



People Helping People

Issue 11
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Carbon-Monroe-Pike Mental Health and Developmental Services

The Mental Health field has experienced a great deal of media coverage this past year. Tragically, the events that have gained national attention surround individuals and circumstances that paint a picture of people suffering from mental illness as violent and dangerous. That picture is false, and to say the least, misleading. So that we can begin a conversation that realistically tells the stories of those in recovery, reduce stigma, and encourage those in need to seek treatment, we chose to focus on ways to offer appropriate information, education and training.

Significant progress has been accomplished in a short time. Thanks to the Mental Health and Developmental Services Departments, we were able to invest resources in training initiatives that will be sustainable over the next ten years and beyond. Within our community, hundreds of people have already been trained on MHFA (Mental Health First Aid) and suicide prevention models such as QPR (Question Persuade Refer).

While achieving these goals, we maintain focus on our partnerships with Drug and Alcohol, Children and Youth, Area Agency on Aging, Parole and Probation, Education, and local law enforcement. We have also seen important progress made with the local judiciary systems.

Difficult and challenging times require innovative and creative solutions, and the ability to stay positive. We are grateful to serve what we consider the most innovative, optimistic, and creative counties in the state of Pennsylvania. We look forward this year to continuing the work in partnership with you to provide the essential mental health and developmental services needed within the communities.



A Message from the Administrator

MH/DS Dual Diagnosis Learning Collaborative

MH and DS are working together to form a learning collaborative to help address current issues with assessment, diagnosis, and treatment of individuals who are dually diagnosed with Mental Illness and an Intellectual Delay. Individuals who are in this category often face challenges that are difficult to address. We are working with two renowned doctors in the field. Dr. Michael C. Wolff is a licensed psychologist who is an Assistant Clinical Professor and the Assistant Director of the Psychological Clinic at Penn State University. He has provided four training sessions for direct care staff and supervisors in both residential settings and treatment programs.

Dr. John J. McConigle is an Assistant Professor of Psychiatry and Rehabilitation Science and Technology at the University of Pittsburgh School Of Medicine and the Director of the Western Pennsylvania Regional Autism Center (ASERT) in the Center for Autism and Developmental Disorders at Western Psychiatric Institute and Clinic. He has provided two training sessions. One for Psychiatrists and Clinical Staff and one for Program Directors and CEO's of residential programs.

Aaron McHugh presented two training sessions titled "Crises Supports and Debriefing" and "Identifying Target Symptoms Of Mental Illness versus Challenging Behavior". These trainings were developed by a joint initiative with the Office of Mental Health and Substance Abuse and Office of Developmental Programs. The training provided information to help participants understand the complexity of Dual Diagnosis and factors to consider to best support people.

We hope that these sessions will help our county and provider staff develop a cohesive approach to working with individuals who are dually diagnosed and that we will, in turn, improve our outcomes for recovery.

Mental Health and Developmental Services

Crisis Intervention Training



It is designed to improve officer safety, community safety, and the safety of the individual involved. It also gives officers alternatives to arresting people who may benefit from behavioral health intervention.

There were officers from Stroud Area Regional, Pocono Township, Pocono Mountain Regional, Jim Thorpe, and Lehighon Police Departments in attendance. Many community representatives were also in attendance. All who participated became CIT Certified and received a certificate and a CIT Team Pin. The second 36 hour training was held at the Monroe County Safety Center in August. There were 8 graduates including officers from Stroud Area Regional and Beaver Meadows Police Departments. We have 180 officers trained in the 6 hour introductory course.

Our MH Staff has been a key player in developing Crisis Intervention Training for local police departments. We held our first Advanced CIT Training in Jim Thorpe. This is a 36 hour program where police officers learn about mental health diagnosis and techniques they can use in the field to deal more effectively with individuals who may be experiencing symptoms.

In May, we were awarded a grant with Northampton County Mental Health to regionalize our efforts. We hired Jim Fouts as our Regional CIT Coordinator. We plan to have 100% of officers receive the introductory 6 hour course and 25% receive the 36 hour basic course by June 2016.

