



# Turtle Creek Valley News



## TCV MH/MR, Inc. Agency Newsletter

### TCV Agency Picnic

TCV staff, friends and families had a great time at the Agency Picnic at the Riverplex picnic area, which is adjacent to Sandcastle. There were 208 employees who attended lunch with 288 guests. Employees were able to purchase discounted tickets to Sandcastle. After lunch, about 511 people enjoyed the hot and balmy weather on the lazy river or slides.

Door prizes were raffled off to staff. Companies that donated the door prizes included: *Babb, Inc.*, *Environmental Air Systems*, *Bob Scherer – Locksmith*, *Omega Federal Credit Union*, *Vic Joyce – Paper Products Co.*, *Pittsburgh Pirates*, *Pittsburgh Steelers*, *Pittsburgh Zoo*, *Premier Comp Solutions* and *Kmart*. Thank you to all donors.

Thanks to the following staff members who participated in the planning and those who volunteered to work the day of the picnic. Members of the Risk Management Committee who were involved in the planning stages, were: **Jean Pingor, Janie King, Carrie Johnston, Bart Vant, Jean Frand, Anita Gunkle, Joe Sipior** and **Nancy**



Playing outdoor games

**Naulder**. Staff who volunteered to work the day of the picnic included: **Jean Miller, Margaret Clapie, Mimi Silinski** and **Janie King**. A special thanks to **Pat Ogilvie** for coordinating the event. This will be her last year of planning the picnic since she will be retiring in September.

Everyone had a great day. Hope to see everyone next year!



New TCV Board member, Errol Miller



Getting ready to go to the waterpark



Enjoying each other's company

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### TCV Thanks Tickets For Kids!

TCV would like to thank Tickets For Kids for their great generosity in donating tickets and admissions to several places in Pittsburgh. **Karyn Bertok** and other chaperones took children who receive services from TCV to a Pirate game and a roller rink event called “Romp and Roll.” The children had a great time at both events. **Steve Zmigrosky** also took 4-6 children who receive TCV services on the Gateway Clipper and to the Carnegie Museum, the Pittsburgh Zoo, National Aviary and a Pirate Baseball game. The children commented that they enjoyed all of the field trips. Several were interested in the history of the Gateway Clipper tour and others were interested in the art work and gem/mineral room at the Carnegie Art Museum.

## TCV Computer Corner

TCV News has a new edition to its quarterly newsletter! Every quarter, there will be a featured section from the IS department giving computer tips to TCV staff. The July edition will have information on the Out of Office assistant and how to log onto the network email from your home computer. If you have a topic that you would like to be covered in the October edition, or have a question that you would like answered here, please email: [support@tcvmhmr.org](mailto:support@tcvmhmr.org).

### TCVMHMR Tech Tips

~ *Martha Zucco and Mike Mariaskin*

#### **Technology Defined:**

Network: (n.) A group of two or more computer systems linked together. (v.) To connect two or more computers together with the ability to communicate with each other.

The TCV MH/MR, Inc. corporate network consists of 6 offices (Braddock, Turtle Creek, Homestead House, Steel Valley COG 1, Steel Valley COG 2 and South Side) connected via high speed data lines and remote sites (Tioga Street, 16th Ave and Breezewood) connected via encrypted secure virtual connections. By the end of the summer, the IS department hopes to have all remaining residential sites connected to the network so all employees can enjoy the benefits of being on the network.

#### **Did you know?**

Did you know that you can check your agency email (username@tcvmhmr.org) from any computer on the network? It's easy and only takes a few minutes to setup. For directions, open Internet Explorer and go to the following address:

<http://www.tcvmhmr.org/support/> (Note: This site is only accessible to network users.)

The file called "Microsoft Outlook Setup Instructions" will walk you through the setup instructions. If you have already attempted unsuccessfully to setup your email, please use the file called, "Microsoft Outlook No Wizard".

***You can then login using the following format.***

Domain\Username: tcvmhmr\your\_network\_username

Password: your\_network\_password

#### **How do you let someone know you're on vacation without sending an "All User Email"?**

The proper way to notify staff of your vacation time is to turn on the out of office message on your email account. This way the only people that will receive your message are the people that email you. It will send back the message to the sender the first time they email you after you turn the out of office assistant on.

