



Turtle Creek Valley Mental Health/Mental Retardation, Inc. Agency Newsletter

TCV MH/MR, Inc. Holds 25th Teen Institute Program!

~Steve Zmigrosky

This year's Teen Institute Program marked a special occasion for Prevention Staff at TCV MH/MR, Inc. It was the 25th year that the annual leadership training program occurred! The Teen Institute Program was held on April 26-27 at Linden Hall in Dawson, PA.

Over the years, more than 1,500 high school students from Allegheny County have participated in the program. Initially beginning as a drug/alcohol prevention program, Teen Institute has evolved into a leadership program. Drug and alcohol issues are addressed during the day and a half program, but the emphasis has shifted to helping the participants discover and utilize their own leadership abilities. Along with the 4 workshops that the students attended, there was an evening program designed to reinforce the power that each student holds to make a difference in their schools and communities. This year, the storyteller, "Temujin", engaged the students with entertaining stories that had life lessons.



Temujin, the storyteller at Teen Institute

The schools attending the Teen Institute this year were: Allderdice (Pittsburgh Public School), Brashear (Pittsburgh Public School), Steel Valley, Brentwood and Baldwin. Each school picked students to attend based on their leadership potential.

Over the years, the program has been indebted to many people for its success, in particular, the school personnel that have acted as adult advisors to the attending students and the United States Steelworkers of America for their generous use of their Linden Hall facility to conduct the program.

For more information about Teen Institute, please contact the program coordinator **Steve Zmigrosky**, at 412-464-1522 x508.



The grounds of Linden Hall

Turtle Creek Valley MH/MR, Inc.

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TCV Agency Picnic

~ Jennifer Brannigan

TCV MH/MR's Agency picnic was held once again this year at Riverplex pavilion located in Sandcastle Waterpark on **Friday July 20th**. Staff and their families enjoyed a day of wonderful weather, good food, and prizes!!! We had a great turnout of over 150 employees attending this year!!!

Prizes were donated from a list of vendors, including : **Bob Scherer Locksmith Inc, Carnegie Science Center, Carnegie Museum, Frick Art and History Museum, Pittsburgh Zoo, BABB Inc., Edgewood Towne Center Giant Eagle, The Andy Warhol Museum, Pittsburgh Pirates, Pittsburgh Steelers, A.J. Silberman's, Omega Federal Credit Union, Eliminator Termite and Pest Control, Paper Products, Sam's Club and the Braddock Post Office.** Thank you to all of these donors!!!

Thank you to all of the volunteers who helped in making the picnic a success: **Jean Miller, Kimberly Mroziak, Mimi Silinski, Janie King and Margaret Clapie.** Thank you also to the Risk Management Committee for their input and assistance in the planning of the picnic.

Please see page 7 for picnic pictures

Tri Boro CTC Recognizes “Unsung Heroes”

On June 28th, the Tri Boro Communities That Care held a dinner recognition program at Grandview Golf Club in North Braddock to recognize the outstanding people committed to the communities of Rankin, Braddock and North Braddock. The Tri Boro Excellence awards were co-chaired by CTC board members **Tami Radomski** and **Lisa Freeman**.

Judy Monahan Grystar accepted an award on behalf of TCV MH/MR, Inc., which was the recipient of the Agency of the Year award for its “enthusiastic support” for the work of the CTC. TCV was quoted to be an “enabler of good things and provider of invaluable opportunities that allow youth to succeed in our community”.

The keynote speaker for the night was also the winner of the CTC “Man of the Year” award, **Rodney Jones**, Vice President of Operations at UPMC Braddock. Mr. Jones was honored for his leadership and vision in UPMC Braddock’s Steps to a Healthy Community Initiative. The initiative helps to eliminate health disparities within the community. Mr. Jones also helped to expand the Health for Life summer program to over 130 children this summer.

Other awardees in which “encouraged young people to believe in themselves and their dreams” included:

Business Community - James Watts, Watts Memorial Chapel

Community Service – Brennen Hickman, AMERICORPS

Education – Jeanne Vargas, Dickson Elementary School – WHSD

Health Care – Charlotte Byrd, Children’s Hospital Family Care Connection

Social Services – Laura Schuchert, TCV MH/MR, Inc. After School Program

Law Enforcement – Nakodie Mudd, retired Rankin police chief

Media – Casey Fair, Lamar Outdoor Advertising

Faith-Based Organization – Rev. Paul Sandusky, Rankin Christian Center

Youth Sports – Mike and Chalise Chancey, Braddock/North Braddock Little League

Government – John Fetterman, Braddock Mayor

Honorable Mention – Michael Langan, TCV MH/MR, Inc.

