



TCV MH/MR, Inc.

# The Power of Prevention

Turtle Creek Valley Mental Health/Mental Retardation, Inc.  
Prevention Projects

Spring 2007

## What is TCV MH/MR, Inc. Prevention?

~ **Bernie Galanko**

TCV Prevention is a division of TCV MH/MR, Inc. – Department of Children and Family Services. Preventing youth drug, alcohol and tobacco use, promoting academic achievement, and reducing youth violence, delinquency and suicide is everyone's business. TCV MH/MR, Inc. Prevention provides a continuum of services for families, schools, communities and youth, which addresses these issues. We provide support services to student assistance programs, facilitate classroom education on prevention topics and run After-School Programs. We help organize community partnerships, such as the Tri Boro CTC, which addresses issues such as substance abuse, violence and delinquency. We also facilitate community-wide education campaigns for the reduction of tobacco and drug use.

Our staff is trained in the delivery of research tested prevention programs to insure success at positively impacting the lives of those we serve. Our services are made possible through a variety of funding sources including: Allegheny County Department of Human Services – Behavioral Health, Drug and Alcohol Program; Pennsylvania Commission on Crime and Delinquency; Tobacco Free Allegheny; and Safe and Drug Free School Program Grants through contracts with numerous school districts. Our programs have also been supported by private foundations and individual donations. **You can help too. For more information, call: 412-464-1522 x500.**

## Quarterly Topic: Parents and Teens

Useful Prevention Resources and Information: *This section of our newsletter is for additional educational materials and resources that a variety of our readers may find useful:*

Research shows that teens who have a positive relationship with their parents are less likely to engage in risky behaviors:

- Positive relationships /connectedness between parents and adolescents is linked to avoidance or lower use of alcohol, tobacco and illicit drugs.
- Adolescents who have high-quality relationships with their parents are less likely to initiate sex or be sexually active.
- Teens whose parents use a "balanced" parenting style – are warm and involved, firm in setting limits, and show respect for their teen – do better in school, report less depression and anxiety, have higher self-esteem and self-reliance and are less likely to engage in all types of risky or problem behavior, including drug and alcohol use, sex or violence.

The Office of National Drug Control Policy provides free publications to help parents build a positive relationship with their teenager. You may call their toll free number, 1-800-788-2800 or visit [www.theantidrug.com](http://www.theantidrug.com) for more information.



Teen Institute participants with storyteller Temjuin Ekunfeo  
See story on Teen Institute, Page 6

## TCV MH/MR, Inc. Tri Boro CASASTART Update

~ **Laura Schuchert**

TCV MH/MR, Inc. received a 4 year grant from Pennsylvania Commission on Crime and Delinquency for the Tri Boro CASASTART Program in May 2006. CASASTART (Striving Together to Achieve Rewarding Tomorrows) seeks to build resiliency in youth, strengthen families and make neighborhoods safer for children and their families. It promotes collaboration among key stakeholders within the Tri Boro communities to prevent substance abuse and violence among high-risk youth between the ages of 8 and 13 years old. CASASTART Case Managers provide cross-system case coordination to youth within their family home, school and community. Currently, there are 21 youth enrolled in the program. All participants attend one of the intermediate schools within the Woodland Hills School District, including: Ben Fairless, Dickson and Rankin. Several other CASASTART referrals are being processed while others, who are not eligible for the program, are receiving alternative services through TCV MH/MR, Inc. or other supports.

Key partners including: TCV MH/MR, Inc., CASA, the Tri Boro CTC, Woodland Hills School District, Juvenile Justice supports, local police departments and community members received initial training for the program in October 2006 from Larry Murray, one of the CASASTART developers. The partnerships continue to develop through the referral process, case management services, additional trainings and family activities. Case Managers collaborate with school supports daily as they work with youth at their identified schools. They are also available to work with youth participants on school related issues, including: school performance, homework and test-taking assistance. Case Managers also provide support to caregivers during school meetings, as the Case Conference Team identifies strategies to assist youth in achieving academic success and improve peer relationships.

