



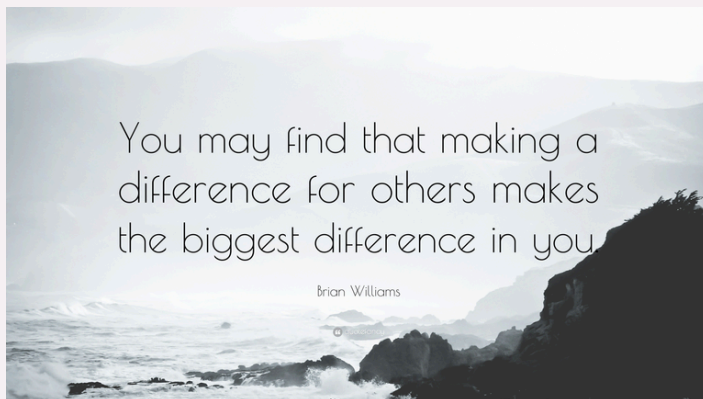
**WCSI**  
Westmoreland  
Casemanagement  
and Supports, Inc.

**SUMMER 2024**  
NEWSLETTER



Hello Summer!

Spring flew by and summer is officially here! Read on to see what we've been up to and to see what's coming!



In this issue:

- About Us
- Out and About
- Client Workshop
- Consumer Spotlight
- Upcoming Events
- Resources
- Employee Spotlight

## JUNE IS NATIONAL PTSD AWARENESS MONTH

National Post Traumatic Stress Disorder (PTSD) Awareness Month is observed annually in June and is dedicated to raising awareness about the condition and how to access treatment. According to the National Center for PTSD, between 7 and 8 percent of the population will experience Post Traumatic Stress Disorder during their lifetime. Men, women, and children can experience PTSD as a result of trauma in their lives, which can include combat, accidents, disasters, and abuse. The good news is, PTSD is a treatable condition. To learn more about PTSD including risk factors, signs and symptoms, and treatment options, click [here](#).

## 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 all over Westmoreland County during the spring months, attending 18 outreach events during the months of April, May, and June! From Norvelt to Lower Burrell to Derry, 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 ID/A Inclusion Express Event.

The annual Intellectual Disability and Autism Awareness Event was held on Saturday, April 13 at Westmoreland Mall from 11am-3 pm.

This year's event was called "Inclusion Express." Over 30 providers and services participated in the event. In addition, individuals from Special Olympics, Big Dreamers, Drumstix, and Band Together performed. Chuck E Cheese, Steely McBeam, Rapunzel, Mickey Mouse, the Chic-fil-a Cow, and the Eat n Park Smiley Cookie and other stopped by to visit as well.

Representing WCSI at the event were Coty Campbell (SCO Quality Specialist), Dawn Brown (SC Supervisor), Jen Sano (SC Manager), and Brian Wigle (SC Supervisor). The event was busy all day and very well attended! We were able to discuss all the services that WCSI provides with guests.



# Out and About

WCSI's Early Intervention program and the Local Interagency Coordinating Council held a "Stay and Play" event at the Greensburg Hempfield Area Library on April 8, 2024. There were four developmental play areas:

Infant/Baby Corner, Kitchen/Dollhouse, Blocks/Manipulatives, and a Gross Motor Area. In each play area, Early Intervention staff were present to guide families to play with their children. They were also able to explain developmental skills that children learn from each play activity. Early Intervention Service Coordinators Georgiann Beske and Danielle O'Neill were available at the sessions to complete developmental screenings with the Ages and Stages Questionnaire, taking Early Intervention referrals if requested. In total, 25 families registered and attended with 12 developmental screenings completed. Vision screenings were also offered on site for the children. Resource tables were set up to share information from WCSI and other community service providers. Once families gathered all the information, they were encouraged to "stay and play" in the Children's Library.



Service Coordinator Georgiann Beske at the Stay and Play event at the Greensburg Hempfield Library on April 8, 2024.



Steve VanSant, Alexis Morelli, and Kelly Pire at the Wildcat Wellness Event on May 9, 2024 at Greater Latrobe High School.