Art Show

~adapted from a submittal from T.M.

Thirteen of TCV MH/MR, Inc.’s PSR consumer artists participated in the Allegheny County Department of Human Services Flowering of Insight Art Show at the PPG Wintergarden. The art show displayed the art of over 200 consumer artists from all over the country. The TCV participants created their art pieces in the Psychosocial Rehab Department’s Expressive Art class (facilitated by **Terry Moore**) and Ceramic Class (facilitated by **Gail Gantt**). Among the art submitted to the Art Show were paintings, drawings, ceramics and three dimensional arts.

The use of mental health recovery has become an integral part of both treatment and individual growth. In Social Rehab, art provides an opportunity to develop relaxation, concentration, interaction and other socialization skills that consumers can use in their recovery process. The opportunity for self-expression and communication sometimes begins with imagination.



Artists participating in the Art Show



Artwork from Terry (left) and Donna (above)

Ocean City Trip

~ Janie King

Back by popular demand was a trip to Ocean City, Maryland for the semi-independent individuals of Glasgow. Since everyone had such a great time on their trip to Ocean City, Maryland, last year, the individuals decided to choose the beach spot for their vacation again this year. The Glasgow individuals and their staff enjoyed a week, June 2nd – June 9th, of sun and fun.

We stayed in the same fabulous condos as last year. The favorite part of the trip was the hopping boardwalk. There was something for everyone to do, whether it was walking on the boardwalk, sitting on the boardwalk, just watching the people go by, shopping for souvenirs, food, games, etc.

Something new this year was the visit to Assateague Island. The wild horses were beautiful. The horses walked freely through the park. You could walk next to them, take pictures and sit and watch them. That was an enjoyable experience for everyone.

Whether we were bathing in the sun, eating out, riding go-carts, going for a walk or just relaxing everyone had a great time! We hope to make this trip again next year!



Picture time on the condo's balcony

Nicotine Anonymous

~ Janet Carroll

The next time you have an urge to light up, come to a meeting of the **Homestead Nicotine Anonymous** instead. Nicotine Anonymous is a fellowship of men and women helping each other to live lives free of tobacco. It is a support group for ex-smokers as well as current smokers intending to quit. Nicotine Anonymous is a twelve-step program adapted from Alcoholics Anonymous.

This group meets weekly on **Thursday evenings from 7:00-8:00 at the Steel Valley COG Building** (Come up West Street to 17th Avenue, make left go one block to Maple Street. Enter the front doors and go to the first floor conference room). Community outreach is one of the program's goals. You can help by telling your friends about this free and confidential program or by requesting flyers to post at local sites. **Call (412) 464-1522 EXT. 513 for more information.**

This is a great program that compliments TCV MH/MR, Inc.'s smoking cessation groups. Groups based on the American Lung Association's Freedom from Smoking classes and funded by Tobacco Free Allegheny are also available at no cost. Groups occur Thursday evenings at two locations; Steel Valley COG (5:30-6:30) and Turtle Creek Valley Human Service Center (6:00-7:00). Please call to register for the smoking cessation services.

Remember, the right time to quit smoking is right now.

Welcome to new employees!

Shelley Andrews - TC Adult OP
TJ Assad - Family Summer Camp
Lori Bahorich - Family Summer Camp
Theresa Bahnemann - 723 Floater
Kimberly Beanner - HH
Justin Bushman - SV COG ATF
Carleen Carney - SV COG Family
Veronica Dance - TC Child OP
Laura Ford - CHI MR Dix Dr.
William Geisler - 723 I S
Davita Gibson - HH Next Step
Heather Goughnour - St. Rob. Soc. Hab.
Joycelyn Harper - HH DAS
Jeanne Harris - 723/1n Home Nurse
Emmanuel Hughes - CHI MR Lynda Lane
Tawanda Jennings - SV COG Fam. TSS
Mary Carol Kennedy - 723/1n Home Nurse
Aisha King - TC Child OP
Roy McCullough - CRRS Mt. Wash.
Amy Michaels - HH
Susan Murray - SV COG PSR
Carol Nelson - TC Family OP
Gina Nemetz - SV COG PSR
Erin Patrick - SV COG Family TSS
Stacey Rebich - Summer Camp
Julie Salitros - CHI MR Lynda/Dix
Terryynn Shipley - CHI MR Breezewood
Kimberly Wilson - St. Rob. Soc Aide
Megan Zitner - Summer Camp



Goodbye and Good luck!