CASASTART youth and their families are provided opportunities to participate in activities that promote positive family relationships. CASASTART participants partnered with members of the Tri Boro CTC and TCV MH/MR, Inc./ Salvation Army After School Program while attending an Underground Railroad Tour at the Heinz History Center. Youth participated in guided tours, which examined the institutionalization and economy of slavery, the rise of the abolitionist activism and the roots of the Underground Railroad. After the tours, youth also had the opportunity to view other exhibits with topics including sports teams, "9-11" and the First Ladies.

Other activities included an "Eat-n-Greet" on Saturday, March 24<sup>th</sup> hosted by CASASTART staff. Families networked over lunch and participated in several games facilitated by the CASASTART Case Managers throughout the afternoon. The CASASTART youth and family members also attended field trips to LoKay Bowling Lanes, Carnegie Science Center, Carnegie Sports Works and the Heinz History Center.

## TCV MH/MR, Inc./Salvation Army After School Program

~ **Laura Schuchert**

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

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 drug/alcohol use and violence.

Participants in the program 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.

In 2006, Equitable Resources and Highmark made generous contributions to TCV MH/MR, Inc.'s EITC After School Program by being members of the EITC (Educational Improvement Tax Credit Program). Being an approved EITC business allows companies to make a contribution to TCV Educational Improvement Programs and receive a 75% tax credit for a one-year commitment and a 90% tax credit for a 2-year commitment.

For further information on EITC, visit [www.newpa.com/programDetail.aspx?id=62](http://www.newpa.com/programDetail.aspx?id=62). TCV MH/MR, Inc. was recently reapproved for the second year, to receive EITC donations.



## TCV MH/MR, Inc. Tobacco Programs

Funded by **TobaccoFreeAllegheny**

For the 2006-2007 fiscal year, TCV MH/MR, Inc. received funding from the Master Tobacco State's Settlement through its primary contractor in Allegheny County, Tobacco Free Allegheny. The funding is to provide prevention, intervention and cessation services in schools and community settings regarding tobacco's health dangers.

The range of TCV MH/MR, Inc.'s tobacco services is wide. Whether it be presenting the Life Skills curriculum to elementary/secondary students in the hopes that they will not begin to smoke, to assisting young mothers that smoke to quit, TCV MH/MR, Inc. has made its tobacco programming known throughout the Mon Valley region.

In this newsletter, you will see and read about tobacco activities that have been conducted throughout the year. Outreach is a big part of reaching people in need of services and some of the articles highlight these activities. For further information regarding TCV MH/MR, Inc.'s Tobacco Programs, please contact us at 412-464-1522 x500.

### Resolve to be Tobacco Free



TCV Prevention Staff Erica Ways (left) and Christine Dario (right) help employees of the Steel Valley COG understand the new Allegheny County Smoking Ban

TCV's Prevention Department held the "Resolve to be Tobacco Free" event on Thursday, January 4<sup>th</sup> at the Steel Valley COG in Homestead and Westinghouse Human Services Center in Turtle Creek. The event was geared towards visitors and staff of the two buildings who made a New Year's resolution to quit smoking. TCV staff engaged a

number of adults. Some received verbal information, some received literature, and some pre-registered for TCV Tobacco Cessation Classes.

Resolve to be Tobacco Free also was set up in the two buildings to remind everyone of the new Clean Indoor Initiative in Allegheny County.

### Important update on the status of PA Clean Indoor Air Legislation!

~ **Bernie Galanko**

At this point in time all indications are that the PA Clean Indoor Air Act, Senate Bill 246, will come up for a vote in the state senate by June 30, 2007.

If passed, this bill would ban smoking in all public places statewide: including, bars, restaurants and workplaces.

It is estimated that every year, over 2,500 people die from secondhand smoke and pregnancy smoking in Pennsylvania. Statewide, there is an estimated 3.94 billion dollars in lost productivity every year. (Campaign for Tobacco-Free Kids).

Now is the time to contact your elected officials to educate them on the importance of clean indoor air and the harmful effects of secondhand smoke. Your call or email is your voice to be heard! State legislators do not know your opinions unless you make them known!

If you would like to contact your state senator but don't know how, call the TCV MH/MR, Inc. Prevention Department at 412-464-1522 x500. We can help you identify who to contact and how. We appreciate your support in anti-tobacco legislation.

