



TCV MH/MR, Inc. Agency Newsletter

TCV Agency Picnic

- Janie King

July 16, 2004 was a beautiful day for a picnic. The picnic was held at the Riverplex picnic area which is adjacent to Sandcastle. The staff participation in this year's picnic was great. There were 177 employees who attended lunch with a grand total including families/friends of 354. There were many door prizes raffled off such as Pirate tickets, gift certificates, vacuum cleaner, pop, locks, etc. Also, employees were able to purchase discounted tickets to Sandcastle of which 300 were sold. Those who preferred not to go to Sandcastle enjoyed chatting with their co-workers, playing basketball or volleyball or just sitting at the riverside enjoying the scenery. For those who wanted to stick around there was free admission to the Sandbar after 7:00.



Thank you 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 involved in the planning include: **Jean Pingor, Janie King, Carrie Johnston, Bart Vant, Jean Frand, Anita Gunkle, Cindy Cwiklik** and **Manaya King** and staff who worked the day of the picnic include **Jean Miller, Pat Ogilvie, Margaret Clapie, Janie King** and **Joe Sipior**. A special thanks to **Pat Ogilvie** for coordinating the event.

Everyone had a great day and it sure beat being at work on a nice sunny Friday afternoon.

Hope to see everyone again next year!

For additional pictures please see page 6.

South Side D&A Education

On July 15-18, TCV staff **Stephanie Vargo, Vickie Karabasz, Linda Holt, Janie King** and **Kym Mroziak** provided Drug and Alcohol Education on 13th Street at the South Side Spectacular. The booth was kindly provided by **John McGinley** of **John R McGinley Beer Distributors** and Miller Brewing Company. This was the first attempt by TCV staff to participate at the South Side Fair where the Alternatives Drug and Alcohol site is located (22nd Street). The staff engaged the crowd in an interactive display of the "drunk goggles" and the effects of drinking. The goggles provided a demonstration of what it would feel like to have a Blood Alcohol Level of .17 and above. According to PA laws, .08 and above is over the DUI limit. Participants were asked to do simple tasks like walking, catching stuffed animals and picking items off of the ground. One participant said "I've never been drunk before and this really makes me feel dizzy!" The staff also gave information on drinking and driving, alcohol's effect of the body, the Blood Alcohol Level and new legal driving limit. Thank you to John McGinley, **Arlene Krava** and the staff that participated to make it a success.

Participant trying to walk with the goggles on



Turtle Creek Valley MH/MR, Inc.

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Which of these TCV sites was not a former school?

- a.) SV COG - Adult Training Facility, MH Adult Outpatient, MH Supported Employment, Psychiatric and Social Rehabilitation, Children's Resource Coordination, Prevention/Intervention
- b.) Westinghouse Valley Human Services Center - D&A, Mental Health and Family outpatient services
- c.) Homestead House - Residential site, Partial Hospitalization, Intensive Outpatient, Respite, Intensive Case Management and Adult Resource Coordination

please see back cover for the answer

TCV Children's Summer Camps

Turtle Creek Valley MH/MR is providing many different summer camps for kids that either participate in programs provided by TCV, through collaborations of TCV or through the Tobacco Prevention Youth Coalitions.

Fresh Air Camp



Canoeing at the Fresh Air Camp

The 30 children that participate in the Woodland Hills, Duquesne and Steel Valley Tobacco Prevention Youth Coalitions have been attending the Fresh Air Camp at the Family Resources Retreat Center in Cranberry. Camp started July 7th and is held every Wednesday from 9:30-3:30. Campers learn how to teach other children about the effects of tobacco by being peer educators and also learn advocacy of not smoking. They also participate in many fun outdoor activities. They have a wide range of activities to participate in throughout the day. These activities include: swimming, tie-dying, learning how to African drum, obstacle course, canoeing, fishing and more. The kids really enjoy the opportunity to learn more about nature and participate in various activities.

Therapeutic Summer Enrichment Camp

The Summer Enrichment Camp provides 18 children with psychiatric diagnoses of ADHD, Oppositional Defiant, Depressive or Anxiety Disorders with the opportunity to develop social skills, sense of competency and confidence. The campers participate in activities ranging from swimming at Keystone Park, going grocery shopping to buy foods to make lunch, hiking at local parks, touring museums, going to farms to visit animals and play to name a few. The goal of the camp is to take the children out in the community to build social skills, the ability to get along with other children and build a sense of confidence and competence. These skills all build self esteem. Many of the children that attend this camp would normally be expelled from other camps because of their emotional behavior. Additionally, the camp counselors teach social and self esteem skills in ways adapted to the child's needs. The parents/guardians of the campers receive notes every week on the progress of their child. Melinda, mother of one of the campers said "Thanks for including my son in camp. He looks forward to it all year long. I enjoy reading the notes on his involvement there also."