Donald Allen - SV COG ATF
Joanne Batyi - CHI MR Breezewood
Dondrea Blackwell - St. Roberts
Andrew Cleary - SV COG ATF
Bruce Cooper - South Side - Alternatives
Anthoni Fabian - SV COG Prevention
Thomas Kane - HH
Nick Laffrey - SV COG Family
Mike Mariaskin - 723 MI S
Lennie Massey-Smith - CHI MR Lynda Lane
Christine Mawhinney - TC Adult OP
Elizabeth Smith - SS Alternatives
Diane Tucci - CHI MR Lynda Lane
Erica Ways - SV COG Family
Aneasha Young - HH

TCV MH/MR, Inc. After School Program

~Laura Schuchert

The TCV MH/MR, Inc. After School Program at the Braddock Salvation Army provides academic support, life skills lessons, cultural enrichment events and recreational activities to 34 youth between 1st – 9th grades every day from 3:00-7:30 PM. All youth participants attend the Woodland Hills School District.

Youth have the ability to participate in alternative programming, including: Girl Scouts, the First Tee Program at Schenley Golf Course and exercising at the Braddock YMCA. All of the intermediate and older youth attend the “Stay on Track Program,” facilitated by Sergeant Bergamasco from the National Guard Counter-Drug Program. Youth continue to be given opportunities and information to assist in preventing drugs/ alcohol use and violence.

Participants in the program also have many opportunities to attend cultural enrichment activities throughout the school year. Youth also attended the Underground Railroad Tour at the Heinz History Center with youth from other TCV programs.



Game time at the After School Program

EITC Program

In 2006, **Equitable Resources** and **Highmark** made generous contributions to TCV MH/MR, Inc.’s After School Program by being members of the EITC (Educational Improvement Tax Credit Program). We are truly grateful for the kind donations of these two very philanthropic companies. Without their donations, we would not have been able to get the After School Program up and running as quickly as we did. We thank Equitable Resources and Highmark for their benevolence.

TCV MH/MR Inc. was recently approved for the second year by the Pennsylvania Department of Community and Economic Development for the Educational Improvement Tax Credit Program. This program allows companies to make a contribution to TCV MH/MR, Inc.’s Educational Improvement Programs and receive a **75%** tax credit for a one year commitment and a **90%** tax credit for a two-year commitment.

In order to be able to participate in the EITC program, a business must be authorized to do business in the Commonwealth of PA subject to the following taxes:

- Corporate net income tax
- Capital stock franchise tax
- Bank & Trust Co. shares tax
- Title insurance company’s shares tax
- Insurance premiums tax, or
- Mutual thrift institutions tax

Your organization is eligible to apply for Pennsylvania’s Educational Improvement tax credits, allowing your company to participate in the TCV MH/MR, Inc. Educational Improvement Project. This is a great opportunity for local businesses to support the academic success of students participating in community programs. TCV’s three innovative educational improvement programs have been approved for participation in the Tax Credit Program:

- The **After School Program** provides students with enriching educational experiences in a variety of field settings outside of school.

- **Finding Academic Success (FAST)** is a program for high-risk students. The program will address risk factors related to academic failure and will promote academic success through youth involvement in cultural enrichment activities, enhanced academics and mentoring.

- The **Teens Engaged & Attaining Mastery (TEAM)** program is designed for high school students, grades 9 through 12, who are at risk of school failure and dropout. The program will provide an opportunity for students to develop enhanced academic competencies with a strong vocational focus.

A limited number of tax credits are available each year, and not every business that applies is approved or eligible. The PA Department of Economic Development begins processing applications in late June of every year. If you are interested to see how your company can participate in this program in 2007, please contact either **Judy Monahan Grystar** or **Kym Mroziak** at 412-351-0222 x420.

Health/Nutrition Program Slated for Turtle Creek

Did you receive a letter from the school nurse stating that your child's BMI is in the 95th percentile? The Turtle Creek site is currently accepting applicants for the Kidshape program. Kidshape is a family-based, 9-week weight management program emphasizing healthy eating habits, positive behavior changes, positive body image and improved physical activity.

Kidshape is sponsored by the Highmark Healthy High Five Initiative AND no insurance is necessary to participate. Each class includes fun activities such as food demonstrations, physical activity through games and information for parents and students about nutrition and food labels in an interactive setting. Kidshape is open to children between the ages of 6 – 14 and is held in the Westinghouse Human Services Building in Turtle Creek. For more information, call 412-829-7112.