#### ***The instructions are simple to follow:***

In Outlook, click the "tools" menu and select "Out of Office Assistant". Click the radio button for "I'm current out of the office". Then key the message you would like everyone to receive that emails you. For example, "I am out of the office until September 30th. Please email whoever, if you need assistance before then." If you need additional help, call **Mike** at 425, or **Bob** at 424 or email [support@tcvmhmr.org](mailto:support@tcvmhmr.org).

## **2<sup>nd</sup> Annual Basketball Challenge**

The 2<sup>nd</sup> Annual Basketball Challenge will be held on September 30, 2005 at the Carnegie Library Athletic Center in Homestead. The event will start at 4:00 p.m. and food will be provided after the event at the COG building. Tickets are now available for \$2.00 each. Proceeds benefit the Psych and Social Rehabilitation Department. If you are interested in playing or want more information about this event, please contact **Amy Sljva-Blystone** at (412) 461-4100 ext. 714 or **Gail Gantt** at (412) 461-4100 ext. 724.

## Brinton Manor Consumers Go To the Shore

~Manaya King

On June 25, 2005, Brinton Manor consumers set sail for Sea Isle City, New Jersey for a week filled with fun and relaxation. While in Sea Isle City, they walked the boardwalk, played miniature golf and lounged on the beach. Sea Isle City is located in the middle of all of the New Jersey shores so there was a lot to see. Dinner at the Taj Mahal in Atlantic City was exciting. Watching the sunset at Sunset Beach was another memorable attraction. While watching the sunset, they participated in the traditional evening program of playing Taps, God Bless America and the Star Spangled Banner. Next, they moved on to visit Cape May where they did some shopping and site seeing. They visited Ocean City and Stone Harbor. Last, but not least, they really enjoyed Wildwood, where they visited more than once. At Wildwood, they enjoyed shopping, walking on the boardwalk and eating ice cream. All 12 consumers had a great time!



*Watching the sunset at Sunset Beach*

### Welcome to new employees!

Lisa Freeman - SV COG Family - CTC  
Christine Gerhold - CRRS HH  
Laura Halaszynski - SV COG Family  
Lula Mae Long - St. Robert's ATF  
Janell Runco-Anguon - HH - RC  
Rachel Young - SV COG - Child RC



### Goodbye and Good luck!

Barbara Garrison - CRRS HH  
Dwight Hill - CRRS HH  
Michal Inspektor - HH Partial/IOP  
Brian Johns - SV COG - Child RC  
Anthony Klimko - 723 Maintenance  
Larry Mariani - 723 Maintenance  
Jesse Nelson - CRRS Rankin House  
Carmella Pickle - St. Robert's  
Julia Scrima - CRRS HH

## From the Mountains to Highland Park

~ John Miekle

This summer at Psychiatric and Social Rehab Department, we all decided to go on our version of a road trip. There's nothing like a change of scenery and an adventure to help in all of our recoveries.

The first excursion was to Ohiopyle State Park, in the Laurel Highlands. The vans were packed, sandwiches, drinks and snacks secured and the PSR program took to the road –getting in touch with nature and the great outdoors!

Though the weather reminded one of Bonnie Scotland – a wee bit damp – the day did clear up and sunshine was spotted several times. Our spirits were high and the views were breathtaking. We picniced on top of a mountain, strolled by the falls, hiked over ravines and found a little café in the village.

Simply being in such a pristine, natural environment seemed to be such a positive impact on us and the camaraderie between us certainly reinforced our sense of connection and community. We even managed to stop at a tasty chocolate store on the way back.....a marvelous day out.

Our second trip this summer was to the wilds again...the wild environment of Pittsburgh Zoo in Highland Park. This time the weather factor had shifted to very, very hot! So, iced drinks and more iced drinks accompanied us all.

To the tune, "If I could talk to the animals....." we strolled through Pittsburgh's version of Africa, Asia and Coral reefs. We met the three bears, monkeyed around, performed with the seals.... And got up close to the Komodo Dragon.

It was such an enjoyable and interesting experience for us all. To have the opportunity to experience the way of life of other species, to share the day with friends and walk among the wonders of the animal kingdom.

