

Westmoreland County BHDS

Wellness Connection



In this issue:

Letter from the Administrator	1
Featured Provider: Come Talk Inc. Irwin	1
Featured Topic: Self Care	2
New and Exciting!	2
Trainings	3
Support Groups	4
Crisis Resources	4
Sage's Army Groups	6
Events: Save the Dates!	7

Featured Provider

Come, Talk Inc.; Irwin

A RESOURCE CENTER FOR THOSE AFFECTED BY SUICIDE [and others seeking a supportive environment.]

On Thursday, July 29, 2021, Come, Talk Inc. celebrated their opening with a ribbon cutting ceremony. Started by Amanda Morrison, the main purpose of Come, Talk Inc. is to provide a safe, caring, and helpful place for people impacted by all aspects of suicide. Amanda has a personal connection. In high school, she lost a friend to suicide. A few years ago, her aunt attempted suicide, and in 2019, her cousin died by suicide. Amanda wants people to know they are not alone, and caring help is available.

The center is open to anyone who has contemplated or attempted suicide, people who are concerned about a loved one, and people who have had loved ones, friends, and acquaintances contemplate, attempt, or die by suicide. The center is for people who simply need someone to genuinely listen to their concerns, share their emotions, and help them on their healing journey.

Free resources include one-on-one visits at the center, various printed and electronic materials, small group meetings, guest speakers, classes for self-care such as art and journaling, and other community outreach programs.

Information for local licensed mental health professionals is also available. The center is funded by donations, memorial gifts, sponsorships, grants, and fundraisers.

Come, Talk Inc. is a resource center; it is not a counseling center or crisis hotline. Look for Come, Talk Inc. on Facebook to stay up to date with upcoming events.

Continued on Page 2

Letter from the Administrator

Hello, and thank you for taking the time to check out the first edition of our quarterly newsletter. Westmoreland County Behavioral Health and Developmental Services is dedicated to ensuring availability of quality behavioral health care throughout the county. Our office works diligently to advocate, connect and educate for proper resources for adults, families and children who are struggling with the all too common challenges, associated with behavioral and emotional disorders, as well as autism and intellectual and developmental disabilities.

Our mission is to provide the opportunity for each individual to choose appropriate services and supports which promote hope, growth, recovery, quality of life, and inclusion in his/her community. We provide the administrative functions necessary to ensure access and availability of a wide array of services and service providers.

This focus of this newsletter will be to provide a comprehensive list of support groups, events and trainings for all of the county. There will also be a highlighted topic and provider to increase knowledge and reduce stigma associated with mental and intellectual illness.

Featured Topic

Self Care

2020 was a difficult year, and a lot of the challenges caused by fear, grief and isolation carried over into 2021. Everyone faced their own difficulties as the pandemic altered our ways of interacting with others. It highlighted our integrated need for connection, balance, and self-care more than ever. Self-care means different things to each of us. For introverts, it may mean finding time alone to recharge. For extroverts it may be the opposite. Although what refuels each of our emotional bank accounts is different, we all need to ensure that we are taking care of ourselves to be good for the other people in our lives.

◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

Featured Provider

Continued from Page 1

Upcoming FREE Events Come ,Talk Inc. in Irwin

~ **Creative Writing Class** ~
1st & 3rd Tuesday, 6:30-8 pm.
Open to teens & adults.

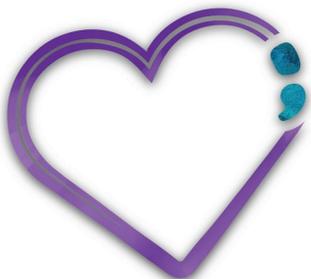
~ **Self-Care Art Class** ~
Thursdays 6:30-8 pm.
Open to ages 12+.

~ **Gamer Meet-Up** ~
Dates TBD. One Saturday a month.

Please RSVP the day before the class by emailing come.talk15642@gmail.com or calling/texting: 724-978-1330.

Come, Talk Inc.
321 Main Street
Irwin, PA 15642
Call/Text: 724-978-1330

Center Hours
Tues.-Fri.: 10 am - 6 pm
Sat.: 10 am - 2 pm
Sun. & Mon.: Closed



Come, Talk Inc.

New & Exciting!



Achieving True Self is a new provider to Westmoreland County. They specialize in services for individuals with autism, behavioral health challenges, intellectual disabilities, and other learning differences. The ATS Center for Achievement, located at 1015 Pennsylvania Avenue near downtown Irwin, will be a hub for many services, including the Applied Behavior Analysis services, consultation for schools, and speech and language pathology services.

Over the next several months, ATS will continue to build upon the current supports we already have available to bring the Norwin community a comprehensive center (a true "one stop shop") for individuals across the lifespan.