## Hoop It Up

~ Shannon McCleary

Each Spring, the East End Cooperative Ministries hosts a three weekend basketball tournament for local youth. This year, the theme was "Kickin' Butts Smoke-Free in 2007." The goal of the program is to encourage students to establish healthy behaviors in their daily lives.

Tobacco Prevention Specialists Christine Dario and Shannon McCleary represented TCV MH/MR, Inc. at the event on Saturdays, April 14<sup>th</sup> and 21<sup>st</sup>. At the event, they set up a tobacco education booth and tobacco jeopardy game. Throughout the event, youth and their families stopped by the booth to learn some tobacco facts. Youth competed in the Jeopardy game and were surprised by the tobacco facts that they learned. Over 170 youth competed in the Hoop It Up Basketball Tournament.



Above: Shannon McCleary and Christine Dario pass out information from their booth at the Hoop It Up Tournament



Left: Ian and Brandin were two young boys who were interested in the tobacco jeopardy game. Toward the end of the day, they read the questions to other youth

## Kick Butts Day

TCV MH/MR, Inc. Tobacco Prevention staff delivered over 650 flyers to promote Kick Butt's Day and TCV's free tobacco cessation classes to Park Elementary School, Brentwood Middle School, Chartiers Valley, Shaffer Primary, Wilkins Primary and Gateway schools.

Kick Butts Day was on Wednesday, March 28<sup>th</sup>. Shannon McCleary, Tobacco Prevention Specialist, gave a presentation at the TCV MH/MR, Inc./Salvation Army After School Program. Thirty students participated in the presentation. The children participated in a tobacco trivia game, where a basketball, football, kickball and soccer ball were rewarded to the winners. The kid's were very interested and active in the presentation and asked many excellent questions.

Erica Ways also set up a tobacco education booth from 10-3 at the Braddock Salvation Army to provide information to community memberships.

To find out more information about Kick Butt's Day, please visit [www.kickbuttsday.org](http://www.kickbuttsday.org).

Funding for Kick Butts Day activities was provided by Tobacco Free Allegheny.

## Great American Smoke-Out

~ Shannon McCleary

TCV MH/MR, Inc. participated in the Great American Smoke-Out on Thursday November 16<sup>th</sup> at the TCV's Steel Valley COG and Turtle Creek sites. TCV's Prevention Staff did a great job of publicizing the event by passing out over 800 flyers to local school districts and various community organizations, such as: East Allegheny Schools, West Mifflin Schools, Ben Fairless (Woodland Hills School District), Rankin (WHSD), Shaffer (WHSD), Gateway Schools, Rankin Christian Center and the Duquesne Community Partnership. The flyer explained what The Great American Smoke Out is and also



TCV MH/MR, Inc. Tobacco Prevention staff, Anthoni Fabian passed out Smoking Cessation information at the Westinghouse Human Services Center

promoted our year round smoking cessation classes.

At the two information booths, individuals were able to sign pledge cards, sign up for cessation classes, and also enter to win a \$20 gift certificate to Target. There was one winner at each location! Prevention staff were so pleased that they were able to speak to over 50 people that day! Eight people were referred to our smoking cessation classes, 5 pledge cards were signed and 41 brochures were handed out.

***TCV MH/MR, Inc. provides tobacco prevention and cessation services through a contract with Tobacco Free Allegheny. For more information on tobacco prevention and cessation services provided by Turtle Creek Valley Mental Health/Mental Retardation, Inc. please call 412-464-1522 x500.***

## “Snax for Fax” Update

~ Shannon McCleary

In September, the Tobacco Prevention Project of TCV's Children and Family Services began a fun and educational program within the community. Each week a tobacco related question was faxed to participating organizations. Afterwards the participants fax back their answer. Out of the correct answers, a winner is randomly drawn. Each weekly winner receives a gift basket from Panera Bread. When the program began, there were 28 participating organizations, now it developed to include **69** organizations!

Since the program has grown, TCV was able to make changes to better accommodate the participant's needs. The large number of school nurses that participate expressed the need for educational materials. In response, TCV and Tobacco Free Allegheny decided to change their prize. If a school nurse wins, instead of the Panera Gift basket, we now give them a \$20 gift certificate to State of Health Products (an educational materials/supplies company). They have been very happy with this new change. Since the school nurses no longer receive the “snax” part of the title, we changed the name for them to “Fax for Fun.”