Student Assistance Program (SAP) Liaisons Steve VanSant, Alexis Morelli, and Kelly Pire attended the Wildcat Wellness Event on Thursday, May 9 at the Greater Latrobe High School. The day was in collaboration with Innersight LLC to celebrate Mental Health Awareness Month. The event offered a fun day filled with self-care activities focusing on all around health. There were stations set up for students to participate in growth activities for self-care. WCSI's table provided a healthy coping skills/overall wellness Jeopardy game! They also provided resources for students as well.





The first of three Build Your Own Resources for a Better Life workshops was held on Thursday, April 25, 2024 in the Conference Center at the WCSI office in Greensburg. The all-day event featured WCSI's own staff presenting on various topics, including 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 and Consumers took home a large "tool kit" with items to sustain the skills learned during each session of the workshop at home. The tool kits were funded in part through grants from the Community Foundation of Westmoreland County and Walmart. A special thank you to the WCSI staff who served as presenters and shared their talents and knowledge of the topic areas to educate the participants: Brian Wigle (SC Supervisor), Alisa Rubino (TCM), Rachael Anderson (TCM), Tina Reid (SC), Diana Danko (Fiscal Clerk), Lisa Fyke (TCM), and Sarah Jennings (TCM). Their presentations made the event successful and kept the clients and consumers engaged and asking questions throughout the day. Another special thanks to Dawn Darazio, Fiscal Administrative Assistant, for dedicating so much time to ordering and ensuring all the tool kit items were delivered on time. It was no easy feat! And to the WCSI staff that attended with your clients, thank you! Your support and engagement with the clients is what WCSI is all about! There was a lot of learning and laughter that took place throughout the day! We hope to see even more at the June and September workshops.







**Attention current WCSI clients and consumers: If you missed out on the April and June "Build Your Own Resources for a Better Life" workshop, you do NOT want to miss out on the last one being held in September! Each participant will learn skills and resources on a variety of topics and take home an awesome tool kit funded in part through grants received from The Community Foundation of Westmoreland County, Pittsburgh Foundation, and Walmart to sustain the skills at home! This is sure to be a great day of fun and learning. Please contact your TCM, CPS, or SC to see if you meet eligibility criteria and to sign up.**

WESTMORELAND CASEMANAGEMENT AND SUPPORTS, INC

INVITES YOU TO:

**" BUILD YOUR OWN  
RESOURCES FOR A BETTER  
LIFE " WORKSHOP**

**FRIDAY, SEPTEMBER 20,  
2024**

**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, CPS,  
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.





WCSI offered multiple trainings at no cost to the community during the spring months through a generous grant from the Richard King Mellon Foundation. Trainings included Youth Mental Health First Aid, CPR/First Aid, Question, Persuade, Refer (QPR), and LGBTQ+ 101. Each training provided valuable information and taught life-saving skills, applicable in real life situations.

Registrations by the numbers:

CPR/First Aid: 80 (with a waiting list!)

LGBTQ+ 101: 71

Question, Persuade, Refer: 74

Youth Mental Health First Aid: 36

Be on the lookout for upcoming trainings offered at WCSI. To view the training calendar, click [here](#).

# Consumer Spotlight



Joe Hnath is 24 years old and is on the autism spectrum. His definition of success includes being able to have a job, while still getting to do the things that he loves, such as acting and singing.

Previously, Joe struggled, especially in his high school years. Joe ended up doing a combination of online and in-person classes to finish out his high school education. Joe considers this his “low point”, but it was during this time that he was able to embrace his true passion of performing arts.

He was given the opportunity to attend the Joey Travolta Film Camp for ESY. At this camp, he was able to perform in front of a camera, which was something new for him, and allowed him to make connections to other local organizations that he is still active in.

Following high school, Joe attended Forbes Road Career and Technology Center where he received a certificate for multi-media and learned about using the Adobe Suite for digital art and film. He also took online classes for acting, dance, and musical theater during the Covid-19 Pandemic through Stage Right. Joe also participated in the LEND program at the University of Pittsburgh where he spent the school year learning about different types of disabilities and how to advocate for them.

