

Minding Your Health

August 2016



Chester County Department of Mental Health/Intellectual & Developmental Disabilities (MH/IDD)
601 Westtown Road, Suite 340, West Chester, PA 19380-0990 • www.chesco.org/mhidd

Focus on Trauma

In today's world, the experience of trauma is so wide reaching and common, it's been described as almost universal. Yet trauma is also one of our most individualized experiences. It can have life-long implications to our overall health and well-being, and it's one of the highest risk factors for developing a mental health disorder.

Trauma can affect anyone, and may be the result of any type of traumatic event, from abuse, assault or neglect, to weather disasters, bullying, mass violence or war. Individuals may even become traumatized by prolonged exposure to the news reports of traumatic events.

In 2014, the Substance Abuse and Mental Health Services Administration published *SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach*. The idea was to create an acceptable and shared understanding of trauma to be used across an array of service systems and stakeholder groups. Because inappropriate services may exacerbate trauma-related issues, there has been an increased focus on using trauma-informed approaches to care. For children, the concerns are more profound.

The Adverse Childhood Experience Study (ACES) found that survivors of childhood trauma are up to 5,000 percent more likely

to attempt suicide, have eating disorders, or become IV drug users. Awareness, understanding and prevention are key.

The Centers for Disease Control and Prevention utilizes The Essentials for Childhood Framework, which provides steps to create safe, stable, nurturing relationships and environments for all children. The 44-page document, as well as additional fact sheets, are available at the website, www.cdc.gov.

The National Council for Behavioral Health also provides information on how to address trauma, and notes that more than 90% of clients using public behavioral health services have experienced trauma. It also offers practical coping strategies and information.



Story continues on page 2.

ACES can have lasting effects on...



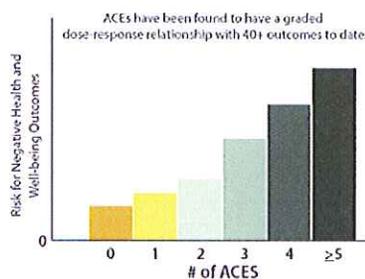
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



ACES is the Adverse Childhood Experience Study. Diagram at the left from The CDC website.

Another resource:

The American Academy of Pediatrics has a 6-part Trauma Toolkit for Primary Care Physicians. It is available at the website.

www.aap.org



Chester County Commissioners —
Terence Farrell, Kathi Cozzone, Michelle Kichline
MH/IDD Administrator—Gary Entrekin



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MH/IDD regularly posts on the Chester County Department of Human Services Facebook page.

For mental health crises
call
Valley Creek
Crisis Intervention

610-280-3270

Toll Free
877-918-2100



MHFA - Gearing up for Fall 2016!

With two full years under its belt, Chester County's Mental Health First Aid community has a lot to be proud of. Its now grown to almost 2,000 MHFA-ers, certified in either the adult or youth module. And with the increased demand for the classes, the instructor pool has now grown from a handful of dedicated few to a team of almost 40!

So what is in store this fall? More classes, more modules, and continued growth! In the coming weeks, class schedules will be posted on Chester County MH/IDD's website, including at least one class in the older adult module. Classes will be held at various locations and are still offered at no charge to participants.

Check www.chesco.org/mhidd.

Trauma Continued from page 1

Self-help practices, such as relaxation techniques, utilizing your creativity through music or art, and exercise, are all helpful. Connecting and sharing with others who also experienced the trauma, or experienced similar experiences, may be beneficial as well. For more information, go to www.TheNationalCouncil.org.

If you or a loved one has experienced trauma, it is important to let your doctor and/or therapist know. In Chester County, all of the core contracted mental health and drug and alcohol providers have been trained in various types of effective trauma treatment. Individuals are encouraged to ask about these services if needed.

Local Stakeholder Groups to Host Suicide Symposium in September

It's a public health concern that is deadly and on the rise. It's also a topic that no one likes to talk about. But in September, National Suicide Prevention Month, several Chester County stakeholder groups will host a Key Leader Symposium on the topic of suicide. Aimed at raising awareness among our local legislators and community leaders, the morning event will plant the seeds for more education, more understanding and more local suicide prevention efforts. A larger day-long event is planned for the Spring of 2017.



Did You Know?

On average, there are 117 suicides a day in the United States.



White males accounted for 7 out of 10 suicides in 2014.

Save the Date!



Jake Kelleher Liv • Live Concert

A concert event to raise awareness about depression & suicide prevention

Thursday, September 15, 2016
@ East Goshen Park 5 - 7pm



Sponsored by the Chester County Suicide Prevention Task Force • www.chestercounty-suicideprevention.com

At the start of 2016, we introduced Ben Giampietro, a 29-year-old who uses intellectual disability services and lives in a supported residential program through Devereux. The young man was also receiving mental health services for chronic self-harming and suicidal behaviors that had persisted for more than a decade.