Westmoreland County BHDS is excited to offer free trainings provided by Achieving True Self for organizations throughout the county that would like to better support individuals with special needs. These trainings are for first responders, businesses, churches, and other community organizations wanting to learn more about how to serve and integrate those with special needs as volunteers, employees, or clients.

If your business, organization or group is interested, or to learn more, please contact:

Monica Minyon
Children's Community Program Specialist
Westmoreland County BHDS
Desk: 724-830-3625
Cell: 724-672-6611



Alternative Community Resource Program (ACRP) is headquartered in Johnstown and has been serving families since 1989. They now have an Outpatient Psychiatric Clinic in Westmoreland County at: 628 PA-56, Seward, PA 15954 Phone: (724) 381-0628. They will offer individual, family, and group therapy, as well as medication management and clinical evaluations.

Phone: (724) 381-0628

Trainings



For Parents and Providers

Infant and Early Childhood Mental Health Trainings Provided by SPROUT Center for Emotional Growth and Development, LLC!

For convenience and safety, these trainings will be offered virtually. There will be a 3-hour training for professionals. CEUS will be applied for. There will also be a 1-hour parent training. Topics will highlight trauma and stressors associated with the pandemic, and how this impacts the parent/child relationship. Registration information coming soon.

The Incredible Years® Parenting Program Thursdays, February 3rd — June 2nd, 2022

Parenting is a lot of hard work! Especially during a Pandemic! Join us to find ways to make parenting easier and fun for both you and your child. Best for children ages 2-10. (Note: Classes are for adults only.)

Class 6:00—8:00 p.m.

This is an in person class and masks are mandatory.

521 Plymouth St., Greensburg, PA 15601

Earn incentives and have fun while you learn!

To enroll, contact:

Samantha Maggio, 724-217-8306

Email: Samantha.maggio@wfspa.org

ParentWISE Program of Wesley Family Services

Additional Parent and Provider Trainings Can be Found Online at:

<https://www.paparentandfamilyalliance.org/learnwithus>

Blackburn Center

Regarding Violence: Blackburn Center offers free trainings in Westmoreland County to help professionals and community members recognize and support those impacted by violence and crime. Trainings address a variety of populations and topics including: Elder Abuse, Victims with Disabilities, Human Trafficking, Violence and the LGBTQ+ Community, and More! Trainings can be tailored to meet your group's needs and are offered at no cost. For more information or to schedule a training today call: 724-837-9540 x103.

Post Traumatic Stress Disorder Project through Juvenile Probation

All trainings are 9:00 a.m.—3:00 p.m. (cost \$20, lunch is on your own) and occur in the Twin Lakes Room at Westmoreland County [Juvenile Probation](#), 2771 South Grande Boulevard, Greensburg, PA 15601.

For more information: 724-830-1816 [or lboehme@co.westmoreland.pa.us](mailto:orlboehme@co.westmoreland.pa.us)

January 21 PTSD Signs and Symptoms

February 18 Mental Health in Adolescence

March 25 PTSD in Special Populations

April 22 Developmental Trauma Disorder

May 20 Urban Violence Traumatic Response Syndrome

June 10 PTSD Signs and Symptoms

Local Task Force of Westmoreland County

We are a group of parents, community members, and school staff who come together to collectively work toward improving the services for school-age children with disabilities.

Join us to learn and share!

Currently, all meetings will be virtual via Zoom <https://wiu7.zoom.us/j/6178568864>

TECH for All: How Career and Technical Centers are Supporting All Students

January 18, 2022 10:00 —11:30 a.m.

Join Mr. Alexander Novickoff, Central Westmoreland Career and Technology Center Assistant Director of Workforce Education, as he shares the supports in place for ensuring the success of all learners in the county's Career and Technical Centers.

Post Secondary College Options

March 22, 2022 6:00 —7:00 p.m.

Ms. Karen Oosterhouse from Achieva will discuss the path to post-secondary learning after graduation for students with disabilities.

Planning for 2022-2023

May 17, 2022 10:00 —11:30 a.m.

Ever wonder how the Westmoreland County Local Task Force chooses speaker topics? Join us at this important planning meeting where we decide the upcoming speaker series for the next school year.

Questions? Email nsmith@wiu7.org or visit <https://bit.ly/LTF-IU7>



Upcoming Trainings

These trainings will be three hours long, one training per month, and will start in February. CTI, Crisis Trauma Institute, will facilitate the trainings.

Walking with Grief—Helping Others Deal With Loss.

Trauma—Counseling Strategies for Healing and Resilience

Eating Disorders— From Image to Illness

Anxiety in Children and Youth— Practical Intervention Strategies

Contact Heather McLean at hmclean@mhaswpa.org or text/call (724) 433-1359 for training updates.



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

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 and 4th Monday of every month
Time: 4:00—5:00 p.m.

MH Support Group
(Mental Health)
Every 2nd and 4th Tuesday of every month
Time: 1:00—2:00 p.m.

