



TCV MH/MR, Inc. Agency Newsletter

At Last!! A New Home for Three MR Residential Individuals

~Linda Miller-Green



TCV's new MR house on Tioga Street

Monahan Grystar stopped by with a beautiful fruit basket and told **Karen, Blaine and Jack** that she had closed on their new home. This news was given cheers, high fives and much excitement.

Karen, Blaine & Jack have picked out their bedrooms, love the wrap around deck and can't wait to move in.

Supervisor **Gina Edwards** and the maintenance staff are hard at work getting the house ready for occupancy as soon as possible. The individuals are hoping to spend Thanksgiving in their new home. Karen, Blaine and Jack will be inviting all Turtle Creek Valley staff, consumers, family and friends to come to an Open House as soon as they are in and settled. Please watch future newsletters with the details.

P.S. - Sassy, the pet dog, will be making the move to Tioga Street. Plans are in the works for a fence to be put around the yard so she can enjoy her new home, too.

“Take Me Out To the Ballgame!”

Twenty Five Turtle Creek Valley MH/MR, Inc. Kids Resource Coordination staff and family members attended a Pittsburgh Pirates Game outing on August 10th. The game was a great way for families to get together and engage in activities in which they typically might not be able to participate. The children and family members had a great time at the game and got to see the Pirates win an exciting game at bottom of the ninth. **Brian Johns**, Children RC Supervisor, said that “the night went off without a hitch and the seats were spectacular, right on the third base line. It couldn't have been any better!”

Thank you to Tickets for Kids for the donation of tickets to the game. Transportation and coordination of the outing was provided by TCV.

Turtle Creek Valley MH/MR, Inc.

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MR Knights and Fair Ladies

Twelve Turtle Creek Valley MR consumers visited Morelandshire at the Greater Pittsburgh Renaissance Festival on August 28, 2004 with tickets compliments of Brian Mroziak of WMBS 590 radio.

The attendees got to travel back four centuries in time to watch costumed artisans weave, blow glass or forge a broadsword. They were also able to stroll in the Queen's Garden, cheer for the daring sword-swinging knights on horseback and participate in other 15th century games.

Seven themed stages offered a variety of entertainment from jugglers and magicians to interactive theater. Wandering musicians and quirky townspeople mingled with the individuals. A fun time was had by all.



Row 1 - Jim M., Antoinette C., Harry C., Carl B., Frank S., Kathy F.
Row 2 - Tom P., Jay W., Ron D., John K., George C., Tyrone P., Staff Ray King
Staff not pictured - Jill Pawlowski, Pam Panyko & Sandra Mehalik

The Recovery Journey

~Judy Stump & Darlene Karpaski

The individuals in our programs are on a journey of recovery. Although it is difficult to actually measure recovery outcomes, an individual's personal story sheds plenty of light on successes in recovery. Although this story comes from Psych Rehab, it is clear that the investment of all of this person's treatment team made the story possible.

Before my Outpatient therapist left the agency, he recommended the Psych Rehab program to me. My first exposure to the program was in May of this year with John Meikle, who is now my Psych Rehab coach.

When I entered the Psych Rehab program, I could not make eye contact with anyone because I didn't want anyone to look at me. I wanted to be invisible—I just hoped people would not see me. I was afraid of what people would think about me. I didn't want to get up in the mornings; I wanted to die but did not have the nerve to do it myself. At nights I prayed to God that I would not wake up in the morning. Back then, I could never have been interviewed for the newsletter.

I have only been here five months, but I have found that in Psych Rehab everyone makes me feel comfortable. They don't judge me. They don't make fun of me. This is a place where I can be who I am and be comfortable with it. I don't worry about people thinking there is something wrong with me.

I meet with John on a regular basis and attend two classes, *Relationships* and *Self-Esteem*. In our classes, if someone has a problem peers help each other to solve the problems. Our coaches help us think of things we might never have thought before.

I love to write and John has helped me start a journal. I have learned to write how I feel and what's going on. That has helped me a lot—it helps me sort things out and learn how to deal with problems. It might not work for everyone, but it really works for me.