Joe is still involved with Stage Right where he recently earned a role in Jersey Boys. He has performed on stage at the Palace Theater in Greensburg and The Lamp Theater in Irwin and has also been very involved with Band Together Pittsburgh for the past 7 years. He has performed at the Blues and Roots Festival for the past several years, has done several short films, student films, and now has his own team for the 48-hour film challenge after participating for the past few years as part of another team. He has done extra work for a couple Netflix shows that were filming in the area and has a production company in LA who is interested in him for a docuseries. Joe was selected to sing the National Anthem at a sold-out Pittsburgh Pirates baseball game in the summer of 2023. He also performed on stage at the Benedum for A Very Yinzer Christmas Concert in 2023 and will perform there again in 2024.

Joe was previously working at Spectro Dolce Confectionery. Recently, he saw that Tropical Smoothie had a sign that they were hiring and took it upon himself to apply for a job there. Joe interviewed and was hired at Tropical Smoothie, where he still currently works. Joe's dream is to be a full-time actor but feels like he is successful doing what he is doing now while working towards his ultimate goal.

Joe's favorite quote is, "If you can dream it, you can do it," by Walt Disney. Joe would like to tell others, "Don't ever let your fears, or a diagnosis, or a label, or someone else's opinion of you ever make you settle for anything less than what you want. You need to get out there and show the world what you are made of, and above all, ALWAYS believe in yourself!"

We're so proud of you, Joe!





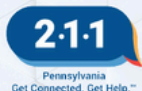
# Upcoming Events AND RESOURCES!

## WESTMORELAND COUNTY HUMAN SERVICES FAIR

JULY 18 ► 10A–3P

WCCC ► YOUNGWOOD

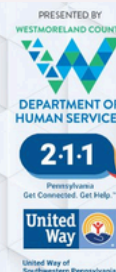
FREE ADMISSION



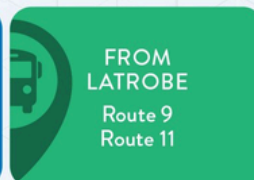
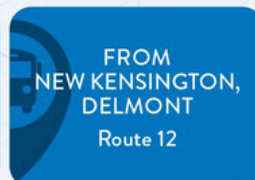
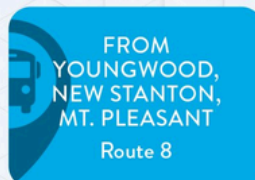
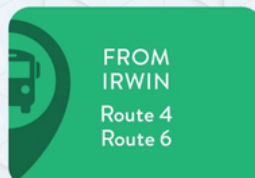
- COMMISSIONERS MEETING: 10A
- FOOD BANK ONSITE
- 100s OF VENDORS WITH RESOURCES & INFORMATION
- DJ, FOOD, AND FUN



WESTMORELAND COUNTY  
HUMAN  
SERVICES FAIR  
JULY 18 ► 10A–3P ► WCCC



WESTMORELAND TRANSIT  
CAN GET YOU THERE!