LGBTQ+ Support Group
Every 2nd and 4th Tuesday of every month
Time: 6:00—7:00 p.m.

The "Anyone" Support Group
(For anyone wanting to talk)
Every 1st and 3rd Wednesday of each month
Time: 6:00—7:00 p.m.

Caring Ones Support Group
(For those supporting a loved one with mental illness)
2nd Monday 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—8:00 p.m.
Contact: Beth Crofutt
bcrofutt@mhaswpa.org or (724) 834-6351

Support Groups

In Person

Mon Valley LOSS Support Group

Every 2nd and 4th Monday of the month

Time: 1:00—2:30 p.m.

Location: Mon Valley Hospital, 1163 County Club Road, Monongahela, PA 15063.

Contact: Sam Lonich, splonich@gmail.com

NAMI, Family Support Meetings

Every 2nd Tuesday of every month

Time: 7:00—8:30 p.m.

Location: West Hempfield Presbyterian Church

Contact: Harriet Hetrick, (412) 596-5071

WCSI Café

(Developmental Disabilities)

WCSI Café is a place to build connections, friendships, and just have fun. Activities vary, so there will always be something for everyone. Event information will be shared by our Support Coordinators and at <https://wcsi.org/programs/intellectual-disabilities/café>.

Location: Currently virtual

Contact: Dawn Brown, dbrown@wcsi.org

Favor Western PA Weekly Support Groups

(Faces and Voices of Recovery)

Location: 736 Lincoln Street, Bolivar, PA 15923

Phone: (724) 676-2111

Sunday: NA, 6:30 p.m., contact David, (724) 510-9056

Monday: SMART Recovery, 6:30—8:00 p.m., contact Pete, (724) 771-6200

Monday: (1st and 3rd Monday) **Embracing Grief**, 6:30 p.m. at The Coffee Shop upstairs, contact Becky, (724) 388-1124

Tuesday: Nar-Anon, 6:00 p.m., contact Donna, (814) 446-5714

Tuesday: Family and Community Education, 7:30 p.m., contact Kim, (724) 840-0160

Wednesday: Bible Study, 7:00—8:00 p.m., contact Virginia, (724) 331-6973

Thursday: Connections Café, 6:30—8:30 p.m.

2nd Thursday: Narcan Training, 7:00 p.m., held in the Coffee Shop, contact the Center, (724) 676-2111

Friday: Acorns Youth Program, 6:00—8:00 p.m., contact Virginia, (724) 331-6973

Various Days: Drumming Circle, contact Matt, (724) 427-9573

Other Supports

Many churches, have support groups throughout the county, and there are a number of Drop In Centers, which hold groups for socialization for adults with a mental health diagnoses.

Parent2Parent Coffee

We would love to welcome you to our parent-to-parent coffee!

This informal gathering allows us as parents of transgender, gender diverse and gender questioning children to connect. This is a parent run event, open only to parents and direct caregivers of these children. We respect each other's confidentiality and the fact that we may be in different stages of this journey. We all have felt very alone and confused at times and have found that connecting with other parents of gender diverse children to be a great relief.

Join us online for a ZOOM get together once a month at 7:00 p.m.

~Please email themamabearmail@gmail.com for details.

*The teen/young adult meetings are every 2 weeks, and coincide with the parent meetings once a month.

PFLAG Parent Outreach Program (mentoring)

(412) 833-4556 and leave a voicemail OR send an email to parentsupport@pflagpgh.org.

Submissions

To submit news regarding events, trainings, or support groups, please email:

Monica Minyon

minyonm@westmoreland.swsix.com.

Sage's Army Groups

Weekly Meeting Schedule

Monday

*All Recovery—12:00 p.m. at Greensburg Recovery Center

*DRA—2:00 p.m. at Greensburg Recovery Center
Recovery Life Group—5:30 p.m. at Greensburg Recovery Center

Gambler's Anonymous—7:30 p.m. at Greensburg Recovery Center

Tuesday

*All Recovery—12:00 p.m. at Greensburg Recovery Center

Positive Peer Group—2:00 p.m. at Greensburg Recovery Center

*Family Group—4:30 p.m. at Greensburg Recovery Center

*SMART—6:30 p.m. at Greensburg Recovery Center

Wednesday

*All Recovery—12:00 p.m. at Greensburg Recovery Center (LGBTQ+ Meeting, but All Are Welcome to Attend)

*SMART Family & Friend—6:30 p.m. at Greensburg Recovery Center

GRASP—2nd & 4th Wednesday of each month, 6:30—8:00 p.m. at Irwin Headquarters

Thursday

*All Recovery—12:00 p.m. at Greensburg Recovery Center
Positive Peer Group- 2pm at Greensburg Recovery Center
*Family Group—6:30—8:00 p.m. at Greensburg Recovery Center