Since I have set up a regular routine in coming here, I really look forward to getting out of bed in the morning and coming to Homestead for this program, because I know that positive things are going to happen here for me that won't happen anywhere else. The coaches here are just awesome—they talk or listen any time I need to talk; they help me work through my problems; they are very patient and very kind. I don't have to be afraid to tell them anything because I know it's not going to go any further than them—I can really trust them. I have developed relationships with my peers. I have made some friends here and find that some of them used to experience the same fears and dreads that I did.

I now have hope! I am no longer afraid to go out of my home any more. When I see people in public, I can look at them and speak to them. I'm not afraid of what they are thinking of me. I don't know where I'd be now or what would have happened by now if I had not started this program this summer.

Darlene Karpaski is collaborating with a group of consumers on a compilation of success stories to display in waiting rooms throughout the agency. Please send confidential stories to her at dkarpaski@tcvmhmr.org.

Employment Services

~Sandra Kogut

The TCV Employment Services Department received a \$7500 mini-grant from the Pennsylvania Department of Welfare to provide an outreach and education project to employers and consumers in Homestead, West Mifflin, Swissvale, Braddock and McKeesport. The project began in February 2004 and ended in June 2004.

Various topics were discussed to provide education to consumers on MAWD (Medical Assistance for Workers with Disabilities), S.T.E.P.P, O.V.R. (Office of Vocational Rehabilitation) and AHEDD (an organization that services the community as a medium in the employment and development of persons with a disability). When speaking to the employers in the community, the Employment Services Department presented on the services that they provide and also provided a discussion on personal recovery and eliminating the stigma concerning Mental Health.

Surveys to determine the success of the project were given to the 143 people that participated in the outreach project. However, only 48 surveys were completed. We still were able to gather the necessary information to determine some of the barriers in relation to returning to work and in hiring individuals with disabilities. We received 23 business contacts and eight businesses in the area hosted one of our presentations.

Amy Sljva, Employment Services Department Supervisor, and **Sandra Kogut**, Outreach and Education Facilitator, were both pleased with the outcome of the project and hope to continue to reach out to the community and educate consumers about working with a disability.

Want to be an Event Chaperone?

We are asking for your assistance to increase consumer participation in the TFK (Tickets for Kids) program. Over the past year many of our staff and their families have experienced first hand the benefits of this partnership by using over 376 tickets provided by TFK; to a concert, Pitt football game and Pittsburgh Pirate baseball games. The availability of tickets for staff and their families is at the discretion of the TFK Foundation. The partnership with TFK began in October 2002. At that time TCV agreed to use tickets provided by TFK for child consumers and their parents, or for children that are the dependants of adult consumers and their families. In return, Turtle Creel Valley agreed to abide by a number of rules imposed by TFK.

Some of the rules are: 1) ticket users, whom are consumers, are accompanied by a chaperone(s), 2) ticket users and the chaperone(s) travel en masse to the event, 3) that all the tickets provided are used, or returned to TFK in a timely manner, if possible.

Since entering into this partnership with TFK, TCV's children & adolescent consumers and their families have used approximately 150 tickets. Most of these were used through TCV's Summer Therapeutic Program. Tickets were also used to take children to Idewild Park and the Gateway Clipper. Tickets were also used for outings organized by TCV's Child & Adolescent Resource Coordination Unit for a trip to the Carnegie Science Center and to two Pirates games.

TCV has set a goal to use, on average, 20 tickets per month. Achieving this goal hinges on recruiting individuals to act as chaperones. (Parents who have children participating in an outing cannot be chaperones.) By establishing the 20 tickets per month figure, we estimate there would need to be 36 different chaperones that would chaperone over the next year; or three chaperones would be needed to chaperone 12 times over the next year; or some variation of those two scenarios.

We need chaperones who: 1) are willing to be responsible for 5 to 8 children and adults, 2) have a desire to attend a variety of sporting, cultural, entertainment, and educational events, 3) are able to attend those events in the evening or on weekends, during the school year, 4) or, during the summers, attend events on weekends, evenings, or during the week days, 5) might like to take one or a couple of their own children along when chaperoning.

If anyone is interested in being a chaperone or if you have questions, please contact **Bob Pugh** at bpugh@tcvmhmr.org or 412-351-0222 x442.