Ohiopyle

~submitted by John Meikle

Colder than usual temperatures, drizzle and rain could not deter the Psych/Soc Rehab Departments from making their annual trip to Ohiopyle in the Laurel Highlands. On the trip, the group walked with nature, went to the country café and stopped off at the Christmas and candy stores. Luckily, the optimistic spirits of the nature lovers helped the weather to clear up and be sunny by the afternoon. The highlight of the day was the six foot snake skin that the group found draped over a tree limb. The snake was nowhere in sight, but it must have shed it's skin while slithering up the tree! The mountain air was refreshing and all were able to enjoy the surroundings.



Enjoying a walk on the nature trail

New TCV Safety Campaign

~ Jennifer Brannigan

The Risk Management Committee is working on a new safety campaign to promote safety awareness at all sites. Members from the committee will be coming to each site each quarter of this fiscal year to identify safety hazards throughout each department. A checklist was sent to all employees to review important issues regarding prevention of accidents prior to the surprise visits. After two quarters, we will choose a winner from each designated category, MR Residential, MH Residential, and Outpatient sites, and a prize will be awarded!

We hope that this will be a fun competition that will have safety on everyone's mind and prevent as many injuries as possible from occurring.

New Program! Mobile Medication Team

~ Mary Carol Kennedy

The Mobile Medication Team at TCV MH/MR, Inc. is up and running! Currently, two new employees are functioning on the team: **Jeanne Harris, RN** and **Mary Carol Kennedy, RN**.

Consumers utilizing this service must be connected to CCBH, who is responsible for authorizing referrals. Hopefully, consumers will be better able to manage their prescribed medication with in-home visits from the Mobile Medication Team Staff. A Peer Specialist is the next to be hired and will provide services in the home as the consumer gains skill and confidence taking prescribed medication.

Jeanne and Mary Carol want to have consumer learn specific information about their medication, including: names, purposes, dosages, scheduled times and any side effects. Adhering to prescribed medications is one very important aspect in a person's recovery. It has been exciting for the newly hired nurses as they work and learn in this new program.

TCV MH/MR, Inc. is very excited about this new program and the great opportunities that it will provide for the consumers. Mary Carol is a former member of TCV's Board of Directors, recently, she worked at Mayview State Hospital. Jeanne graduated from the St. Francis School of Nursing and is the former employee of American Staffing and Achieva. Jeanne is also an adjunct instructor at the Western School of Health and Business. We would also like to welcome Jeanne and Mary Carol to the TCV MH/MR, Inc. family.

8th Annual Amcom Toward a Brighter Future Golf Outing to benefit TCV MH/MR, Inc.

Just a reminder that the **Amcom** and **TCV MH/MR, Inc.** golf outing will be held next week, on August 7th, at **Southpointe Golf Club** in Canonsburg, PA!

As in previous years, we need the help and support of golfers and sponsors. Please join us by sponsoring at a level that best represents your support of the TCV MH/MR, Inc. mission!

Sponsorship levels include:

Title - \$5000, **Platinum** - \$2,500, **Gold** - \$1,500, **Silver** - \$1000, **foursomes** - \$600, **individual golfers** - \$150, **lunch only** - \$50, **table sponsorship 1** (display your company's literature)- \$350, **table sponsor 2** (lunch table for 8 people), **program ad** - \$250 and **hole sponsors** - \$125, **beverage cart sponsor** - \$500 (includes 1 free golfer) and **putting contest sponsor** - \$500 (includes 1 free golfer). We are also happy to accept any monetary donation or gift certificate donations. All donations will be acknowledged in the program. All golfers will receive green fees, cart, locker and bag service, free drinks on the course, two meals (breakfast and lunch), door prizes and awards.

If you have any further questions, or would like to participate, please contact Kimberly Mroziak at **412-351-0222 x420**. A **golf brochure** can also be downloaded from the **News and Events** section of our website, **www.tcv.net**.

We hope that you will be able to support us so that we can continue providing much needed services to our clients so that they can continue to strive *Toward a Brighter Future*.

Congratulations Outstanding TCV MH/MR, Inc. Employees!!!

June 2007: Gary Boyle, Jeannine Drnevich and Susan Stay

Bake Sale and Farm Stand

The TCV MH/MR, Inc. PSR program's bale sale is the first Tuesday of every month at the Steel Valley COG 1st Floor Conference Room. They serve baked goods as well as lunch items (hot dogs, chili, baked beans, etc.). The proceeds go to help fund program outings, etc.