We have also begun sending the questions via email, “Facts for Fun”, due to a number of requests. The email version is done exactly the same way as the faxed counterpart. Each week a tobacco trivia question is emailed to the participants, they email back their answer and all correct answers are entered into the drawing at the end of the week. Since people spend more and more time on their computers, this might be easier than the faxes.

Even though the program has expanded and now has three different names, the purpose of the program still remains the same: to educate others on the dangers of tobacco AND to promote the free tobacco cessation classes offered at TCV. If your organization is able to make referrals to our cessation classes and is not yet part of Snax for Fax, contact Shannon McCleary x504. Free tobacco cessation classes are offered at the Steel Valley COG in Homestead and Westinghouse Human Service Center in Turtle Creek. *Snax for Fax is funded by Tobacco Free Allegheny.*

## TCV MH/MR, Inc. Holds 25<sup>th</sup> 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 25<sup>th</sup> 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.



United Steelworkers of America's Linden Hall

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.

The schools attending the Teen Institute this year were: Allerdice, Brashear, 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.

## Tri Boro CTC To Receive NAACP Award

The Tri Boro Communities That Care will be recognized at an upcoming awards banquet, sponsored by the NAACP, on June 10 at the VFW in North Braddock for the Community Service category. The Tri Boro CTC was chosen because of their dedication and committed services in providing prevention activities and services to area youth. The Tri Boro CTC is funded, in part, by PCCD. TCV MH/MR, Inc. is the lead fiscal agent.

## TCV Prevention Interfaces with Woodland Hills School District S.H.I.N.E Program

~Christine Dario/Steve Zmigrosky

The S.H.I.N.E. (Students Hooked Into Neighborhood Education) Program is an after school program run by the Woodland Hills School District for children in grades 4-8. The program helps students better prepare for standardized testing and provides life skills and other enrichment activities. For the 2005-2006 school year, the S.H.I.N.E. program was administered at 5 locations: Rankin, Edgewood and Dickson Intermediates; Braddock Library; and Woodland Hills East Junior High.

In 2006, TCV Prevention staff **Erica Ways** and **Christine Dario** conducted lessons at Rankin Intermediate and the Braddock Library. In 2007, TCV programming was held at East Junior High, Edgewood and Dickson Intermediates. TCV's classes were held once a week at each site for 2 hours.

Each week a new topic was discussed. Some of the topics included: communication, self-esteem, decision making and stress. Instead of a classroom atmosphere, activities were tied in with each lesson plan. These activities, such as collage making, gave the children an opportunity to interact with one another and gain a better understanding of the topic being discussed. In 2006, forty-four students participated in the program. In 2007, the program grew to seventy-five students.

## What is the Tri Boro CTC?

The Tri Boro Communities That Care (CTC) is a prevention project that is a process used to promote the positive (healthy) development of children and families and to prevent adolescent substance abuse, violence, delinquency, school dropout and teen pregnancy. The CTC process involves enhancing communication and cooperation among service providers, elected officials, police departments, sports and recreation programs, schools, churches/faith-based initiatives, businesses and most importantly, community residents and youth.

If you wish to know more about the Tri Boro Communities That Care (CTC), Lisa Freeman, the Tri Boro CTC Community Mobilizer, would be happy to talk with you individually. You may call her at 412-464-1522 x570. Or, you are always welcome to attend one of the upcoming CTC meetings. The next meeting will be held at 723 Braddock Ave., in Braddock, on June 13 at 1 PM.

## Nominate Your Tri Boro "Unsung Hero"

Recognize an outstanding person committed to the communities of Rankin, Braddock and North Braddock for a Tri Boro Excellence Award. Tell us what makes this person a Person of Excellence. One person from the following categories will be recognized at the Recognition Event on Thursday June 28, 2007 from 7-9:30 at Grandview Golf Club: Business; Community Service; Education; Health Care; Law Enforcement; Media; Government; Faith Based Organizations/ Churches; Social Service; Youth Sports; Other.