Healthy For Life Summer Camp

The Healthy for Life Summer Camp is held every day at Good Shepherd School in Braddock through the efforts of UPMC Braddock. The students participate in many activities that include games and listening to community tobacco presentations by **Jenn Wojtczak** and **Mark Noel**. They also learn the Life Skills curriculum from **Ed Ford**, **Steve Zmigrosky** and **Mark Noel**. The Life Skills program provides refusal skills regarding alcohol, tobacco and other drugs through classes on peer pressure and decision making, while changing attitudes and behaviors. Nine members of the Woodland Hills Youth Coalition provide peer education about the effects of tobacco using TATU (Teens Against Tobacco Use) and a Get Real on Tobacco puppet show.



Campers participating in activities at the Healthy for Life Camp



African drumming at Fresh Air Camp



Activities in the woods at Fresh Air Camp



Tie-dying at Fresh Air Camp

Let Our Voices Be Heard Update

- Carol Roebuck

As the November election gets closer, we should be aware that people who talk about voting and voting issues are the ones more likely to vote. So now is the time to get people talking and registered. But registration is just the first step! Lots of people register, but then don't vote. The most effective way to get people to vote is not to say "every vote counts", but to point out that **government affects your life in many ways**, such as funding for public housing, health care, the environment, etc. From now until the election, keep the conversation going! Don't forget friends and family, too.

Rachel Freund of the bipartisan Let Our Voices Be Heard Coalition is willing to come to talk to groups of consumers and staff. In August the goal of the coalition is to educate voters regarding the candidates and the issues. Then in the fall – a "get out the vote" campaign will begin. Some organizations are planning "get out the vote" events to build interest and excitement, offering incentives for consumers who vote and helping with transportation to the polls.

Let's do our part! For more information, call **Carol Roebuck** in the Psych/Social Rehab. program (461-3811, extension 728) or **Rachel Freund** (391-3820).

New Facility Manager

- Olivia Zitelli

In an effort to respond to employee concerns about our facilities, several efforts have been instituted to make our facilities a better place to work. Some efforts have worked better than others. Beginning July 26, 2004, we will have a Facilities Manager to oversee the buildings and work spaces, and help all managers planning to upgrade their spaces. **Jerry Potts**, a Facilities, Health and Safety Manager formerly at Family Links, will be our new Facilities Manager. He will supervise **Fred Mintus**, who will remain as the Maintenance Supervisor and report to Olivia Zitelli. Jerry will also be responsible for health and safety issues at TCV. He will chair the Vehicle Utilization committee and be a permanent member of the Risk Management committee. Jerry can be reached at extension 462 in the maintenance department. His email address is jpotts@tcvmhmr.org. You may email maintenance requests to him at this address. Please welcome Jerry to TCV!

Welcome to new employees!

as of 7/19/04

Susan Albayed - Homestead House
Melissa Bachman - CRRS HH
Tanieccia Betty - CHI MR Crestview
Lucretia Blue - CHI MR Crestview
Cheryl Ann Edwards - SV COG Outpatient
Joseph Edwards - AV COG ATF
Kimberly Hanna - SV COG RC
Michal Inspektor - HH Partial
Stephen Ionadi - CRRS Munhall Apts.
Jolene Johnston - HH Partial
Michelle Lawson - CRRS Rankin
Thomas Kane - CRRS Rankin
Linda Kirby - Homestead Outpatient
Lori Mackey-Croft - Turtle Creek
Veronica Meriwether - HH ICM
Coreybeth Miller - Turtle Creek
Patricia Miller - HH ICM
Christine Romeo - Turtle Creek D&A OP



Goodbye and Good luck!

Ruthanne Barclay - HH ICM
Michael Biertempfel - CRRS HH
Randolph Campbell - St. Robert's ATF
Dona Gunn - CHI MR Crestview
Donna Jones - CHI MR Crestview
John King - CRRS Rankin
Avi Kouzi - Homestead House ICM
Stacey Lee - CHI MR Electric Ave
Armand McCullum - CHI MR Brinton
Dominic Pasqualino - SV COG OP
Sheldon Stoudemire - CRRS Rankin

Tickets For Kids

TCV staff and family received 51 tickets from Tickets For Kids to attend a concert at the Post Gazette Pavilion at Star Lake on June 23rd to see Chicago and Earth, Wind & Fire. This was the first time that TCV staff and family used tickets provided through the partnership between Tickets For Kids and Turtle Creek Valley. The staff and family members raved about the performance of Chicago and Earth, Wind & Fire and the Post Gazette Pavilion staff on their helpfulness. Tickets For Kids will be providing admissions to the Pittsburgh Zoo and Aquarium, Carnegie Science Center and Idewild Park for the kids in the TCV Therapeutic Program later this summer. Thank you for your generosity.