The specific treatment Giampietro has been receiving is DBT, or Dialectical Behavior Therapy. Developed in the 1980's by Marsha Linehan, PhD, the treatment is a comprehensive cognitive-behavioral therapy with modifications, including skill building that validate and help regulate a person's emotions, teach distress tolerance, mindfulness and more. Only recently has the practice been used to help individuals with intellectual disability, and Giampietro is just one of two adults receiving DBT at Devereux.

In the almost seven months since our first meeting with Giampietro, he has continued to make great strides, developing more life skills, taking on more responsibilities, and becoming more integrated in his community. Some significant positive changes since his story first appeared in the February issue of *Minding Your Health* are that Giampietro has quit smoking, lost weight, and has become a regular volunteer at the local SPCA. He also feels happier, more mindful, and more confident.

"I helped my dad rebuild his deck this summer," Giampietro said, adding that his visits to his parents' home now include yard work and other responsibilities, as well as fun activities, such as boating with his brother and going to a musical concert with his father recently.

Asked to sum up the treatment since our last meeting, Giampietro said with a smile, "It's been successful."

Jill Butler, the lead clinician for Ben's team, stresses the team approach to DBT, noting that it includes not just Ben



Members of "Team Ben" - L to R: Jessica Mastrangelo, Mohammad Mansaray, Ben Giampietro, Afershe Woods and Jill Butler.

and his therapist, Jill Mastrangelo, but the staff in his residential setting as well as his family.

"This collaboration becomes a way of life," Butler said. "It's a part of the culture of the residence, and everyone connected with Ben."

Mohammad Mansaray and Afershe Woods, two of the residential staff members who work with Giampietro, say they have learned communication, negotiation and many other skills through the DBT training that have been helpful in all parts of their lives.

Woods described a situation where she and Giampietro recently negotiated breakfast options that appealed to him, yet retained his healthy diet. She also noted that she occasionally uses the approach with her family members.

"It helps when I give options, and not so rigid [with rules]," Woods said.

Butler said that using DBT has been so effective, Devereux Whitlock, the residential setting in Berwyn where Giampietro lives, is looking to pilot the treatment with more adults soon, in part because of the success with Giampietro.

"We're looking to capitalize on this success," Butler said. "This is really part of a movement, and it's changing lives."

Newsflash!! Information For Mental Health Providers

The second **Recovery Celebration** is scheduled for Friday, September 23 from 10 AM until 3PM at the Coatesville VA Medical Center Campus. It is open to the public and will include information to support individuals and their families, as well as music, food and local resource tables. For information, contact the Crossroads Recovery Center at 610-429-1702.

Mentoring for Re-Entering Summit is set for Nov. 14-15, 2016 in West Chester. This annual conference focuses on grassroots peer Community converging together around our collective experience and practical approaches using WRAP, Peer Support and other

recovery-based programs to overcome and transform the challenges in the criminal Justice systems. Registration is now open. Learn more at the website: www.copelandcenter.com.

Child and Family Connections offers a resource that may be helpful for individuals using services. The organization hosts a national call-in support group for parents with mental health challenges. The calls are from 6:00 -7:00 PM on Wednesdays and Thursdays. No fees or registration. Just call in at the start time. **1 (888) 601-3515**. For information about the organization, go to www.childfamilyconnections.org.





Congratulations to The County Cup!

This Chester County program is a winner of The National Association of Counties (NACo) 2016 Achievement Award, with the special honor of being selected as best in category for Employment and Training for County Residents.

The County Cup is a program of the Chester County Intermediate Unit and operates four breakfast and lunch cafés, providing volunteer and competitive employment to students with disabilities. The vision Gary Entrekin, MH/IDD Administrator, the cafés also create opportunities to showcase the contributions that workers with disabilities make in our communities every day. The first café opened in the lobby of the Government Services Center in 2012 and has grown to three other locations throughout the county where Grab and Go kiosks offer training opportunities that lead the way in creating more than just a job—but a career.

Pictured to the right is Chester County Commissioner Terence Farrell (Center) accepting the award at the National Association of Counties (NACo) Conference and Expo in Los Angeles, CA on July 24.



News for Peers



10th Annual Peer Supporter Conference from iNAPS
 (International Association of Peer Supporters)
 Friday through Sunday | August 26 - 28
 Sheraton Philadelphia Society Hill Inn
The theme: Collaborating for Unity

For more information or to register, go to
<https://inaops.org/2016-annual-conference/>



The PMHCA Recovery Works Summit 2016
Sheraton Harrisburg Hershey Hotel
Tuesday, September 27, 2016
Go to www.pmhca.org

For information on the conference and scholarships available



A Free Webinar
For Peer Specialists & Peer Providers

Maintaining Your Wellness During Unemployment

Learn tips and tools to help, not just survive, but thrive during periods of unemployment.

