To register, visit
<https://wcsi.org/education-training/calendar/> or scan the QR
code below, select the date from the
calendar, and complete registration



This training is made possible through a generous grant from the Richard King Mellon Foundation

**Westmoreland Casemanagement & Supports, Inc.
INVITES EVERYONE TO**



LGBTQIA+

101

April 22nd, 2024

Presented by:
Ted Hoover from Persad Center

Meeting Time: 1:00-4:00 pm

Location:
Westmoreland County Community
College Event Center
145 Pavilion Lane Youngwood, PA 15697

Community & Providers Welcome



This code takes you to our training calendar.
Click on the date of your choice to register.

FREE ENTRY

Last Call LGBTQIA+ Training!

This training is made possible through a generous grant from the Richard King Mellon Foundation.

Attention current WCSI clients and consumers: we are so excited to offer the "Build Your Own Resources for a Better Life" workshop on April 25th through a grant we received from The Community Foundation of Westmoreland County and the Pittsburgh Foundation. Each participant will learn skills and resources on a variety of topics and take home an awesome tool kit to sustain the skills at home! This is sure to be a great day of fun and learning. Please contact your TCM or SC to see if you meet eligibility criteria and to sign up. Workshops will also be held in June and September.

WESTMORELAND CASEMANAGEMENT AND SUPPORTS, INC

INVITES YOU TO:

**" B U I L D Y O U R O W N
R E S O U R C E S F O R A B E T T E R
L I F E " W O R K S H O P**

**T H U R S D A Y , A P R I L 2 5 ,
2 0 2 4**

9 : 0 0 A M - 3 : 3 0 P M

LEARN SKILLS IN THE FOLLOWING AREAS AND
TAKE HOME A TOOL KIT TO HELP YOU
SUSTAIN THESE SKILLS ON YOUR OWN:

BUDGETING/FINANCIAL PLANNING | RESUME
WRITING/INTERVIEW SKILLS | HOMEMADE
CLEANING PRODUCTS | INDOOR GARDENING |
BASIC SEWING | CREATING HEALTHY MEALS
ON A BUDGET | POSITIVE
AFFIRMATIONS/SELF-TALK

*MUST MEET ELIGIBILITY CRITERIA. TALK TO YOUR TCM OR SC
FOR MORE INFORMATION AND TO SIGN UP.

Funding for this project was provided by Community Foundation of
Westmoreland County and The Pittsburgh Foundation.

Upcoming Events AND RESOURCES!



The poster is decorated with various spring-themed illustrations: colorful flowers (pink, yellow, red) in the corners, a bee, a butterfly, a dragonfly, a ladybug, a smiling sun, a basket of Easter eggs, a white bunny, and a green frog. The text is arranged in a clear, hierarchical manner, with the event title in large, colorful letters and the registration information in bold, black text.

3rd Annual SPRING Spectacular
Westmoreland County Community Festival

10 K Egg Hunt, Golden Ticket Prizes, Bunny Photo Op, Andy the Ambulance, Food Trucks, Face Painting, Balloon Twisting, Resource Tables, and lots more!

April 6, 2024 | 11 AM - 2 PM
Westmoreland County Fairgrounds
Pre-registration Required
Slots are Limited

Registration: <https://www.surveymonkey.com/r/RoH2024SS>

 PLEASE NOTE: If you need to change or cancel your reservation please contact Lisa at egoldberg@mhaswpa.org

 **Sponsored By: Ray of Hope in partnership with Westmoreland County DHS and BH/DS**



Westmoreland County Local Interagency
Coordinating Council (LICC) and Early Intervention

present **STAY AND PLAY**
GREENSBURG HEMPFIELD AREA LIBRARY

MONDAY, APRIL 8 10AM TO 12PM OR 3 TO 5PM
REGISTER FOR ONE SESSION!

Early Intervention Staff will be present to guide you and your family in play activities that encourage developmental skills for infants through children 5 years of age.



Developmental screenings and Early Intervention referrals available upon guardian request.

GREENSBURG HEMPFIELD
AREA LIBRARY
237 S. PENNSYLVANIA AVE, GBG
(on street, metered parking)

SCAN CODE OR GO TO GHAL.ORG
TO REGISTER BY MARCH 29, 2024

For any questions, email
liccwestmoreland@gmail.com

FREE EVENT!



**INTELLECTUAL DISABILITY
AND AUTISM AWARENESS
EVENT**

Inclusion



Express

4/13/24

**WESTMORELAND MALL
11AM-3PM**

Mascots
Games
Miss Gabi
Drummers
Giveaways
Music
Duck
Pond
Dancing
Fun
Entertainment
Special Olympians
Free Raffles
Big Dreamers
Band
Together
Face Painting
Cheerleaders



WALK A MILE IN HER SHOES®

WESTMORELAND COUNTY'S 13TH
INTERNATIONAL MARCH TO STOP
RAPE, SEXUAL ASSAULT & GENDER VIOLENCE



Organized by
BlackburnCenter
Standing together to end violence.



SATURDAY, APRIL 13, 2024
ST. CLAIR PARK, GREENSBURG
REGISTRATION 9:00 AM - 10:00 AM
WALK BEGINS AT 10:00 AM

UNDERWRITING SPONSOR

Tuscano
AGENCY

FINISH LINE SPONSOR

620 KHB **103.1 KVE**
102.1 94.1 92.3 103.9 KHB

BIG STRIDE SPONSORS

Ray and Kate Charley
Janice Garlock
Joseph G. Gibson

Form teams with your family,
friends, co-workers, school or
neighbors to support
Blackburn Center's services
to victims of violence.