Thanks to the PSR Dept. and TCV MH/MR for giving us all the chance to enjoy our summer with these adventures!

## “It Takes a Village” .....

~ Linda Miller Green

Most of us have heard the quote from Hilary Rodham Clinton, “It takes a village to raise a child”. I would like to borrow that and say it takes a village to provide residential services to the individuals we support.

The last issue of the Newsletter noted the move of 2 of the individuals from the **Payne Street CHIMR** and 2 of the individuals from **Electric Avenue CHIMR** into a 4 bedroom home in West Homestead. That doesn't sound hard, but the people behind the scenes know it is not so easy.

First was the hard work of administrative staff, **Mary Jo Napolitano, Jerry Potts, Tom Bach, Judy Monahan** and **Gail Burner**, working with Jodi, the real estate agent from Walnut Capital, to locate a house that would meet the individual's needs as well as having the potential of becoming a beautiful home. Many houses were investigated. Finally, the house on **Breezewood Drive** was chosen. The Board of Directors approved the proposed purchase and our bid was accepted.

The next “villagers” to become involved in the move were the Agency's dedicated maintenance staff. They did so much in a very limited amount of time. Thanks go out to Jerry Potts, **Fred Mintus, Bill Bohin, Chuck Scripp, Jason Pingor, Tony Klimko** and **Larry Mariani**. Each has played a role in the move; remodeling and transitioning the individuals into their new home.

Then let's not forget the tireless staff of the Electric Avenue and Payne Street sites, who spent hours assisting the individuals with packing their possessions; and trying to convince the “pack rats” to dispose of some excess belongings. Again, this was done in a short time frame. Yet, everything was ready to go the day of the move. The work of **Sai Carswell, Jackie Davis, Kelly Ferron, Janet Yniquez, Marg Williams, Mike Tatich, George Poser, Linda Perris, Joanne Batyi** and **Heather May** is greatly appreciated.

Moving day came. Special thanks to **Jeannie Pingor**, Janet, Tom, Mary Jo, Gail, Jason and Fred, who were instrumental in assisting the site in organizing boxes, unpacking, ordering food, putting things together, etc., etc. Marg, Joanne, and Heather put in extra time to assist the individuals settle into their new home. Phil Moses and **Tina Wimbs** helped by transporting individuals and seeing to their dinners.

The efforts of the “villagers” are on-going. The maintenance staff continues to make improvements in the home. Tina, Mary Jo and **Dave Chara** assist with the provision of transportation to day programs. The Van Committee and New Beginnings ATF graciously agreed to locate a New Beginnings' minivan at the Breezewood CHIMR. This has given the individuals and staff more opportunities to get out into the community.

Was all the work done by this large team worth it? All I can say is, you should have been there when **Helen** came to her new home the first day. She jumped up and down in the driveway with excitement. I would have to say yes, it was and continues to be more than worth it!!

There will be an Open House scheduled soon. Come and join us in celebrating the opening of this new home.

## Mentors of Faith

TCV's collaborative effort, the Tri Boro Prevention Network, held it's First Annual “*Mentors of Faith*” dinner program at the Holiday Inn Parkway East on July 20<sup>th</sup>.

At the event, attendees heard testimonies from individuals who have established community mentoring programs at their respective churches. Big Brothers and Big Sisters of Greater Pittsburgh shared Best Practices information on congregational volunteerism as it relates community outreach. TCV representatives discussed various partnering options available through the Tri-Boro Communities That Care process. The featured musical guest was nationally known gospel recording artist Evangelist *Nikki Smith* from Pentecostal Temple Church of God In Christ.

The dinner was an effort to develop a vehicle for collaboration between religious and non profit organizations in the recruitment and training of adult mentors.

## Mentoring Awareness Day

TCV's collaborative effort, the Tri Boro Prevention Network, held a "Mentoring Awareness Day" at the Homestead Waterfront courtyard area on June 4<sup>th</sup>.

The free event was emceed by Anji Corley from the WAMO morning show. The Flow Band, a local reggae and R&B group, was the musical entertainment. Children met players from the Pittsburgh Passion female football team and participated in obstacle courses and competitive games. The Woodand Hills Youth Coalition Against Tobacco provided health education displays and the Family Smoke Free Pledge.