Friday

*All Recovery—12:00 p.m. at Greensburg Recovery Center

*SMART Teen & Young Adult—3:30 p.m. at Greensburg Recovery Center

*SAVES—5:00 p.m. at Greensburg Recovery Center

AA/Friday Night Gratitude—7:00 p.m. at Greensburg Recovery Center

Saturday

*TRIAD Book Club—1st & Last Saturday of each month, 8:00 a.m. at Greensburg Recovery Center

*Doing Grief—1st & 3rd Saturday of each month, 11:00 a.m. at Greensburg Recovery Center

*AA/Saturday Night Sober—7:30 p.m. at Greensburg Recovery Center

Sunday

NA (Spiritually Lit.)—10:00 a.m. at Irwin Headquarters

AA/Sunday Serenity—10:30 a.m. at Greensburg Recovery Center

NA—7:00 p.m. at Greensburg Recovery Center

Zoom Information Meetings marked with an * are available in person & via Zoom

Meeting ID: 922 1773 7090

Passcode: 8635433

DRA Dual Recovery Anonymous: Fellowship of men and women experiencing dual illness and meet to support each other in their common recovery from two No Fault Illness; an emotional or psychiatric illness and chemical dependency.

Recovery Life Group: We all come from different backgrounds and situations, our goal is to seek the truth of who we are according to the Word of God and studying to come to the full knowledge of God and who God created us to be.

SMART Family & Friend: For people affected by the addictive behavior of a loved one. Learn the latest skills and training today, to create a better tomorrow for you and your loved one.

Gambler's Anonymous Fellowship: For men and women to share their experience, strength and hope with each other that they may solve their common problem and help others recover from a gambling addiction. All Recovery A recovery meeting that welcomes all pathways of recovery that are open to anyone who is dealing with substance use, mental health concerns, gambling and eating disorders, or any other quality of life concerns.



Sage's Army Groups

Group Descriptions

SMART Recovery: This meeting is for individuals who have chosen to abstain or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions, actions, and to work towards long term satisfactions and quality of life.

GRASP Grief Recovery After a Substance Passing: Provides sources of help, compassion and most of all, understanding for individuals and families who have had someone they love, die as a result of substance use or addiction.

Family Group: Friends and family members wanting to learn more about their own walk and their loved one's substance use disorder and other process addictions. This weekly group session provides both information and guidance that family members need to help deal with the immediate crisis of addiction; in addition to on-going support families need to make the necessary and often painful choices in which family recovery requires.

NA Narcotics Anonymous/Spiritually Lit.: Focusing on spiritual principles step and tradition study. Positive Peer Group Peer led recovery group that empowers individuals who are in or seeking recovery, with knowledge and support involving life skills and daily wellness activities.

SMART Teen & Young Adult SMARTL Recovery is a self-help program that offers a place where teens can get together to try to look into and change behaviors that hurts themselves and others like smoking, drinking, fighting and using drugs, to name a few.

TRIAD Book Club: The Triad Book Club is about friendly, insightful conversation around great books that help us understand our chaotic, confusing lives from a Christian Vision of Whole Person Flourishing. The discussion is hosted by Reclamation Church Greensburg. On the Saturday bookends of each month, we present a great paradigm-shifting book to begin our journey, read it on our own during that month, and then discuss it on the last Saturday of that month. Coffee and donuts will be provided!

SAVES Sage's Army Veteran Empowerment & Support, or **SAVES,** is a veteran led peer support group focusing on the many obstacles veterans face after returning from battle and begin living a civilian life.

Save the Date!

The 2022 Spring Spectacular



April 2, 2022

The Ray of Hope in partnership with the Westmoreland County Behavioral Health and Developmental Services Office and many other Human Services Organizations will be hosting a **Spring Spectacular Community Festival** at the Westmoreland County Fairgrounds April 2nd, 2022. This event will be **FREE** to all residents of Westmoreland County! We will be having a large egg hunt for all ages, including adults. There will also be golden eggs prizes, Bunny Photo Op, Andy the Ambulance, Food Trucks, Face Painting, Balloon Twisting, Vendor Tables, a DJ, and lots more!

If you wish to help sponsor the event or set up a vendor/resource table, please go to the Ray of Hope website at www.rayofhopewestmoreland.org.



Intellectual Disorders/Autism Awareness/End the R-Word

Date: March 12, 2022

Time: 11:00 a.m. - 3:00 p.m.

Where: Westmoreland Mall, Greensburg, PA

We plan to use this opportunity to share Health and Wellness related resources and activities in the center court area of Westmoreland Mall while celebrating diversity and community integration.

We invite you to come out and join us as we will have interactive games and demonstrations for people of all ages.

- Obtain resources and information on health and wellness.
- Help raise community awareness!
- Pledge to **End the "R" Word!**