You must include your name, telephone number and in 200 words or less, explain how this special person has made a difference in the life of a child. Nominations must be mailed, faxed or hand delivered to: Lisa Freeman, TCV MH/MR, Inc., 1705 Maple Street – B1, Homestead or fax: 412-461-1325.

## Southwest Region CTC Youth Conference

The 5<sup>th</sup> Annual Southwest Region Communities That Care (CTC) Youth Conference was held April 21-22, 2007 at Camp T. Frank Soles in Rockwood, PA. The conference was sponsored by the CTC organizations of Southwestern PA and the Center for Juvenile Justice Training and Research (CJJT&R), Shippensburg University, through a grant from the PA Commission on Crime and Delinquency.

Thirty-two youth ages 14-17 from the Duquesne CTC (Allegheny County), McKeesport CTC (Allegheny County), Tri Boro CTC (Allegheny County), Monessen CTC (Westmoreland County) and Blair County CTC participated in the overnight retreat with fifteen adults from the southwest region CTC sites.

The youth participated in workshops designed to increase their knowledge of the CTC process and their ability to share with others, which are key aspects of the CTC healthy youth development model. The opening session was an overview of the CTC operating system, presented by CTC state trainer Bernie Galanko (TCV MH/MR, Inc. and Tri Boro CTC Project Director).

All the youth completed the low elements ropes course and had the opportunity to enjoy outdoor activities such as paddle boats, basketball, volleyball and hiking during their stay at the McKeesport YMCA Camp Soles facility. The youth created crafts and held a dance during their free time on the first day.

On the second day, youth participated in workshops. Bernie Galanko led a workshop that included a drum circle and discussion on the positive experiences that they had during the conference.

The 2007 conference was held as a part of a larger effort to develop the Southwest Region CTC Youth Commission. The hope is that these youth will become CTC ambassadors and help establish youth councils at other CTC sites across the region and state.



## Tri Boro CTC's Community Violence Prevention Forum a Great Success!



Over 300 people attended the Tri Boro CTC's Community Violence Prevention forum on Friday, November 3<sup>rd</sup>, at the Braddock Carnegie Library. The night began with an explanation of the Tri Boro CTC and a shortened performance by the Tri Boro Youth Council of the play called "Bang, Bang You're Dead". After the play, Allegheny County Chief Executive Dan Onorato gave the opening remarks

at the forum. He spoke of how impressed he was with the large turnout, being that there was a semi-finals Woodland Hills football game occurring at the same time and his emphasis that in order to combat the violence, we all have to help.

After Mr. Onorato spoke, a panel discussion between Braddock Mayor John Fetterman, Rankin Police Chief Ryan Wooten

and Braddock Police Chief Frank DeBartolo was held. This forum allowed the audience to pose questions to local officials about unsolved murders, drug dealers and delayed police response times. Children, community members and the panel were able to have a great dialogue. One audience member stood up and said that the police were not at fault for not solving the murders in Braddock, but the community was at fault for not stepping forward and reporting crimes that they see happening.

In 2005 alone, Braddock, North Braddock and Rankin saw 15 young people murdered. In all, 50 people were shot that year.

The forum was facilitated by Tri Boro CTC, which is a community building organization working to help youth find positive alternatives to violence and drug abuse. **The community forum was made possible by the generous support of the event sponsors: Children's Hospital of Pittsburgh, Rankin Christian Center, Sheridan Broadcasting Corp - WAMO 106.7 FM and Watts Memorial Chapel.**

Tri Boro CTC is funded by the Pennsylvania Commission on Crime & Delinquency.

TCV MH/MR, Inc. is the lead fiscal agent.