Anji Corley from WAMO hosts the game show

The goal of the event was to make community residents aware of mentoring opportunities that are available for the children of the Tri Boro neighborhoods of Rankin, Braddock and North Braddock. The Tro Boro Prevention Network currently has a waiting list of over 120 children who are in need of mentors and are participating in community-based after school prevention programs at five community locations during the school year.

During the course of the day, 200 people inquired about the outreach initiative and mentoring opportunities. We are continuing to recruit adult volunteers who are willing to make a pledge to an underprivileged youth on a weekly basis for a minimum commitment of one year. The project also has other options that are focused on workplace, school and faith base mentoring. TBPN would like to develop new partnerships with local merchants, civic groups, and corporate entities for possible traditional and/or workplace mentoring opportunities.

Turtle Creek Valley MH/MR Inc, Tri-Boro Communities That Care, Big Brothers Big Sisters of Greater Pittsburgh, Greater Pittsburgh Mentoring Association, UPMC Braddock, Woodland Hills School District, Resurrection Baptist Church, Calvary A.M.E Church, Children's Hospital Injury Prevention, Family Care Connections and the Pennsylvania Department of Health are all members of the Tri Boro Prevention Network.

For more information, please contact **Rick Williams** at (412) 351-0222 ext. 421 or [rwilliams@tcvmhmr.org](mailto:rwilliams@tcvmhmr.org).

Thank you to the Waterfront businesses that gave items to raffle off as prizes for the "Tobacco Jeopardy" game participants



## Employee Spotlight

*Every newsletter will randomly profile an employee. Who will be in the next issue?? Michelle will be leaving TCV in August. Good luck!*

**Employee Name:** Michelle Sullivan

**Site Location:** South Side - Alternatives

**How long have you worked here?:** 4 Years

**What is your position?** Drug & Alcohol Outpatient Therapist

**What do you like best about working at TCV?** Flexibility, great co-workers and supervisor!

**What was your very first job?** File clerk

**What is your favorite movie of all time?** Any of the Cary Grant movies, especially "An Affair to Remember" or Aresenic and Old Lace

**If you could have dinner with anyone (living or dead) who would you choose?** Maybe Thomas Jefferson or John Adams. It would be nice to learn first hand about their ideas and visions and discussions about nation building.

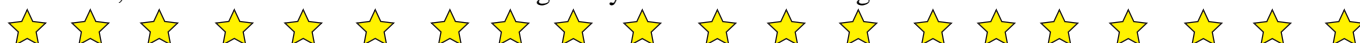
**What three things can always be found in your refrigerator?** Ice cream, bananas and frozen food

**What is your favorite vacation spot?** The Carribean or Vegas

**What accomplishment would you say that you are most proud of?** I'm still a work in progress

**What are your pets, and their names?** None at the present time. I miss having a dog!

**Whom do you most admire and why?** Too many to mention...Mother Theresa comes to mind due to her selflessness; I admire our clients for overcoming many odds to reach their goals!



## National Mental Health Association Conference 2005 in Washington D.C.

**Sandra Kogut**, who works in the Employment Services Department received a scholarship to attend the 2005 Mental Health Association Conference in Washington D.C. from June 8-12, 2005. The conference was at the Hyatt Regency Hotel on Capitol Hill.

The scholarship was given by CMHA (Center of Mental Health Association), which is a division of SAMHSA (Substance Abuse and Mental Health Services Administration). To obtain a scholarship, you needed to complete an application, send at least one letter of recommendation and prepare a 2-5 page report after the conference.

The scholarship covered her travel expenses, hotel expenses, registration fee and a per diem amount for food and incidentals. With the registration fee, she could attend various workshops, meetings, classes and meals during the three days.

There was a wealth of information and the chance to hear and express her opinions about up-to-date services, technology and political viewpoints. The staff from the National Mental Health Association were very friendly, helpful and the consumers were respected and valued.

It was truly a life-changing experience for Sandra and she hopes to attend more conferences in the future. Sandra would also like to help and assist consumers who would like to apply for a future conference or obtain information on topics concerning consumer advocacy, political information, consumer web sites, and consumer tool kits and guides.