WALK THE WALK

Registration is \$5 for each participant.

Children 12 and under are free.

Family-friendly event.

Everyone is welcome.

Pets on a leash are welcome.

Prizes go to the most festive shoes,
top fundraiser and largest team!

REGISTER ONLINE:

<https://www.blackburncenter.org/walk-a-mile>

or call Alex at 724.837.9540 x 144

Blackburn Center Hotline: 724.836.1122
or toll-free 1.888.832.2272

Westmoreland County is Walking a Mile in Their Her His Our Shoes

Contact your TCM or SC to join TEAM WCSI!

WESTMORELAND PARDON & EXPUNGEMENT CLINIC

APRIL 25, 2024 1:00PM-4:00PM



SCAN TO REGISTER

PCSI WILL BE HOSTING A NO COST PARDON AND EXPUNGEMENT CLINIC FOR LOW INCOME WESTMORELAND COUNTY RESIDENTS WITH PA CHARGES.

- EXPUNGEMENT REVIEW SERVICE BY SUMMIT LEGAL AID
- PARDON APPLICATION ASSISTANCE FOR NON VIOLENT & NONSEXUAL CHARGES WITH 5+ YEARS SENTENCE COMPLETION.
- JOB AND RESOURCE FAIR

**BY APPOINTMENT ONLY.
NO WALKINS**



Westmoreland County Community College,
145 Pavilion Ln, Youngwood, PA 15697
Annaj@PGHCSI.ORG or Text:
(412) 206-9353 MENTION: Westmoreland Pardon

SAVE THE DATE

TUESDAY, MAY 7, 2024 at 11 a.m.

Carelon is proud to announce the Annual Mental Health Awareness Walk for 11 counties in Western PA. Join us for this special event. Join us at Twin Lakes Park Activities Center & Pavilion # 7. We will walk 1 lap around the Lower Lake and have gift basket giveaways at the end of the walk. Water and light snacks will be provided.

COME JOIN US!



Carelon is proud to support children, young adults, adults in recovery and their families. All members, support staff, and county staff from Armstrong, Beaver, Butler, Crawford, Fayette, Indiana, Lawrence, Mercer, Venango, Washington, & Westmoreland Counties are encouraged to come and walk with us.

Driving directions and additional information for Twin Lakes Park at www.co.westmoreland.pa.us. Click on the Twin Lakes Park tab on the website.

Walk starts at
11:00 am

Registration and Vendors open at 10:00 a.m. Water and light snacks will be provided.



**SEE
YOU
THERE!**



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.



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?





Employee Spotlight



Casey Copeman, Supports Coordinator

Q: How long have you been at WCSI?

A: 18 Years

Q: What is your favorite part of your job?

A: Developing relationships with consumers and reaching their goals.

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

A: Office laughter and coworker relationships.

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

A: A mailman.

Q: What was your first job ever?

A: Basketball Coach.

Q: What lead to you working in this field?

A: I love to help the underdog.

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

A: Patience, rapport building, and organization are the keys to success.

Q: What do you enjoy doing outside of work?

A: Spending time with my family, coaching my daughter in basketball, and restoring a 1974 VW Beetle.

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

A: Invent a walk-through metal detector for outside of school buses.

Q: What is your "happy place"?

A: The beach.

Employee Spotlight



Tammy Murphy, Targeted Case Manager

Q: How long have you been at WCSI?

A: I have been with WCSI since July 1, 1996 – I am in my 28th year at WCSI.

Q: What is your favorite part of your job?

A: My favorite part of the job – I love working with people and helping them to build better lives.

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

A: WCSI staff - I have some truly wonderful and best friends that I have made at WCSI over the years.

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

A: When I was a child, I was told girls were either nurses or secretaries and I knew I was not cut out to be a nurse (my sister is a wonderful nurse). I took the road to be a secretary. Worked for 14 years as one as I went to college nights and weekends in order to get a college degree.

Q: What was your first job ever?

A: I started babysitting at age 11 but my first job with a paycheck was being a waitress – it was a very short-lived job.

Q: What lead to you working in this field?

A: A friend wanted to be a volunteer with the Blackburn Center and “forced” me to go to the training with her. We both finished the training and worked in the Shelter for abused women and children. I worked at the Shelter part-time for 37 years. Working with people just came easy to me.

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

A: There is so much to learn from the clients. Listen to them. They will teach you something every day!

Q: What do you enjoy doing outside of work?

A: I love being with my family and friends! I have a group of about 15 women that we call ourselves the Wine Tasting Fridays Posse and a Posse we are! We are a wide range of personalities, backgrounds, and lifestyles but we all come together with love, support and encouragement...and a little wine! We have joined forces many times to help with everything from fundraisers to funerals. Truly one of the best things God has blessed me with!

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

A: Sing – which others can attest to from my karaoke last weekend. 😊

Q: What is your “happy place”?

A: My happy place is anywhere with my family.

Best Wishes :-

January and February were bittersweet at WCSI as two of our long-time employees retired. On January 31, after nearly 23 years at WCSI, Cookie Alcorn, IDD Administrative Assistant, retired. On February 6, Debbie Jackson, BH Administrative Assistant, retired after 29 years! Both were known for their warm nature and willingness to help anyone. Please join us in congratulating both of these ladies on their retirement. They will both be missed!



Cookie Alcorn



Deb Jackson



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/ or scan the QR Code below.



For more information, visit our website at 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 spring!