



# People Helping People

Issue 12

Fall 2015

## Carbon-Monroe-Pike Mental Health and Developmental Services

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It is hard to believe that we are in the fall of 2015 already. This has been an exceptional year for Carbon-Monroe-Pike Mental Health and Developmental Services.

The **Developmental Services** Team has done an extraordinary job working with the Waiting List needs and assuring that the most challenging and critically needy individuals are receiving services and supports within the community. The **Mental Health** Department has been very busy implementing training, training, and more training for Mental Health First Aid and awareness, suicide prevention, and digging in deeper with the Forensic Initiative. We are working more closely with the criminal justice system in all three counties and affecting some terrific outcomes. **Early Intervention** remains a strong and steady component of our system of care, and this year is collaborating more closely with our partners at Children and Youth. **HealthChoices** has seen unprecedented growth in the number of members who have presented as a result of the Affordable Care Act.

All in all, everyone has really stepped it up this year.

In the midst of all those activities, I would like to note some of the initiatives that have just begun. One is the Customer Service Initiative. We are taking a 360 degree look at our customer service as it relates to employees, consumers and families, funding sources, referral sources, and the community. Over the next year, we will be conducting surveys and gathering data in order to access where our strengths and challenges remain. Goals will be established as a result of data analysis. Next year I will be reporting on what those goals will encompass.

As a key part of customer service, we are also looking at our Mission Statement, Vision Statement, and Core Values. We are developing an updated statement that will truly reflect who we are in today's environment.

Mental Health, Developmental Services, and HealthChoices are working on a new clinical focus which will be person-centered in nature to work with children and families in our system who present at the highest risk. We hope to establish this initiative through a strong partnership with Children and Youth and Drug & Alcohol.

This brief summary only hits some of our key projects. There are more! If you ever want to learn more about what our organization does please contact our Administrative Office. We would be pleased to schedule some time to talk or meet with you.

Many thanks for your ongoing support.



*A Message from the  
Administrator*

# Mental Health and Developmental Services

## Behavioral Health Home Project/Targeted Case Management

Last year the Mental Health Department expanded our partnership with The Community Care Behavioral Health Organization by beginning a Pay for Participation Project. We contracted with the Advocacy Alliance and hired a Registered Nurse, Ellen Seigel, to work with the agency. Ellen is working primarily with the Targeted Case Management Program to help consumers develop wellness plans to decrease symptoms of medical issues such as obesity, hypertension, diabetes, and metabolic syndrome. She works closely with the case managers and the consumers to develop realistic goals and plans on how to meet these goals. The case managers then support the individuals to stay on track to meet the goals. Ellen also serves as a consultant to other staff in the agency who are working with individuals who may have complex medical issues. She is making linkages with primary care physicians and specialists throughout the three counties to promote integration of physical and behavioral health.

## Administrative Case Management

The ACM Department in Mental Health continues to be the backbone of the agency. They complete intakes for all new and returning individuals. These case managers then assist these individuals with getting benefits, finding resources, and by making referrals to behavioral health providers. When indicated, they make referrals to higher levels of case management.

The staff here at MHDS are dedicated, flexible, hardworking, and knowledgeable people who care deeply about the individuals we serve. Many of our staff have assisted the agency in meeting our goal of being more visible in the community. They volunteer to attend many community events to provide information and resources during work hours, evenings and even on weekends. They serve on a vast number of committees and boards in the community to ensure that behavioral health is represented and to provide support to the community.

## Forensic Case Management and Re-entry

The Mental Health Department has completed the two year grant program for Forensic Case Management and Re-entry Program. We have very positive outcomes including decreasing recidivism in the county correctional facilities and reducing the number of individuals who maxed out on their sentence. This program provides case management upon arrest and prior to release back into the community. The case manager assists individuals in getting the services they need while incarcerated and with getting reconnected in the community prior to discharge, making it more likely that they will be successful. The other piece of this program includes Cognitive Behavioral Therapy Groups facilitated by Resources for Human Development in the correctional facilities and in the community. These groups help individuals learn to think differently and behave differently. It includes learning opportunities and role playing to practice skills. Because of the high level of success of this program, we have reallocated state base funds to not only continue this program, but to expand it from one full time case manager to two full time case managers.