# SAVE THE DATES

## *Night Out Events Across Westmoreland County*

**MOUNT PLEASANT NIGHT OUT**

**WEDNESDAY JULY 24, 2024**

**5:30-8 PM**

**HEMPFIELD NIGHT OUT**

**MONDAY AUGUST 5, 2024**

**6:30-9:30 PM**

**ROSTRAVER NIGHT OUT**

**TUESDAY AUGUST 6, 2024**

**6-9 PM**

**NORTHMORELAND NIGHT OUT**

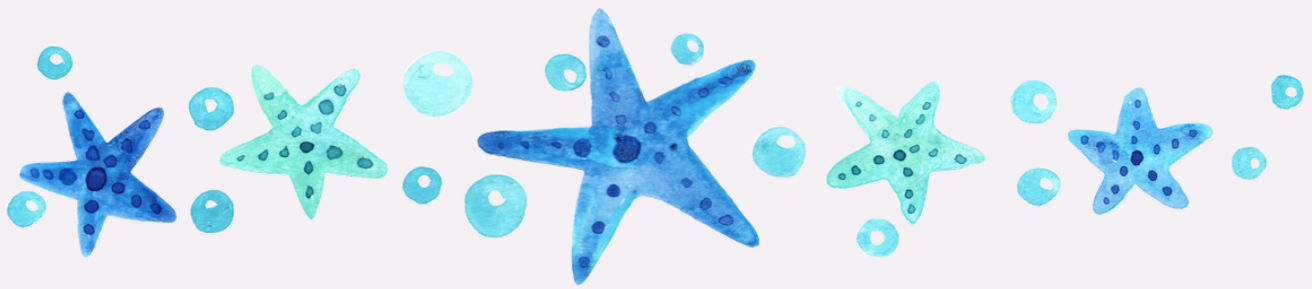
**WEDNESDAY AUGUST 7, 2024**

**5-8 PM**

**MON VALLEY NIGHT OUT-MONESSEN**

**TUESDAY AUGUST 13, 2024**

**5-8 PM**



## Drone Exploration Camp

CAMPS ARE FREE FOR WESTMORELAND/ FAYETTE COUNTY - HIGH SCHOOL STUDENTS AGES 15-18

Fayette: July 22- July 26, 2024

Or

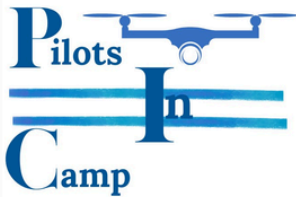
Greensburg: July 29 -August 2, 2024



9:00AM to 4:00PM each day for 5 days

Free lunch each day, fun field trips, T-shirt,

Free drone and \$125 for completing all 5 days of camp



Learn basic flying rules & techniques and how drones are used in:

- Emergency Services
- Healthcare
- Manufacturing
- Agriculture/ Farming

Interested?

Scan here or call:  
724-836-2600



Funding provided by the WFWIB, Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities. For federal funding information visit [westfaywib.org/resources/](http://westfaywib.org/resources/).



**SUMMER**

**EMPLOYMENT  
EXPERIENCES**

**CAMPS**

AEN is offering the PCE program to empower and support school-aged students 14-22 of all abilities to prepare them for future vocation.

This two week program is administered through the Office of Vocational Rehabilitation and provides interactive instruction and work observations over two weeks in our Monroeville Mall and Westmoreland Mall Coaching Centers.

Students who complete all 60 hours may be eligible for a \$625 stipend per session from OVR.

Contact us for information and registration at: [PCE@AutismEmploymentNetwork.com](mailto:PCE@AutismEmploymentNetwork.com) or 412-450-0118







Visit us at these upcoming events, too!

Family Funday Sundae Carnival 7/21/24 at  
Lynch Field

Disability Options Network ADA  
Celebration 7/26/24 at Hempfield Park

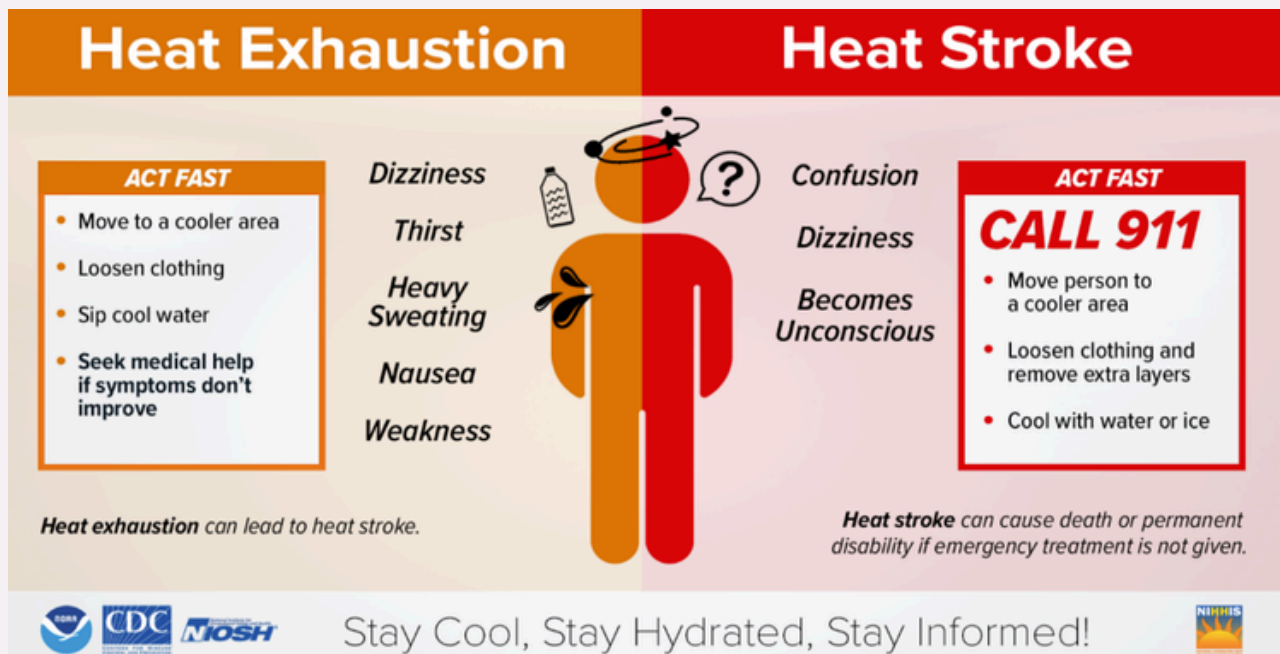
State Representative Cooper's Health,  
Wellness, and Career Fair 7/27/24 in New  
Kensington