Welcome MR Services Director - Tom Bach!

TCV welcomes **Tom Bach** as the MR Services Director. Mr. Bach is a licensed social worker with extensive senior management experience and was previously the V.P. of Human Services for Life's Work for a span of 31 years.

Holiday Drive - Please Donate!

Action Housing and Turtle Creek Valley MH/MR, Inc. are sponsoring a Holiday drive for consumers at the Braddock Apartments, located at 723 Braddock Avenue. We are asking for donations of individual hygiene items, household cleaning products and any new gift items to sponsor a silent action. If anyone is interested in making a donation to the Braddock Apartments, please contact **Precious Roberts** at 412-351-0222 x458, or **Linda Goblesky** x431.

Welcome to new employees!

Thomas Bach - St. Robert's MR
Jeffrey Bennett - CRRS HH
Michele Blazina - 723 HR/Med. Records
Carol Bolkosky - Various Locations
Robert Brown - CRRS Munhall Apts.
Nancy Buzby - HH
Saiphin Carswell - CHI MR Brinton
Tia Carter - CRRS HH
Kelly Cicco - CHI MR Electric Avenue
Bruce Cooper - South Side Alternatives
Renita Dean - CRRS Munhall Apts.
Paul Hoover - SV COG Family
Sonya Kapcin - CRRS HH
Marci Jo Laskey - CHI MR Lynda Lane
Eric Morris - CRRS Rankin
Phillip Moses - CHI MR Brinton
Ashley Murphy - CHI MR Lincoln Place
Tracy Naulder - CHI MR 17th Avenue
Jesse Nelson - CRRS HH
Jerry Potts - 723 Maintenance
Meccala Sepesy - HH ICM
Johassa Stone - HH
Adam Stump - CHI MR Lynda Lane
Michael Trout - SV COG OP



Goodbye and Good luck!

Susan Albayed - HH RC
Melissa Bachman - CRRS Munhall Apts.
Justin Becinski - CHI MR 17th/Lynda Lane
Robert Boord - SV COG ATF
Kelly Dickman - SV COG PSR
Bronzetta Hamlin - CHI MR Elec. Ave.
Tara Holley - CRRS HH
Kristen King - CRRS Munhall Apts.
Linda Kirby - HH
Michelle Lawson - CRRS Rankin
Coreybeth Miller - Turtle Creek/HH
Kathleen Samsa - CRRS HH
Elizabeth Tull - HH ICM
William Thomas - CRRS Rankin

Pennsylvanians Against Underage Drinking

On, September 22, 2004, 30 members of the TCV MH/MR Youth Coalitions Against Tobacco went to Harrisburg to attend the Pennsylvanian's Against Underage Drinking Rally. The rally was designed to urge the Senators and Congressman of PA to continue to support youth programs against tobacco, alcohol and other drugs.

The one day event was packed with activities for the Woodland Hills, Steel Valley and Duquesne youth. The children departed on a private bus from UPMC Braddock on September 21st and arrived at the U.S. Army Barracks, Fort Indiantown Gap, where they would spend their night. The next morning, the children attended a very informative and fun conference at the Radisson at Camp Hill with 300 other youth. The speaker was excellent. He was funny for the children, but also spoke about drug, tobacco and alcohol prevention. This particular conference was very unique. When the children walked into the room they were given a bag with a number. They had to sit at the table that corresponded with their number. Each table had two adults and five children that did not know each other at all. This was an excellent communication tool for the children because they did not have to worry about being stigmatized about their comments and suggestions by their peers that they see on an every day basis. The children were asked 10 questions applicable to anyone that was at the table and able to give information that adults would normally not know. An example of a question asked is "What do you think your school district can do about tobacco and alcohol to make cessation more effective?"

After the conference the children took pictures in front of the Capitol and went to the rally in the Rotunda. At the rally, three speakers spoke about how youth could get involved and stay involved in coalition activities and teach others not to use drugs.