Healthcare Provider Training

On June 30th, TCV staff members at the Southside D&A location completed a training by **Jennifer Wojtczak** of the Family Services Dept. for healthcare providers on the brief clinical guidelines used to help clients quit smoking. The training included helpful steps and tips on how people can quit smoking, ways to receive resource materials about quitting smoking, and the process of referring clients to local smoking cessation programs. The TCV MH/MR tobacco project plans to promote smoke-free lifestyles by continuing these trainings throughout the agency. The tobacco project is funded through Tobacco Free Allegheny by the PA Department of Health.



TCV Golf Outing

Time is running out to register!!! The 6th annual Turtle Creek Valley MH/MR, Inc. Toward a Brighter Future Golf Outing will be held on Monday, August 30, 2004 at Churchill Valley Country Club. Your support of the outing is needed to continue to provide youth prevention programs for children in the Woodland Hills, Steel Valley, Duquesne and West Mifflin School Districts. We believe that education and prevention programming are absolute powers in shaping the lives of the young children in our area. The proceeds from this benefit will support the programs at TCV and ultimately help to provide additional prevention and intervention programming and support to mentor and teach the children in the community. This will enable them to strive toward a brighter future.

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, dinner only - \$50, table sponsor 1 - \$350, table sponsor 2 - \$400, program ads - \$125 and hole sponsors - \$125. All golfers will receive green fees, cart, locker and bag service, two meals (lunch and dinner), 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 20th. A golf brochure can also be downloaded from the News and Events section of our website, www.tcv.net.

We would like to get together a foursome or two of consumers and/or consumer family members to play. If staff members have contact with these people, please give the information to them. This is a very tough year for us financially, and the more participation that we get, the more we can help others. Please contact Kym for TCV staff prices. We hope that everyone will join us this year for a fun day!

Seeing Who We Might Become

- Darlene Karpaski

In the midst of great life trauma, Pat Deegan, a consumer who has become a nationally recognized psychologist said: "I can't go back to who I once was, but I can turn toward my future and see who I might become." This courageous stand helps to set the tone for how we can navigate the waters of transition.

Researchers hold that the way an experiment is designed determines the outcome. Staff and consumers did not create the mental health system, but we are experiencing the outcomes of its beliefs, assumptions and actions. Yet we have been so fully immersed in this "system" that we forget that the push for more person centered services offers us all a chance to "see who we might become."

The danger of trying to keep things the same is that we continue to get what we have always gotten. It's like living out Ground Hog Day over and over. The danger of "turning toward our future" is that we have an opportunity to move in a new direction, but there is no ultimate guarantee that we can create a better system than the bureaucracies did.

While trying to maneuver the churning tides of providing services, we often get so caught up in what we're doing that we lose sight of how we are all human beings. So, instead of remembering that we're all in this together, we get sucked into the undertow and mistakenly see each other as the problem.

A therapeutic maxim from Solution Focused Therapy Strategies shines a beacon of hope to free us from this no-win situation. It says: "The person is never the problem. The problem is the problem." If we can hold these words in our minds we can find more hope in the work we do with persons in recovery and each other. We may not be able to go back to how things used to be, but we can determine what thoughts we hold about each other along the way.

Community and School Tobacco Project

The Tobacco Prevention Team has been very active the past few months providing Tobacco Education to the community and schools in the Woodland Hills, Steel Valley, Clairton, Duquesne and West Mifflin School Districts. At the end of the school year, a special treat was given to the fourth grade children at Barrett Elementary School (SVSD), Clara Barton (WMSD), Dickson and Rankin Intermediate (WHSI). The students that received Life Skills Training from Turtle Creek Valley MH/MR, Inc. staff members, **Jennifer Wojtczak**, **Mark Noel**, **Elena Runco**, **Janet Carroll**, and **Bernie Galanko** at the schools were able to participate in a game show “Jeopardy” assembly to test their knowledge on smoking and it’s effects on the body. Sixteen students were picked from a raffle drawing to play in four rounds. Each participant received a prize while the winners from each round received a larger reward. Questions were taken from lessons taught from the Life Skills curriculum throughout the school year. Life Skills Training (LST) is a research based program that focuses on the reduction of tobacco, alcohol and other drug use among school students. The LST program has shown to reduce the amount of tobacco, alcohol and other drug use by as much as 87%. The TCV MH/MR, Inc. staff will be offering classes next year to the fourth and fifth grades in the West Mifflin, Duquesne, Steel Valley, Clairton, East Allegheny and Woodland Hills School Districts.