JPO Family Fun Fest 8/19/24 at Twin Lakes  
Park



Summer is here, and our region has already experienced days with high temperatures and heat advisories. Heat related injuries are very serious and can be life-threatening. Stay mindful about heat related injuries all season. Extreme heat events, or heatwaves, are a leading cause of extreme weather-related deaths in the United States. According to the Centers for Disease Control and Prevention, 700 people die yearly from extreme heat. If a person shows symptoms of heat stroke or is at risk and has heat exhaustion symptoms, call 911.

Extreme heat is especially dangerous to people under the age of 5 and over the age of 65, people with certain medical conditions, such as heart disease, diabetes, obesity, and high blood pressure, people on certain medications for depression, insomnia, or poor circulation, and those that work or exercise outside.



## What are the heat related illnesses?

• **Heat rash** is skin irritation caused by excessive sweating.

• **Heat cramps** are severe cramping of muscles because of dehydration usually while exercising in the heat.

• **Heat stroke** is a life-threatening emergency where the body temperature rises quickly.

Symptoms include:

o Hot, dry skin, high body temperature

o Confusion, delirium, dizziness or loss of consciousness

o Seizures or convulsions

o Rapid pulse

• **Heat exhaustion** may precede heat stroke and includes cramps plus the following:

o Pale sweaty skin

o Weakness or fatigue

o Headache, nausea, and/or dizziness

o Fast weak pulse and fast shallow breathing



Stay **Cool**



Stay **Hydrated**



Stay **Informed**



## **What to do to prevent heat related injuries:**

- Drink lots of fluids, especially water. Keep cold water with you whenever you are outside. Talk to your doctor about how much to drink if you must limit liquids.
- Don't drink a lot of fluids with caffeine or sugar in them as they can increase water loss.
- Don't drink alcohol in hot weather as it also can increase water loss.
- Be sure to replace salt either by eating some salty things or drinking some (not all) of your liquids as sports drinks. Talk to your doctor if you must limit salt.
- Wear lightweight, light-colored, loose-fitting clothing.
- Limit outside activities to morning before noon and evening after 6 PM. Go at a slower pace and monitor yourself for signs of heat problems. STOP if you begin to develop difficulties and move to an air conditioned or shaded area.
- Stay indoors in air conditioning. If you don't have air conditioning, use a fan with the windows open and try to spend some time during the day in air conditioning such as at the library, mall, or a friend's house that has air conditioning.
- Never take a cool shower immediately after becoming overheated.
- Avoid using the oven or stove, especially during the hottest parts of the day.
- Avoid hot foods and heavy meals. Eat more frequent, smaller meals.
- If working or exercising outside, work with another person and monitor each other for signs of heat problems. Try to stay in the shade as much as possible.
- Monitor people that are at high risk. Visit the people who are elderly or those that live alone and are at risk and watch them closely for signs of heat exhaustion or heat stroke.
- NEVER leave anyone in a parked vehicle, even with window open, for any amount of time in hot weather.