Youth at the Capitol with their rally signs



TCV Youth Coalition members sitting at Senator Sean Logan's desk in Harrisburg

Following the rally, the youth were given the opportunity to visit **Senator Sean Logan's** office. His secretary gave a walk through of the legislative process and a tour of what she and the Senator do on a particular day. The children sat at Sen. Logan's desk and were given packets of information from the Senator and his latest projects that he's working on the floor. Even though the children did not get to meet with the Senator that day, they were given an invitation to visit his Monroeville office. In the future visit, the youth will urge him to continue working to receive funding for youth coalitions because it really benefits the community.

Candy Caps Production Line

~Emily Rankin

The individuals in the Psych and Social Rehab program were given the opportunity to participate in a piecework production line known as "Candy Caps" through the Employment Services Department at the Steel Valley COG building. Currently, 15 consumers have signed up and are participating in the production line (when the pieces are available). The Candy Caps Production Line is held in the ceramics room on Wednesdays from 1 pm to 3 pm and Fridays from 10 am until 12 noon. The TCV consumers snap a top and bottom piece together. When assembled, the pieces resemble small baby bottles. Consumers are required to wear latex gloves or wash their hands before assembling the caps.

TCV's MR department has been doing Candy Caps for a few months. They have had success with the project and provide Psych and Soc Rehab with the individual pieces that need to be assembled. The pieces are originally from an overseas company who sends them to Goodwill, who then gives a portion to TCV for assembly.

Participants are paid for the work they do and seem to enjoy socializing while they assemble the caps. Some consumers look forward to the money, some for the prize given to the person that assembles the most caps and some utilize the opportunity purely to maintain a sense of productivity.

It is the hope of the Employment Services Department that a project like this will help consumers to prepare for competitive employment outside of Turtle Creek Valley and that we may have more opportunities similar to this offer in the future. Please contact **Emily Rankin** at 412-461-4100 x 779 or **Amy Sljva** x 714 or **Dan Kostyak** at x744 for further information.

The War After the War

(CNN) — Almost two out of every 10 U.S. troops who have faced combat in Iraq may return with serious symptoms of depression, anxiety or post-traumatic stress disorder, according to an unprecedented study.

Soldiers are returning home from Iraq and Afghanistan with varying mental health problems, but many do not think that they need help for their problems. Most members of the military serving in the Gulf have experienced traumatic events such as being shot at, injuring or killing someone and/or knowing someone who was injured or killed.

The mental health problems that soldiers face when they return home mark a different sort of battle. Some suffer from anger, depression, anxiety and early symptoms of post traumatic stress disorder. If untreated, the effects of PTSD have the possibility to last the soldier's entire life.

According to the New England Journal of Medicine, only 23 percent to 40 percent of the U.S. troops in Afghanistan and Iraq who fit the criteria for serious mental disorders sought help.

Many soldiers do not seek help because of the stigma associated with mental illness and their belief that counseling is a possible harm to their career.

Soldiers, wives and families who are facing depression, post traumatic stress disorder and other mental illness issues need to know that confidential help is available to them. Those that seek counseling should remain confident that the services that they receive from mental health facilities are confidential and will not be revealed to their families, employers or the community.

TCV provides mental health, mental retardation and drug & alcohol services to individuals throughout Southwestern PA, with 4 different outpatient locations in Braddock, Homestead, Turtle Creek and South Side.

To help individuals and families to cope with a range of feelings and concerns, TCV MH/MR participated in National Depression Screening Day on October 7th from 10 AM to 4 PM at the Steel Valley COG building. The free screenings addressed depression, bipolar disorder, generalized anxiety disorder and post traumatic stress disorder.

If you were not able to attend the National Depression Screening Day, but would like to talk with someone about your concerns, please call 412-351-0222.

First Annual LifeSkills/Mentoring Program Launch

On Saturday, September 25th, TCV held its *First Annual Life Skills/Mentoring Program Launch* at the Woodland Hills West Junior High auditorium in Swissvale. The event included interactive entertainment by Re-Sun Sum African Drumming and Dance Ensemble, performance poetry selections by KL from The Spoken Mic and keynote speaker, Woodland Hills School District Superintendent, Dr. Roslynne Wilson. There was also a presentation by Big Brothers Big Sisters of Greater Pittsburgh and information about the upcoming International Arts exhibit sponsored by the Carnegie Museum of Art. Reverend Jermaine McKinley, Asst. Director Metro Urban Institute, Pittsburgh Theological Seminary, led the invocation and provided an inspirational talk to the parents and children. A fun time was had by all of the parents and children who attended.