“Jeopardy” game show at Rankin Intermediate School

In addition to the activities in the schools, the Youth Coalitions Against Tobacco have also been active in the community. They participated in weekly meetings to learn about tobacco prevention and how to be peer educators. They attended the Mon Valley Fleet –Braddock Community PartnerSHIP, Duquesne Community PartnerSHIP, HI HOPE Hazelwood Community PartnerSHIP and McKeesport Healthier Communities PartnerSHIP – at UPMC McKeesport on May 19. Presentations stressed the importance of a smoke-free community. The Woodland Hills

Youth Coalition presented the On Applebee Pond puppet show to offer statistics about smoking and youth and **Linda Ross**, from the Duquesne Youth Coalition, and **Bernie Galanko** spoke about the Home Free Pledge to keep children and others protected against second hand smoke and the services offered by TCV MH/MR.

Finally, the youth also planned a World No Tobacco Day Health Festival on June 5, 2004 from 11AM to 3PM at the Duquesne National City Bank. There was a large community presence at the fair and the attendees had a great time learning information about smoking and tobacco. Prizes, entertainment, food and games were also provided.

Look at www.tcv.net for future youth coalition events.



World No Tobacco Day Health Fair

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 you 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.

Bake Sale

The Advisory Board from the Psychiatric & Social Rehab programs have a bake sale on the first Tuesday of each month at the Steel Valley COG at 201 E. 18th Avenue in Homestead in the first floor conference room from 10 am - 2 pm. They serve baked goods as well as lunch items (hot dogs, chili, baked beans, etc.). The proceeds go to help fund program outings, etc. The next bake sale will be Tuesday, August 3rd.

PSR 2 on 2 Basketball Fundraiser

On July 22nd, Amy Sljva and her fiancée Chris, and Gail Gantt and her nephew Brian played a 2 on 2 Basketball game at the Carnegie Athletic Club. The fundraiser benefits the Psych and Social Rehabilitation Departments of TCV. The proceeds will be used to plan a trip, dinner or another activity determined by consumers and staff. Gail and Amy played a 1 on 1 game last year for fun during a drop in activity. It was well attended and a lot of fun, so they thought that they would do it this year as a fundraiser and make it a 2 on 2. Amy said that this is fun and “the hope is to one day have a basketball team at Turtle Creek and get involved with the community and other drop in centers in the county.” There was great attendance at the game and PSR raised \$101. Thank you to everyone that participated in the event by making a donation and for those who helped to make it a success!



PSR Basketball Players

Alternatives Open House

On July 30th, staff from TCV’s Alternatives Drug and Alcohol Facility is holding an “open house” for providers and referral sources to meet the staff and find out what services are offered by Turtle Creek Valley MH/MR. The open house also provides an open forum to discuss any questions that they may have about the services being offered to the clients. Those invited to the open house include various referral sources including: Michael’s Place, Female Offenders and Family First. Thank you to all who put this event together.

United Way Day of Caring

The United Way Day of Caring will be held on September 14, 2004. Turtle Creek Valley’s projects are located on the United Way’s website and looking for corporate volunteers to participate. TCV has two volunteering projects. They include painting the facade of our main office building which will promote a better image in the Braddock community. The other project will help with yard work and aid TCV staff in installing a fence at one of our Mental Retardation sites. Please help us out!

www.GovBenefits.gov

GovBenefits.gov is a resource for all citizens and includes information on a variety of benefit and assistance programs. Managed by the U.S. Department of Labor, www.GovBenefits.gov is a free confidential website that helps citizens determine their potential eligibility for hundreds of government-funded benefit and assistance programs. GovBenefits.gov offers diverse and extensive benefit program information for veterans, seniors, students, teachers, children, people with disabilities, dependents, disaster victims, caregivers, job seekers, prospective homeowners and more. Please spread the word about this comprehensive source for benefit information.



Annual



Picnic

TCV



Agency



PSR Summer Fun Events

- Judy Stump

Our first summer fun event was on June 10th and started with a busload and vanload of members, staff and all sorts of food and goodie items on a trip to Moraine State Park. Although the weather provided intermittent showers, we had a roomy pavilion for a picnic and board games. The rest of the day was filled with hiking, fishing, swimming, balloon toss, lawn darts, snacks and relaxation. Since it was raining, we still have not determined the winner(s) of the squirt gun and water balloon battles.