If you would like more information, call **Sandra Kogut** at 412-461-4100 Ext. 719 on Tuesday and Thursday between 11 AM – 4 PM.

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

**May 2005:** Rose Batyi, Margaret Clapie, Vicki Karabasz, Diana Omeis and Donna Sabol.

**June 2005:** Dionne Sullivan and Mike Mariaskin.

**July 2005:** Jennifer Pingor, Linda Holt and Ron Rodman

## Attention TCV Vendors and Other Employers!!!

Have you heard about the Employment Services Department through TCV and how we can assist you in filling vacant positions?

**It's simple...Give us a call!**

***Wanted for Hire:** File Clerk - Janitorial - Data Entry - Dishwasher - Mailroom Clerk - Clerical Aide - Food Service - And more...*

We have job ready candidates utilizing our services that are seeking contract, part-time and full-time positions.

For more information about employing persons in recovery and how you can benefit from this service, please contact **Amy Sljva-Blystone** at 412-464-4100 ext. 714 or **Emily Rankin** at 412-461-4100 ext. 779. All of our services are at no cost to you.

TCV MH/MR, Inc. Employment Services provides services to individuals with psychiatric disabilities to help them choose, get and keep a job by applying the necessary skills required for the positions. Services provided are individualized for each job candidate. We are committed to providing each job candidate with the services that they need. Services range from initial contact, resume building, job searching skills, interview skills and follow-up after they are hired.

When asked what they thought about Employment Services and working, two consumers had this to say:

“Employment Services helped me to get the job. It was something that I couldn't do by myself at the time. I didn't have a resume. Working has been a positive experience for me. It keeps me busy and I enjoy getting out and dealing with the public.”

- Edward

“Thanks to Employment Services, I got a job! I've been there for four months now. I like my job. I like doing janitorial work and I'm learning a lot. It's good to get a paycheck. It's tough to get a job but when you do it feels good to be out in the community.”

- Joseph

## Risk Management Committee News

The risk management committee is a multi-disciplinary committee made up of staff from various programs throughout the Agency that meets on a monthly basis. Because TCV has a risk management committee that meets monthly, the agency receives a 5% discount on its annual premiums for worker's compensation insurance. An annual training for the committee members was held in January of this year. The committee welcomed several new members this year. The current committee members include: **Pat Ogilvie, Joe Sipior, Jerry Potts, Mary Jo Napolitano, Janie King, David Chara, Carrie Johnston, Dan Kostyak, Jean Gersna, Jean Pingor, Bart Vant, Aarons Rivers, Jean Frand, Nancy Naulder, William Ross, Kim Mintus and Anita Gunkle.**

The committee members review all employee incidents on a monthly basis for patterns and trends. The number of employee incidents that have resulted in injuries for the past fiscal year was very low. The dollar amount paid out in worker's comp claims for the last fiscal year (2004-2005) was less than 25% of the yearly premium.

Recently, the committee toured two agency sites: Rankin House and South Side. The committee tours different sites throughout the Agency each year and implements changes when safety issues are identified. Some major changes were made recently at several sites, including: Crestview, Homestead House, and Breezewood to address safety concerns. New landscaping was installed at Homestead House to prevent individuals from walking through the grassy area by the Gazebo. A new sidewalk was installed at the Breezewood site. Non skid treads were installed on all interior steps and non skid lines were painted on the exterior stairs at Crestview.

## On To Harrisburg!

*~ Femi Odumosu - Resident Advisor - The Next Step CRR - Homestead House*

The individuals who live at Homestead House had a very successful trip to Pennsylvania's state capitol. We departed the Homestead House at 7:30 AM on June 7, 2005. The ride on the way up was very pleasant. Upon our arrival, Senator Jay Costa greeted us. We spent some time talking with him. We then continued with a tour of the capitol. For those of you who have never seen it, visiting it is beautiful. After covering the capitol, it was time to head back to Pittsburgh. On the way back we stopped to grab a bite to eat (another good part of the trip). On the way back many chose to catch some shuteye. We arrived back at Homestead House around 9:30pm. The memories of this trip will long be cherished - from the taking of the group picture, to viewing the Senate chambers. For me it was great.