For the 3rd year, TCV MH/MR, Inc. is participating in the 2007 Farm Stand project sponsored by the Greater Pittsburgh Community Food Bank. The stand will be open every Wednesday from June 13-November 14, 2007, in the courtyard at the Turtle Creek Human Services building (519 Penn Avenue) from 12-2:30 PM. We accept cash, EBT, WIC and Senior/FMNP Vouchers. The stand sells a lot of fresh fruits and vegetables including local produce. Please stop by and support this project.

MR Bowling Banquet

The Annual Bowling Banquet for the TCV Strikers bowling league was held on May 19, 2007.

Congratulations to the top five bowlers with the highest three game total – **Kathy F., Helen M., George C., Bob G. and John K.** A big congratulations also goes to the top two bowlers with the highest single game total – **Antoinette C. and Lori K.** Great job everyone!

The entertainment and theme for this year's banquet was a luau. The hall was decorated for a luau. Everyone entering the luau was greeted with a lei.

The exciting entertainment included performances provided by the **Kavaukas family**, who are originally from Hawaii. They played live music, sang and danced. The show was fun and exciting. The Kavaukas family also taught everyone the hula dance. They provided a great deal of entertainment with lots of audience participation. Fun was had by all!



Learning the Hula

Agency Picnic pictures



Jean and Rochelle enjoying the swings with their families



Family members enjoying the luncheon



Walking around the Riverplex grounds



Martha Zucco's daughter and family



Staff Kym Mroziak and Terry Moore



"What toy should I pick?"

Program Profile - DAS (Diversion and Acute Stabilization)

The DAS Program offers intensive short term residential psychiatric and dual recovery services that may be used as an alternative to inpatient treatment or as an interim level of care for persons being discharged from inpatient care. Residential staff is available to monitor medication compliance and to assist with activities of daily living.

Treatment includes the opportunity to participate in the Partial Hospitalization Program that provides individual therapy, psychiatric assessment, group treatment, and frequent medication reviews with a psychiatrist. Partial Hospitalization groups are offered seven days a week.

For individuals with dual treatment needs, both DAS and Partial Hospitalization offer specialized services, while supporting the individual's ongoing participation in dual recovery meetings in the community. DAS residential staff support individuals with daily living activities and medication/health needs, along with coordinating recreational opportunities. The program offers a structured residential setting where individuals can make significant improvements in stability to develop the foundation for ongoing recovery. Call 412-351-0222 for further info about the program.



Employee Spotlight



Every newsletter will randomly profile an employee. Who will be in the next issue??

Employee Name: Pauline Amaismeier

Site Location: Psychiatric nurse and therapist on the Partial Hospitalization Program three days per week and as an adult mental health therapist at the Turtle Creek site

How long have you worked here?: Since 5/5/06

What is your position? Adult MH Therapist/Psychiatric Nurse

What was your very first job? Nursing Assistant at Mercy Hospital

What is your favorite movie of all time? To Kill a Mockingbird

If you could have dinner with anyone (living or dead) who would you choose? Leonardo DiVinci

What three things can always be found in your refrigerator? Milk, carrots and coffee

What is your favorite vacation spot? Lakeworth, FL

What accomplishment would you say that you are most proud of? Raising 4 boys

What are your pets, and their names? Abby (dog) and Nubbins (cat)

Whom do you most admire and why? JS, a friend who excels in working with kids



Looking to hire qualified individuals to fill positions at your company?

~Amy Sljva-Blystone

The Employment Services department at Turtle Creek Valley would like to hear from you. We develop community employment opportunities for people with mental health disabilities while helping employers to fill essential positions. We work with adults who are at least 18 years of age, have at least a high school diploma or GED and have work experience or the motivation to be competitively employed. To qualify for recruitment assistance employers must 1.) Be willing to meet with an employment specialist to discuss job functions and preferred work hours and 2.) Interview pre-screened candidates to fill your employment needs. All of our services are at no cost to you. To learn more about all of the services we provide, please contact **Amy Sljva-Blystone** at (412)461-4100 ext. 714.

Please remember to ask your family and friends to designate Turtle Creek Valley MH/MR, Inc. as the recipient of their United Way gift through the Contributor Choice option when completing the United Way form, or donate online at www.unitedwaypittsburgh.org.

TCV's United Way code is #136.

A copy of the official registration and financial information of Turtle Creek Valley MH/MR, Inc. may be obtained from the PA Dept. of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

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Braddock, Pennsylvania
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Braddock, PA 15104