Presented by:
 Rachele Weiss

For information and how to register, or see the free webinar library, go to:

www.doors to wellbeing.org
 or email

rweiss@copelandcenter.com

Chester County Mental Health Stakeholder Meetings — For resources check out www.referweb.net/chesco

- **Every Mon.—Parent Support Group**; for parents whose families are affected by alcohol, drug abuse and related behaviors of their children. 7:00-9:00 PM at Westminster Presbyterian Church, 10 West Pleasant Grove Road, West Chester. Contact: Lyle or Deidre 610-793-3446.
- **Every Tues. — Depression/Bipolar Support Group**; for those in recovery from affective disorders - 7:00-8:00 pm at Crossroads Center, 825 Paoli Pike, West Chester. Contact—610-429-1702.
- **Every Tues.—Transition Age Depression/Bipolar Support Alliance**; for 14-25 age group – 6:30-7:30 pm at Crossroads Recovery Center, 825 Paoli Pike, West Chester. Contact – 610-429-1702 or call Adessa at 484-706-2110.
- **Every Tues.—Celebrate Recovery**; faith-based support for mental health and substance abuse; 6:00-8:15 pm at Hopewell UMC, 852 Hopewell Rd., Downingtown. Contact - 610-269-1545. **Every Thurs.—6:45-8:45 pm** at Westminster Presbyterian Church, 10 West Pleasant Grove Road, West Chester. Contact - 610-399-3377x109.
- **Every Tues. & Thurs. — Double Trouble**; for those recovering from addiction and mental health problems - 3:30-5:00 pm at Crossroads Recovery Center, 825 Paoli Pike, West Chester. Contact – 610-429-1702.
- **Every Wed.— Recovery Group** to help with “Hurts, Habits or Hang-ups,” 7:15 pm (immediately after community dinner at 6:15 pm) at Cornerstone Christian Fellowship Church, 426 West Gay Street, West Chester. Contact— 610- 430-3508.
- **Every Thurs.— Parent Support Group**; for parents whose families are impacted by alcohol & drug abuse of their children- 7:00– 9:00 pm at the First Baptist Church, 415 W. State St., Kennett Square. Contact - 484-888-9682.
- **Every Thurs.—Nicotine Anonymous—** All are welcome. 7:00-8:00 PM at Crossroads Recovery Center 825 Paoli Pike, West Chester. Contact John for information - 610-429-1702 or 610-696-0813.
- **Every Tues.—Parent Support Group**; parents whose families are impacted by alcohol, drug abuse and related behaviors of their children—(two locations) 7:00 - 8:00 pm, Upper Octorara Presbyterian Church, 1121 Octorara Trail (Rt. 10) Parkesburg. Contact - betsy.kaciescaus@gmail.com. 7:00-9:00 at Westminster Presbyterian Church, 10 West Pleasant Rd., West Chester. Contacts: Lyle or Deidre 610-793-3446
- **Every other Thursday — Eating Disorders Support Group**; for both genders aged 13 and older, family members and supporters - 6:30 - 7:30 pm at the Brandywine Hospital, 201 Reeceville Rd., Coatesville. Go to - www.brandywineeatingdisorders.com.
- **2nd Mon. — Adult MH Subcommittee of the MH/IDD Board Meeting** - 5:30-7:30 pm at Crossroads Recovery Center 825 Paoli Pike, West Chester. Call to confirm meeting - 610-344-6265.
- **2d Tuesday- CHADD (Children and Adults with ADHD)**. Support, Education and Advocacy. Meetings 7:00-9:00 at Keshet Israel Congregation. Pottstown Pike, West Chester. www.ccmlchadd.com or 610-429-4060.
- **1st Wed. — NAMI; West Chester Family Support Group** - 7:00 -9:00 pm at Crossroads Recovery Center, 825 Paoli Pike, West Chester. Contact - 484-947-5643.
- **2nd Wed. — Chester County Suicide Prevention Task Force** - 3:00 – 4:30 pm Government Services Bldg. 601 Westtown Rd., West Chester. Contact - ccsptaskforce@gmail.com.
- **2nd Wed.— Survivors of Suicide (S.O.S.)** - 7:30 pm, Willistown Room, the Paoli Memorial Hospital in Paoli. Please contact - 215-545-2242.
- **1st Thurs. — Southern Chester County Family Support Group**; sponsored by Chester County NAMI 7:30-9:00 pm at Friends Meeting House, Rt. 82, Kennett Square. Contact - 484-947-5643.
- **2nd Thurs. — Northeastern Chester County Family Support Group**; sponsored by Chester County NAMI. 6:30-8:00 pm at Phoenixville Medical Arts Building - 601 Gay St., Phoenixville, Penn Psychiatric Center - Suite 6. For information, contact Ginger Murphy at 610-348-9758.
- **3rd Thurs.— NAMI; PA Chester County General Meeting** - 7:00 pm at Christ Memorial Lutheran Church in Malvern. Contact - 484-947-5643.
- **4th Thurs. — MH/IDD Advisory Board Quarterly Meeting** - 6:00 pm at the Government Services Bldg., 601 Westtown Rd., West Chester, Room 149. Call to confirm meeting dates - 610-344-6265.

Please email tbehinger@chesco.org with additions or updates!