**Kevin** was quoted as saying, "It was great, I liked it." **Amanda** added, "It was a wonderful trip, I had fun." **Derrick** concluded by stating "The weather was great! I would like to go again."



*Homestead House residents touring the capitol*

## Right To Know Ordinance

*~J.R. Brenner*

On June 14, 2005 I attended a public hearing in the Gold Room of the Pittsburgh Court House on the Right To Know Ordinance. There were 7 people signed up to testify, of which I was one. There were 7 council people there. It didn't look like we had a chance to stop the ordinance until Cindy Smith, Director of Family Supports (ARC of Greater Pittsburgh) got up and talked about how if the county decides to enact this report card the county would probably cost the Mental Retardation Community its Title XIX funding. At the end of the Hearing the council called Ms. Smith up and asked her some questions and she told them before the council did anything they should check with the Office of Disabilities or the Disability Law Project. The council said before the next meeting on July 7<sup>th</sup> they would look into this matter. All together 15 people testified. Most of them wanted the report card. The main complaint by everyone was the staff turnover. I think that the Report Card would not do anything to help this: only more funding from Federal, State and County would change the outlook. Since then the ordinance was withdrawn.

## TCV Tobacco Project News



Tobacco staff put on a "Ciggy Butts" show for the campers

TCV Tobacco staff are facilitating a modified Life Skills program to three groups of youth who are ages 9-11 at the **UPMC Braddock Health For Life Summer Camp**. Children at the camp go on trips to Idewild, the zoo and the wave pool. They make pottery at the Braddock Carnegie Library and have arts and crafts at the base-site, Good Shepherd in Braddock. Other than the typical camp activities, the kids are tutored in reading and math and learn about asthma and nutrition.

At the camp, tobacco staff are educating the 13-16 year olds to do peer education on tobacco with the 6-8 year olds. TCV staff use interactive teaching strategies to make the camp fun but educational. **Kurt Angle**, 1996 Olympic Gold Medal Winner and WWE wrestler, gave an inspirational speech to 80 campers at the camp on 21<sup>st</sup>. He spoke of his life - Mr. Angle came from humble beginnings in Bloomfield. He was raised by his mother after his father was killed in a construction accident when he was young. Kurt told the children that he set goals and if he was able to achieve those goals, they could too. We thank him for stopping by! Shown in the picture to the right, are **Labarron Stevens** - Camp Supervisor, **Rick Williams** - TCV TBPN Project Coordinator, **Kurt Angle**, **Mike Evans** - Therapeutic Support Staff from TCV Children and Family Services who is assigned to deal with behavioral issues at the camp and **Michelle Chisollm** - Camp Director.



Camp staff with Kurt Angle

TCV Dept. of Children and Family Services staff are also involved in the **CADA program** in collaboration East Allegheny School District. The CADA camp runs for 8 weeks during the summer. The goals of the CADA camp are to equip kids with success while having families engaged in positive activities over the summertime and to prepare children for the middle school transition. **Mark Noel** works with seventeen 6<sup>th</sup>-8<sup>th</sup> grade students once a week using a modified Life Skills program. The Tobacco staff want to help the youth acquire essential skills for success such as social skills, appreciation of differences, coping, conflict resolution, tobacco ed, etc. The children enrolled in the camp are from the Upper Mon Valley.

**We are also in the middle of an adult cessation program for TCV consumers at the COG. We have several participants that are on their way to becoming smoke-free. We are currently contacting people in the community to begin another adult group. This should begin late July. Freedom From Smoking program from American Lung Association is used. If interested in joining group please call 412-464-1522 x500.**

## CRRS Rankin House Zoo Trip

~ Michelle Stockumas

On May 26, 2005, Rankin House Consumers and 4 staff members enjoyed a fun filled day at the Pittsburgh Zoo and Aquarium in Highland Park. All enjoyed a beautiful day outdoors checking out the animals. Everyone had a picnic lunch at the beginning of the trip; then it was off to see the animals! The least popular was the bat exhibit! It was very interesting to see all the different types of animals and aquatic life that nature has to offer. We look forward to going again next year.