Suicide Prevention

Suicide Prevention: Our staff is highly involved with the Suicide Prevention Work Group with Pocono Medical Center and a number of community members. This group is joining with the Lehigh Chapter of the American Foundation for Suicide Prevention.

CMP MH/DS will be sponsoring a QPR Gatekeeper Training (Question, Persuade, and Refer) for suicide prevention. This eight hour course will certify attendees to provide a one hour training course to audiences to help them assess for suicidal thoughts and plans, to persuade the individual to get help, and to refer them on to a professional.

Did you know that Carbon-Monroe-Pike MH/DS has been one of the partners in the "Keystones of Opportunity Grant" awarded to East Stroudsburg Area School District from 2012 to the present?

The purpose of the far-reaching grant is for data collection and management, Literacy professional development among staff, and participation in Comprehensive Literacy Planning and Transition Plan development. Additionally, funding provides for parent/child workshops along with books and resources for families to enhance and encourage early literacy learning at home.

Mental Health First Aid (MHFA) is an eight hour training that teaches people how to recognize early symptoms of a mental health disorder or a mental health crisis and to provide intervention and assistance until the crisis is averted or until professional help can be secured.

Over the past three years we have held 18 Mental Health First Aid Trainings, reaching 250 individuals. We have trained community members, foster parents, caseworkers, school personnel, and correctional facility staff, just to name a few. The training is always well received. We believe this training will help reduce the stigma of mental illness, get individuals to treatment sooner, and reduce the likelihood of suicide and self-harm.

We sponsored General MHFA and Youth MHFA Trainer Certification this spring. 15 local and 10 other trainers earned their certification! This has increased our availability to provide this training to the public. Since then we have provided 12 trainings for 180 new people in only 5 months.

The plan for the coming year is to have all CMP MH/DS Staff trained. We are also developing a monthly training calendar for the community.

Mental Health and Developmental Services

We are happy to announce that we have been awarded six **CHIPP** this fiscal year. This means that we will receive funding from the state to assist six individuals with discharge from Clarks Summit and Wernersville State Hospital. At the end of this process we will close the two beds we have at Wernersville and, for the first time, we will be aligned with only one state hospital.

Through past needs assessments, Mental Health Plan priorities, and review of consumer needs, we have come up with a plan to serve the selected individuals within the community. We are transforming a current group living setting to be able to meet the needs of individuals who have medical issues which have been a barrier to their discharge from the state hospitals. We have increased our capacity for supported independent living and we are increasing our capacity for extended acute care.

This is CMP's sixth CHIPP Project! Our success rate with these projects has been very high. Less than 10% of the individuals we have discharged through this project have been re-admitted to a state hospital or have gone to prison. The majority of individuals who have been discharged from state hospitals through this process report a high level of satisfaction with their recovery.

C-M-P Employment Coalition

Consistent with C-M-P's commitment to create customized employment opportunities for consumers, we conducted a training on Social Security Work Incentives and developing a Plan for Achieving Self Support (PASS). The training was conducted by Cory Smith from Via of the Lehigh Valley. Corey is a recognized expert on the Social Security Initiatives and PASS. Approximately 60 individuals attend the presentation on January 28, 2014.

The Carbon-Monroe-Pike Employment Coalition hosted Discover Your Network on April, 29, 2014, with approximately 200 people which included students from Life Skills classes and School to Work programs, teachers, job coaches, Supports Coordinators, OVR counselors, transition coordinators, adults with disabilities, and employers. There were workshops on networking, customized employment, employer incentives for hiring people with disabilities, self-advocacy, and Transition Programs in Pennsylvania. Keynote speakers were Beth Armitage who has a developmental disability and works at Giant, and Ernest Roundtree who has a developmental disability and ran a marathon. A networking fair followed the workshops and gave attendees a chance to practice networking skills with employers and providers. There was a booth on work incentives for people who want to work and keep their benefits.