Over the past two years, TCV MH/MR, Inc. provided youth prevention programs to over **200** children in grades 3-8 who live in the communities of Braddock, Rankin and North Braddock. TCV uses the *LifeSkills Training* program to teach children a combination of health information as well as drug resistance, personal and social skills.

The First Annual LifeSkills/Program Launch presented an overview of prevention programs provided by TCV MH/MR to community leaders and family members.



Children and adults making a craft

Turtle Creek Valley MH/MR, Inc. acts in collaboration with Y. E.S. (Youth Enrichment Services), UPMC Braddock, Big Brothers Big Sisters of Greater Pittsburgh, Rankin Christian Center, Resurrection Baptist Church and the Woodland Hills School District to provide these services.

One of the objectives of the youth prevention program is to match the participating children with Big Brother Big Sister mentors. If you are interested in obtaining information on adult mentoring or would like to become an adult mentor in the Tri-Boro area, contact **Ricardo Williams** at 412-351-0222 x421.



Children learning African drumming

2004 Toward a Brighter Future Golf Outing

The Turtle Creek Valley Toward a Brighter Future Golf Benefit was held on August 30, 2004 at Churchill Valley Country Club. The day started off with a light rain, but cleared up for a good golfing day! The golfers had a great time, even though no one won the 2004 Ford Mustang Convertible donated by Lou Beiner at Kenny Ross!

Over \$16,500 was raised at this year's outing. Proceeds of this benefit will support the programs at TCV and ultimately help to provide additional prevention/ intervention programming to mentor and teach the children in the community to *strive toward a brighter future*. Thank you to everyone who helped to make this year's outing a success, especially National City who was our Platinum Sponsor!

Winning foursome: Hometown Pharmacy - Shawn Nairn, Dom Spatolisano, Drew Mariano and Pat Borelli.

Winners of skill prizes included:

Closest to Pin #3 - Dave Margetan

Closest to Pin #16 - Michael Napolitano

Longest Putt #9 - Joe Cvitkovic

Longest Putt #12 - Mark DePante

Putting Contest Winner - Michael O'Donnell

\$2500 Raffle Ticket Winner - Michael O'Donnell

TCV Golf Committee

Mike Kotloski - Nextel

Shawn Nairn - Hometown Pharmacy

Michelle Thomas

Olivia Zitelli

Jolene Johnston

Kimberly Mroziak

Empowerment Level - \$2500

National City Bank

Advocacy Level - \$1500

Amcom Office Systems

Support Level - \$1000

Ameriserv Financial

Community Care Behavioral

Health Organization

Direct Care Services

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Westmoreland Telephone Company

Hometown Pharmacy

Foursomes

Labriola Neighbors LLP

Mike Napolitano

Todd Cioppa

Sky Bank

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Ken Carnahan Planning and Design

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Kenny Ross Ford

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- Buffalo Wild Wings
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- Dick's Sporting Goods
- Dingbats
- Drew's Family Restaurant
- Dowe's on 9th
- Eat N' Park - Edgewood
- Eat N' Park - North Versailles
- Family Services - Entertainment
- Fiscal/CIS - Italian Basket
- Frank B. Fuhrer
- Gander Mountain
- Gateway Clipper
- Heckie Printing
- Highland Country Club
- Holiday Inn Monroeville -
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- Hooters of Monroeville
- The Improv
- Lesli Kotloski
- Loew's Movie Theater
- Lowe's Home Improvement
- Nickle's Bakery
- Paul Revak- Options in Graphics
- Patti Ferron - Morton's
- Phillip Pelusi
- Pittsburgh Public Theater
- Pittsburgh Symphony
- The Plaza Restaurant
- RC & ICM - Picnic Basket
- Tessaro's of Bloomfield
- Tyler Water
- Sewickley Spa
- Snyders of Berlin
- Southpointe Country Club
- Sunsetters Tanning
- Wayne Greaves

Team Pictures - \$1000 or more sponsors



National City Bank



Hometown Pharmacy - Winning 4some



Amcom Office Systems



Ameriserv Financial



Community Care Behavioral Health



Direct Care Services



Hometown Pharmacy - Team 2



Jefferson Regional Med. Center



Westmoreland Telephone Company

Go to the News & Events Section of www.tcv.net to view more golf photos!