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



**Jennifer Wayne, Early  
Intervention Service  
Coordinator (Above left)**



**Maddison Driscoll, ID  
Supports Coordinator  
(Above right)**

**Georgiann Beske, Early  
Intervention Lead Service  
Coordinator (Right)**



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

Jennifer: September 6th was my one-year anniversary at WCSI.

Maddison: It was 1 year in January.

Georgiann: Since November 2021.

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

Jennifer: I love getting to help people and learning about/getting to know people.

Maddison: Helping my consumers meet their goals.

Georgiann: Meeting all the new families and helping them to help their little ones get the services and resources they need.

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

Jennifer: At one point, there was a family going through a difficult time in need of furniture and they were unable to afford the fee to transport the furniture. Eventually, we were able to find a way to cover the cost of the transportation fee and I felt so happy to be able to find them that help and be a support to them.

Maddison: Having a really good team to rely on.

Georgiann: Meeting all the different employees. Everyone that works here wants to help someone in our community – it's great seeing that in action!

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

Jennifer: I really wanted to be a teacher and as I got older, a special education teacher.

Maddison: A geologist – I was really interested in rocks!

Georgiann: I wanted to be a kindergarten teacher.

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

Jennifer: I worked in my local library as a library page. It was a great first job.

Maddison: I was a babysitter at the aerobic center papoose caboose.

Georgiann: Working at the Café in Kmart - Latrobe.

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

Jennifer: I've worked in education or with people with disabilities most of my adult life. My own son benefitted so much from EI services, and I want to help other parents obtain services for their children.

Maddison: My mom was working in ID supports and it helped me find my first job in ID supports during the pandemic right after I graduated and wanted to get out of retail.

Georgiann: Meeting some of the therapists who work in Early Intervention and coming across job openings while researching.

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

Jennifer: Try your best to keep organized and remember why you're doing this job. I love getting to help people, so on days that I am stressed out, I try to remember all the times I helped people or solved a problem for them.

Maddison: Working with individuals in ID can be challenging because there are a lot of opinions on what is best for them coming from many angles, but if someone can tell you what they want, advocating for them and finding them the supports they need is essential and it can be very rewarding.

Georgiann: Give yourself grace – there is a lot to learn and never be afraid to ask questions.

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

Jennifer: My favorite thing to do is play with my son. Other than that, I like running and going to the gym. I also love to bake, draw, and paint.

Maddison: I like playing with my dog, cooking, and doing craft projects.

Georgiann: Anything with my two girls!

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

Jennifer: Either speaking ASL or Spanish. I have a hard time picking up languages, but I've always wanted to be better.

Maddison: I study French and Spanish in my free time and I would eventually like to work on having some knowledge in non-romance languages.

Georgiann: Play the piano – I can play by hearing it, but would love to be professionally trained!

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

Jennifer: Being at home with my son and fiancé.

Maddison: I grew up going to Living Waters Camp every summer from 4 years old and I even worked there. I feel very peaceful there.

Georgiann: Anywhere with my family, especially if it's by a lake or an ocean!



# Best Wishes =

After over 30 years at WCSI, Bev Toomey, IDD Divisional Director, is retiring! Bev began her career at WCSI on June 20, 1994 as the Family Driven-Family Support Service Coordinator.

Bev shared that having an opportunity to impact people's lives positively is what she liked most about her time at WCSI. She stated, "As my leadership responsibilities increased over the years and my personal engagement with those we served got less and less, I still felt I was able to be impactful to those we served by committing to excellence, not just about meeting deadlines and regulations, but about the lives we touched. Our work needed to have meaning, helping those we serve have an everyday life or the best life they could have was always important to me. As a reminder to me, I have always posted a quote from Susan Colantuono that says, 'Leadership is using the greatness in you to achieve and sustain extraordinary outcomes by engaging the greatness in others.' I truly believed this to be my goal while at WCSI. Every day I witnessed greatness in my staff. I am very proud to say that I have worked at WCSI for 30 years."

Please join us in congratulating Bev on her retirement and wishing her well! She will be missed!



Bev Toomey



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 safe and sunny summer!*