July 13th was our day at Kennywood Park, which was thoroughly enjoyed by all. We're all sore, but we're still smiling! John vowed not to ride anything but the Carousel, but to our amazement he lived to tell of his rides on the Racer, Jack Rabbit, Raging Rapids, and even the Thunderbolt. Funny how Sandy forgot how to get off the horse on the Carousel and landed on her seat instead of her feet—and there stood all of her “friends” just laughing and cheering her on. There were many Jeff Goldblum and Ed Begley Jr. sightings and several handshakes and autographs.

August will take us to Cleveland Zoo. Diana called in all her favors and got us 45 free tickets. For this trip, we've opted out of the school bus and have chartered a bathroom bus—not to mention air conditioning! and VCR! and reclining seats!

Also planned for August is a trip for our members who have physical handicaps that prevented them from attending one of the other outings. The trip is a luncheon cruise on the Gateway Clipper which will be an entertaining and relaxing afternoon out on the water featuring city sights, a delicious luncheon buffet and great live entertainment from jazz artist Joe Negri.

TCV Harrisburg Trip

On May 24, 2004, employees and individuals rode a bus to Harrisburg to participate in a “Let Our Voices Be Heard” Trip. The busload had a great deal of activities planned for the short time that they spent in Pennsylvania's Capitol. From 12-1 PM participants attended a briefing called “Introduction to Being an Activist”. Topics discussed included: *How to be an effective advocate* – Terry Roth, Policy Information Exchange, *Examples of Advocates collaborating with legislators* – Sue Wather, Mental Health Association of PA, and *Why consumer voices are needed* – Graham Mulholland, Developmental Disabilities Council, just to name a few. From 1-3:30 PM, the TCV representatives attended a House session to see our legislators at work and met with our legislators or their aides. Representatives or aides that were on the schedule to meet included: Senator Jay Costa, Senator Sean Logan, Press Secretary Michelle Basom, Rep. Jack Wheatley, Senator Jim Ferlo and Rep. Mark Gergely.

The busload ended their day with a tour of the Capitol building. They got back on the bus for the ride home at 4:15 and ate dinner at the Golden Corral. They finally returned back to the SV COG site at 9:30 PM after a long and successful day. Thanks for your support!



Employee Spotlight



Every newsletter will profile a random employee. Who will be in the next issue??

Employee Name: Bonnie Brown

Site Location: 16th Avenue

How long have you worked here?: Since January 4, 2000

What is your position? Resident Advisor

What was your very first job? Waitress at Sweet Williams at age 16

What do you enjoy the most about working at TCV? Being able to make a difference in someone else's life. I feel this job gives my life some meaning and I'm appreciated and needed by the individuals

What is your favorite movie of all time? The American President

If you could have dinner with anyone (living or dead) who would you choose? Elvis or Bon Jovi

What three things can always be found in your refrigerator? Ketchup, eggs and chocolate milk

What is your favorite vacation spot? Cedar Point and Canada

What accomplishment would you say that you are most proud of? My daughter Jacqueline

If you have pets, what are they, and what are their names? Rottweiler “Keiko”, Cat “Hazel” and Rat “Buffy”

Whom do you most admire and why? My daughter, Jacqueline, because she is definitely everything I wanted to be.

TCV Raffle Tickets

Support TCV's fundraising efforts by purchasing a Raffle Ticket! The number will be taken from the PA 3-Digit 7 PM lottery on August 30, 2004. Tickets are \$25 each with a \$2500 prize. Only 200 tickets will be sold! *Every ticket has five numbers (chances). If you think about it, that's only \$5 a chance!* Please contact Kym Mroziak at 412-351-0222 x420 for further information. All tickets must be purchased by August 23 to ensure that the ticket is sent back to you in time for the drawing. Golf outing participants may purchase tickets the day of the event.

Answer to page 1:

(c) Homestead House was formerly the nurses' residence for Homestead Hospital

a.) Steel Valley COG was formerly Steel Valley High School

b.) Westinghouse Human Services Center was formerly Turtle Creek Public School (see picture to right)



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.

Requests for additional information should be directed to Kimberly Mroziak, 723 Braddock Avenue, Braddock, PA 15104, (412)351-0222 x420, email: KMroziak@tcvmhm.org

To report duplicate mailings, provide feedback, or to be added to the Turtle Creek Valley News mailing list, please email Kym at KMroziak@tcvmhm.org

Judy Monahan Grystar, LSW

Turtle Creek Valley

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Turtle Creek Valley News

www.tcv.net

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