Thank you to our Golf Volunteers ~

*Michele Blazina
Phil Ionadi
Judy Monahan Grystar
Vickie Karabasz*

*Janie King
Jackie Mroziak
Mary Jo Napolitano
Jerry Potts*

*Michelle Thomas
Arlene Shanks
Mimi Silinski
Linda Travisano*

*Beth Waverko
Joni Zezza
Martha Zucco*



SV ATF Halloween

The individuals at the Steel Valley Adult Training Facility celebrated Halloween in a spooky way on October 30. Everyone (included staff) dressed up in their finest costumes, ate goodies and listened to spooky stories.

Gateway Clipper Boat Ride

Approximately 25 individuals and staff from the Turtle Creek Valley MH/MR, Inc., Steel Valley Adult Training Facility attended a trip on the Gateway Clipper Liberty Belle on October 28th for a dinner and dance cruise.

Munhall resident Bill Davis and Magistrate Tom Torkowsky coordinated the trip. Those who attend the field trip had a great time socializing and dancing to the band.

Thank you to Mr. Davis and Mr. Torkowsky for their great generosity.





SV Community Business Showcase

On October 7th, 2004, **Amy Sljva**, **Sandra Kogut** from the Employment Services Department and **Kym Mroziak** from the

Marketing Department attended the Community Business Showcase presented by the Steel Valley Chamber of Commerce at Dave & Busters in Homestead. The event gave a great opportunity for TCV to network and to let others know of the great services that we offer to the community.

Please remember to vote on November 2nd

Anyone in Allegheny County can find their polling place by going to the Everybody Vote website: www.everybodyvote.com and typing in their home address.

People are more likely to vote if they know:

- who's running and who they'll be voting for (go to www.vote-smart.org for candidate info)
- where to go to vote
- how they'll get to the polls

And if they're reminded to vote!

Dialogue Day

~ Emily Rankin

The 2nd dialogue day was held on August 24, 2004 at the SV COG in Homestead. The topics of discussion included communication and boundaries as well as recovery and roles. Participants in consumer and provider groups openly shared their perspectives, allowing for an increase in understanding and the facilitation of collaborative efforts toward recovery.

The groups were fairly evenly divided with respect to the number of consumers and the number of providers present. Consumers and providers seemed to agree that boundaries are a necessary component of the therapeutic relationship. The consumers stressed the importance of feeling that they are on an equal basis with the provider. It was also agreed upon that sometimes it is necessary to move on or change providers when the therapeutic relationship is no longer promoting recovery. It was decided that communication is the key to determining when this is the case and that it is the responsibility of both parties to keep these lines of communication open.

In the second group recovery and roles were discussed. Recovery was discussed from a universal standpoint rather than specific to mental illness. Support systems and their relative importance were discussed as well as coping mechanisms and how they differ from person to person. Again, the importance of communication and ways to improve this communication was a focus for discussion in this group. All members of the group seemed to be receptive to comments of others and able to offer helpful suggestions.

Overall, the dialogue day participants definitely learned something from each other and an event like this proved to not only be helpful but necessary in order to facilitate an atmosphere where a therapeutic relationship will be productive for both parties. As an individual providing a service, I learned a lot about possible ways to improve that service based on the feedback that I received from both the consumers and providers present at the event.

Haunted Halls of Horror

Youth from the Turtle Creek Valley MH/MR, Inc. Duquesne URBAN Pride, Woodland Hills and Steel Valley Youth Against Tobacco Coalitions held the Free Haunted Halls of Horror tour on October 29 and 30 at the City of Duquesne, National City Bank Community Room. The event allowed others to experience the horrifying journey through the consequences of substance abuse. The recommended age for this event was 8-15 years old.