On the wild side, at the zoo

## Cracking Criminal Thinking

~ Contributor - Bruce Cooper

What is the root cause of crime? Why do people commit crimes? Is the reason because of poverty, drugs, lack of education, drug use, underemployment or poor relationships? What does the criminal justice system, lawyers, judges, jails, prisons, probation officers and police departments do to address these causes?

**Bruce Cooper**, a new Master's Level Therapist at Turtle Creek Valley MH/MR, Inc.'s Alternatives Chemical Dependency program is working to address these issues.

Bruce's first job at TCV was to facilitate a men's early recovery group. The majority of these men were referred to Alternatives from the Department of Corrections. While he discussed early recovery issues with these men, he soon noticed that they didn't identify themselves as addicts. Although most of them had extensive drug histories, they had little or no understanding of addiction and/or the recovery process. Most of these men had been incarcerated for years and had not used a chemical during those years, therefore, they didn't think that they had a drug or alcohol problem anymore.

The Men's Early Recovery Group was divided between those who admitted that they were addicts and those who didn't have problems with drugs. Bruce noticed that the men who said that they didn't have a problem with drugs had some thinking patterns that were somewhat irrational.

Bruce had to learn and understand how criminals think. Many criminals have a different view of the world. Criminals cause crime. Crime is not caused by bad neighborhoods, inadequate parents, television, schools, drugs or unemployment. If that were the case, everyone that is unemployed would commit crimes. Everyone that came from a "bad" neighborhood would commit crimes. Bruce says "I'm not saying these things don't play a part in, but to say these things "cause" crime is erroneous."

People who resort to criminal activity to either support their addiction or make crime a profession have different attitudes towards rules and authority. They also have a strong commitment to continued drug use that is not found in the usual chemically dependent person. One of the goals of Bruce's treatment at TCV was to prevent the men from re-offending. This usually begins by breaking through denial and finding out what would make each person reoffend.

Most of the men in the early recovery group have a different belief system than normal people in treatment. Bruce began to focus on the thoughts that drove their behavior. The change seen in those in treatment at TCV is through a process of learning to recognize beliefs and patterns of thinking that lead to self-

destructive behavior. Once the beliefs and thinking pattern are identified, they are analyzed to learn which thoughts bring positive consequences and which bring negative consequences. In order to be successful in treatment, the thinking errors must be replaced with beliefs and thoughts that bring positive consequences.

They must begin to get honest with others and then themselves. The person is asked to face things about themselves that they have probably hidden for years.

Each week, the group of offenders have homework and in class assignments. The group members learn how to identify where their thinking comes from, how they use that error to support their behavior and how to challenge the beliefs that drive their thinking.

In the twelve weeks, group members will successfully complete the program where they can admit to various thinking errors, can describe how those errors have led to anger, criminal activities, relapse, insubordination or self defeating behaviors. They will also learn how to have responsible thinking patterns that will lead them to more responsible relationships and lifestyles.

Currently, the group gets referrals from Community Corrections, Renewal, Gateway Braddock, CC 1 in the North Side and CC 2 in Shadyside and from some judges and parole officers. Bruce would like to create a multi level support environment to help these offenders from falling through the cracks.

**Congrats to TCV who was named the Sam's Club of Monroeville Small Business of the year!**

## Time is running out to register!

The 7<sup>th</sup> Annual Toward a Brighter Future Golf Outing will be held on August 30, 2005 at Southpointe Golf Club in Canonsburg. Please join us by sponsoring at a level that best represents your support of the Turtle Creek Valley mission! Sponsorship levels include: **Title - \$5000, Platinum - \$2,500, Gold - \$1,500, Silver - \$1000.** There are also **foursomes - \$600, individual golfers - \$150.** Smaller sponsorships are also available.

All golfers will receive green fees, cart, locker and bag service, breakfast, steak lunch, golfer gift, door prizes and awards.

If you have any further questions, or would like to participate, please contact **Kimberly Mroziak** at **412-351-0222 x420** by August 20<sup>th</sup>. A golf brochure can also be downloaded from the News and Events section of our website, [www.tcv.net](http://www.tcv.net).

*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 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.

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

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Editor/Layout

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