Mayor John K. Fetterman, Rankin Police Chief Ryan Wooten and Braddock Police Chief Frank DeBartolo field questions from the audience

## TCV MH/MR, Inc. Programs and Locations

### Administrative Office

723 Braddock Avenue  
Braddock, PA 15104  
412-351-0222

#### Administrative Office

- Service Coordination Unit
- Adult Mental Health OP
- Human Resources

### East McKeesport Location

St. Robert Bellarmine School  
1301 5th Avenue, First Floor  
East McKeesport, PA 15035  
412-823-0600

- Mental Retardation Adult Training Facility
- Community Link
- Mental Retardation Residential Services and Support
- Senior Program

### Homestead House

1800 West Street, Rear  
Homestead, PA 15120  
412-462-9901  
412-464-9748 - ICM

- MH Partial Hospitalization
- Community Residential Rehabilitation Services
- Adult MH Outpatient
- DAS Program
- Case Management Services
- Mental Health Medical Monitoring Program
- Crisis Intervention

### Steel Valley COG

201 East 18th Avenue  
Homestead, PA 15120  
412-461-4100

- MR Adult Training Facility
- MH Adult Outpatient Program
- Psychiatric Rehabilitation
- Social Rehabilitation Program
- MH Supported Employment

### Steel Valley COG

1705 Maple Avenue  
Homestead, PA 15120  
412-464-1522 - Prevention/Intervention  
412-464-4781 - Outpatient/Wraparound  
412-461-1004 - Resource Coordination

- Community-Based Wrap Around
- Resource Coordination
- School-Based Services
- Tobacco Prevention & Cessation
- Truancy Intervention Program
- Tobacco Cessation Program
- Underage Drinking Program
- Strengthening Early Learning Supports

### South Side Location

70 South 22nd Street  
Pittsburgh, PA 15203  
412-381-2100  
412-488-6446 - Driving Under the Influence Program

- HIV Early Intervention Program
- DUI Program
- Adult Drug & Alcohol Partial Hospitalization
- Drug & Alcohol Intensive Adult Outpatient & Outpatient Services

### Turtle Creek Location (Adult Services)

519 Penn Avenue, 2nd Floor  
Turtle Creek, PA 15145  
412-824-8510

- Mental Health Adult Outpatient
- Adult Drug & Alcohol Outpatient

### Turtle Creek Location (Child & Adolescent Services)

519 Penn Avenue, 3rd Floor  
Turtle Creek, PA 15145  
412-349-0632

- Children and Family Services Outpatient

For further information,  
please contact:

**TCV MH/MR, Inc.**  
*Children and Family  
Services*

1705 Maple Avenue, B3  
Homestead, PA 15120

412-464-1522 x500

**Upcoming Events for the  
Prevention Department  
of TCV MH/MR, Inc.**  
*Children and Family  
Services*

June 13, 1 PM  
CTC Board Meeting at TCV

June 21, CASASTART  
Family Dinner

June 23, 6:30-9:30 PM  
CTC "Unsung Heroes"  
Banquet

July 10, CASASTART  
Kennywood Picnic

**Judy Monahan  
Grystar, LSW**  
*TCV MH/MR, Inc.*  
*Executive Director*

**TCV MH/MR, Inc.**  
*News Staff*

**Kimberly Mroziak**  
Editor/Layout

#### **Contributors**

Janet Carroll  
Christine Dario  
Bernie Galanko  
Anthoni Fabian  
Lisa Freeman  
Shannon McCleary  
Laura Schuchert  
Arlene Shanks  
Erica Ways  
Steve Zmigrosky



TCV MH/MR, Inc.

# The Power of Prevention

Turtle Creek Valley Mental Health/Mental Retardation, Inc.  
Prevention Projects

## What's Inside

- Page 1 - What is TCV MH/MR, Inc. Prevention?
- Page 2 - TCV MH/MR, Inc. Tri Boro CASASTART Program
- Page 2- TCV After School
- Pages 3, 4, 5 - TCV Tobacco
- Page 6 - Teen Institute
- Page 7,8 - Tri Boro CTC
- Page 9 - TCV MH/MR, Inc. Programs

*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](http://www.unitedwaypittsburgh.org).*

**TCV's United Way code is #136**

A copy of the official registration and financial information of TCV 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.

**Requests for additional information should be directed to Kimberly Mroziak (412)351-0222 x420**

TCV MH/MR, Inc. Prevention Department

[www.tcv.net](http://www.tcv.net)

Non Profit Organization  
U.S. Postage  
PAID  
Bradock, Pennsylvania  
Permit No. 13

TCV MH/MR, Inc. Prevention Department  
1705 Maple Street, B3  
Homestead, PA 15120