Did you know that Carbon-Monroe-Pike MH/DS has Administrative Case Managers located in some local community hospitals to do intakes and discharge planning?

Recently we began increasing our community outreach. We are in the planning process of having a case manager travel to the Coolbaugh Township Office a few times a month to provide intake and case management. We will also be going to the Homeless Day Program in Stroudsburg to provide services. We hope that this will reduce the transportation barrier that often exists for individuals we serve as well as improve their follow through rates.

Early Intervention Coaching

During Fiscal Year 2013-2014, Carbon-Monroe-Pike Early Intervention initiated a "Coaching Program" among service providers. The goal was to develop enhanced coaching skills in order to empower parents/caregivers with the skills to implement strategies throughout their daily routines with their developmentally delayed children. Four providers (therapists/ interventionists) representing four of our provider agencies participated in the year-long training program. In April 2014, we followed up with a feedback session presented by the four initial coaching trainees with 60 service providers attending. The overall response was very positive, and C-M-P Early Intervention plans to continue the coaching training program with some of newly trained coaches becoming the trainers throughout the ensuing fiscal year.

Case Management Conference

Support Coordination and Targeted Case Management staff had the opportunity to participate in the annual Case Management Conference in Atlantic City, NJ.

The theme of the 2013 conference was Professional Case Management. *National Association of Case Management, The Behavioral Health Training and Education Network (BHTEN), Resources for Human Development, Inc. (RHD), and Service Access and Management, Inc. (SAM)* offered 15 specialty tracks with 90 workshops to choose from. There were over 100 diverse presenters from across the nation. Participants had the opportunity to learn about multiple program models, best practices, and nation-wide resources. In addition, during the first two days of the conference a Supervision Institute, one of *NACM's* highly acclaimed training curriculums, was also offered to supervisors.



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C-M-P MENTAL HEALTH AND DEVELOPMENTAL SERVICES

People Helping People

We're on the web!
www.cmpmhds.org

Carbon-Monroe-Pike Mental Health and Developmental Services' mission is to partner with consumers, family members, service providers, and community members to assist individuals with emotional, behavioral, or developmental issues in becoming self-sufficient and obtaining an improved quality of life. This will be accomplished by creating and maintaining an environment that promotes and supports recovery and resiliency and by linking individuals and families to necessary and desired supports.

Did you know that Carbon-Monroe-Pike MH/DS Advisory Board recognizes various community agencies each year with a Certificate of Achievement to acknowledge their great work in the community?

The recipients of the C-M-P MH/DS Advisory Board Awards for 2014 were

Jim Fouts

And

Community Care Behavioral Health Organization

And

Suzanne F. McCool

Monroe County Commissioner and Advisory Board Member

Mental Health Walk - May 2014



Although the weather didn't cooperate this year, we had an amazing turnout for our annual Mental Health Walk through downtown Stroudsburg on Friday, May 16, 2014. This year's theme was "Recovery Happens."



Be part of the change." Mario Scavello braved the weather to join us. Participants received T-Shirts and balloons. Lunch and dessert were provided.



A BIG **THANK YOU** TO COMMUNITY BUSINESSES WHO DONATED GIFTS TO C-M-P MH/DS FOR OUR EMPLOYEE RECOGNITION PROGRAM.

* Arlington Diner*Cherry's Sunset Family Resturant*Chestnuthill Diner*Dunkin Donuts*Kinsley's Shopright*Perkins*Snydersville Diner*Stroudsmoor Inn*The Bagel Experience*Weis, Brodheads ville*Weis, Stroudsburg*Pocono Plateau Camp & Retreat*One Source*Newman, Williams & Mishkin*Tim's Autobody*Eisenhower Hotel*Ray's Auto Repair*Full Potential IT*Vinny D's Deli *Caterers*The Cleaning Chix*Binkley Kanavy Group, LLC*Golden Business Machines*Brown & Brown of the Lehigh Valley*ASCO Financial Group*Sparkle Car Wash*Flamm Walton PC*