Those who attend the event were ushered through rooms that demonstrated negative health consequences of tobacco use, alcohol abuse and other drug use. There was also a parent ed section for additional information on tobacco prevention which included information on tobacco prevention, chemicals in a cigarette and the effects of second hand smoke. Thank you to all who attended the Haunted Halls of Horror and the sponsors Tobacco Free Allegheny and the PA Department of Health, Duquesne Community Partnership and the Urban League of Pittsburgh - DCMP.



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

~Amy Sljva

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, 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** at (412)461-4100 ext. 714.

Jimmy - Dedicated Meyer Darragh Employee

~an excerpt from by Kim Oleniacz - IST Services Newsletter

Jimmy, a supported living resident at TCV, has been working with the law offices of Meyer, Darragh, Buckler, Bebenek & Eck, PLLC for over 25 years. About 8 months ago, the law firm decided to outsource their mail and copy services to IST, a facilities management company which goes into other companies and takes over their mail and copy services. They asked IST if they would be willing to manage Jimmy and treat him as part of the IST team. This is an excerpt from IST Specialist, the company's newsletter.

The IST team has had the opportunity to work with the law offices of Meyer, Darragh, Buckler, Bebenek & Eck, PLLC for the past eight months. Jimmy assists IST by working in the mailroom, or better yet, IST assists Jimmy. Jimmy has worked at Meyer Darragh over 25 years and has had an awesome track record of being a dedicated worker. Jimmy puts out great effort to be the best in what he does and to make sure that all the IST procedures are followed daily.

The IST Team in Pittsburgh is especially glad to be working with Jimmy. When the pressure is on to get the copy jobs done, the faxes sent, and the court filings filed, Jimmy knows when to take a moment to play a Willie Nelson song for the IST site manager.

Bradley A. Burgess, Director of Sales and Marketing Support for IST Management Services, Inc. said, "When Meyer Darragh decided to outsource their mail and copy services they asked if we would be willing to manage Jimmy and treat him as part of the IST team. We of course jumped at the opportunity because he is such an exceptional person."



Employee Spotlight - Susan Crist

I began my work at TCVMH/MR Partial Hospital program in December of 1996 during an internship from Duquesne University while working on my Master's degree in community counseling. I was hired part time in July of 1997 as a therapist in the Partial Hospital program. In October of 1997, I was hired as a full-time therapist at The Next Step and eventually returned full time to the PH program. I have been supervisor of PHP since July of 2000. As supervisor, I oversee the day-to-day operations of the PH program at Homestead House and am grateful for the members of our PHP staff who operate effectively as a team. Two important aspects of my work that bring fulfillment and enjoyment are the consumers, who demonstrate strength of character as they seek recovery from an illness that has tried to rob them of so much, and my appreciation for my colleagues. I genuinely like and respect the people with whom I work.

I was ordained as an elder in the Church of the Nazarene on July 25, 2004 and have been studying and preparing since 2001. Since I had been a Salvation Army officer for 21 years before entering the field of mental health, many of the courses and credits were transferable to The Church of the Nazarene, which made my preparation time for ordination shorter than it would have been. Being ordained as an elder in the Church of the Nazarene is a highlight of my life. In addition to my full-time position at TCVMH/MR, I serve as associate pastor at the Lincoln Place Church of the Nazarene.

I believe that spirituality is an important component of people's lives and can positively impact their focus on recovery from mental illness and/or substance abuse. I consider my work in the mental health field to be a type of ministry and am grateful to God for that opportunity.

Letter from the Editor

Thank you to everyone who reads Turtle Creek Valley News! TCV staff and individuals have been busy the past few months. Our employees volunteered to help with Flood Relief, events in the community and with the Agency Golf Outing Fundraiser.

Thank you to all golfers and supports of the golf outing. You helped us to raise over \$16,500. Please keep us in mind next year! We need your continued support and participation to keep the outing as an annual event.

Also, if you have extra gift certificates lying around, please donate them to TCV to be used as door prizes for client Holiday parties.

Please continue to check out our website, www.tcv.net, for events and happenings at Turtle Creek Valley.

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.

Judy Monahan Grystar, LSW

*Turtle Creek Valley
MH/MR, Inc.
Executive Director*

Turtle Creek Valley News Staff

Kimberly Mroziak

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