## Mental Health and Developmental Services

### Pike County Elder Abuse Task Force

The Task Force addresses issues such as elder abuse, neglect, and exploitation of seniors. It is comprised of various community leaders and agency directors, including the *Pike County DA*, AAA directors, bank managers, and senior volunteers. Each year, at least two trainings for the community are provided. This year, one occurred on April 28 for clergy and first responders, *Recognizing and Reporting Elder Abuse in Our Community*. We also coordinate Justice Day where various speakers present information to the community on protecting themselves from abuse and exploitation.

At the 2<sup>nd</sup> Annual Elder Justice Day on June 2, 2015, the opening speaker was AAA Secretary Theresa Osborne. She was followed by a presentation on Power of Attorney and living wills, consumer protection, and a banking segment on account protections. This is an active task force serving those primarily in Pike County.

### C-M-P Employment Coalition

In 2014-2015, the Employment Coalition expanded its outreach to students, parents, businesses, teachers and community members. A Carbon County group was formed which worked with an Intermediate Unit #21 Life Skills class at Carbon County Technical Institute to promote the Special Needs Employer campaign. The students designed decals that will be used by local businesses who hire workers with disabilities. On April 29, 2015, over 300 students, teachers, and parents attended Roads to Employment at Shawnee Inn which offered mock interviews, seminars and vendors that focused on employment opportunities for people with disabilities. In 2015-2016, the Employment Coalition is focusing on school to work opportunities. Stay tuned!

Did you know that Carbon-Monroe-Pike MH/DS Administrative Entity has partnered with providers for a Healthy Lifestyles Pilot?

The Health Care Quality Unit partnered with the Administrative Entity and three residential providers for the Healthy Lifestyles Pilot. This program educated residents and residential staff on exercise and nutrition. Pedometers and meal logs were used to track progress on meeting goals. This program will be repeated in the Fall of 2015 with one additional residential provider participating.

### Early Intervention Family Coaching Project

During the past year, the EI Department expanded its Family Coaching Project. This collaborative with the provider network was successful in receiving a grant that allowed the project to expand to 3 coaches and 6 coach trainees. A total of 9 families were served during this project. This was the second year of this project which teaches best practices by the EI Interventionists.

Also this past year, the department implemented expanded child find activities and public awareness by doing screenings in the community and attending numerous community events. We remain active participants in two local Interagency Coordinating Councils, The Children's Team of Monroe/Pike and The Carbon County Children's Team.

### DS Department and Monroe County Aging

The DS Department continues its active involvement with the Monroe County Aging Disability Resource Center Link—Monroe Pike Wayne Collaboration. This group is pursuing a very exciting project called SHARE- Shared Housing and Roommate Exchange, a program available to seniors and the disabled or homeless to share housing in Wayne, Monroe, or Pike. A housing counselor will match homeowners (home hosts) with prospective home sharers. Funding for the housing counselor and associated costs has been requested from the *Department of Aging and Pennsylvania Link to Aging and Disability Resources*. This team is comprised of AAA, regional Link coordinators, and the *Dept. of Aging*. Diana Myers of *Diana Myers and Associates* is committee chairperson.



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## C-M-P MENTAL HEALTH AND DEVELOPMENTAL SERVICES

*People Helping People*

We're on the web!  
[www.cmpmhs.org](http://www.cmpmhs.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 2015 were  
Big Brothers/Big Sisters of Monroe County  
And  
Brian Snyder  
Carbon-Monroe-Pike MH/DS  
And  
Domenico Cavaiuolo Ph.D.  
Professor of Special Education and Rehabilitation at East Stroudsburg University, PA

## Mental Health Walk - May 2015

The weather was absolutely beautiful for our annual Mental Health Walk through downtown Stroudsburg on Friday, May 15, 2015. We had a fantastic turnout this year!



This year's theme was "The Road to Recovery Should Never be Walked Alone". Participants received T-Shirts and balloons. Lunch and dessert were provided.