



Turtle Creek Valley News



TCV MH/MR, Inc. Agency Newsletter

Second Annual Basketball Challenge

~ submitted by Amy Sljva-Blystone

Special thanks goes out to everyone that came and participated in the 2nd annual basketball challenge and everyone that helped to make it possible. Approximately 80 people attended the Basketball Challenge to raise \$120.00 for the Pysch and Soc Rehab Department. Everyone had a great time! Congrats to MR services who won the challenge. Way to go!!! About 13 people from MR Services and from Homestead House played in the challenge. Congratulations also goes to **Nancy Naulder** who won the 1 on 1 Challenge against **Gail** (Social Rehab Staff). A great accomplishment for someone who never shot hoops before!



Basketball challenge planners - Gail & Amy

The idea for the basketball challenge started a few years ago when Gail and **Amy Sljva-Blystone** were challenged to play against each other during a Drop-In activity. The next year, the challenge grew to a 2 – on – 2 challenge to include family members of Gail and Amy. This year, everyone at TCV was encouraged to participate. The PSR Department looks forward to planning the 3rd Annual Basketball Challenge next year.



MR Team Cheerleaders



Players in action



Cheering on the teams

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

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Please check out the TCV PSR Farm Stand every Wednesday from 12-3 PM through November 16th at the Westinghouse Human Services Center (519 Penn Ave.) in Turtle Creek. Proceeds benefit TCV's Psych & Soc Rehab Departments

Erie Fun

~ Michelle Stockunas

On August 18, 2005, consumers and staff from Mental Health Residential, Supportive Housing and Psych and Social Rehabilitation took a bus trip to Presque Isle, in Erie, Pa. Upon arriving at the pavilion, everyone enjoyed a great cook out for lunch. After lunch, there were many activities to choose from, including: volleyball, bingo and other outdoor sport activities.

One group of consumers and staff hit the beach for some fun in the Lake Erie sun! Others took a relaxing boat ride. Prior to leaving the pavilion, all of the Erie beach lovers ate a second round of delicious food.

Just before departing for home, the bus stopped at the gift shop and everyone picked up a few souvenirs.

A fabulous time was had by all.

Tobacco Training

~ *Bernie Galanko*

100 TCV direct service staff and supervisors attended a training called Dealing with Tobacco Dependency as a Behavioral Healthcare Provider – Level 1 on August 5th, 11th or 19th. The trainings, held at the SV COG and 723 Braddock, are designed to give TCV service providers a framework on how to address tobacco dependency issues with their clients. Providers were shown the Clinical Practice Guidelines for treating Tobacco Dependency and given an opportunity to practice using them. The Clinical Practice Guidelines include the following steps in addressing tobacco use: identifying tobacco users and past users, assessing tobacco use status, promoting motivation for cessation, providing strategies for cessation and maintaining cessation. Brief tobacco dependence treatment focuses primarily on the combination of behavioral counseling and nicotine replacement therapy.

TCV MH/MR, Inc. is funded to provide tobacco prevention and cessation services through a grant from Tobacco Free Allegheny. One of the priorities is to ensure that the problem of tobacco use is adequately addressed within the population of consumers who receive services from TCV. Research shows that consumers of behavioral health services, whether mental health, mental retardation or substance abuse, are at a higher risk for tobacco dependency than the general population. The objective is to systematically and effectively identify and address the problem of tobacco use within our consumer population.

Two second level trainings will be held by the end of the year. The first one (Level 2-A) will be for Agency staff to ensure that consumers who use tobacco are identified and if they desire, linked with effective cessation services. Documentations will be made on consumers identified and referred and outcomes of referrals. Level 2-B will be for staff who want to learn in depth tobacco cessation strategies that they can directly use with their consumers.

MR ATF goes Camping!

Individuals participating at the Steel Valley ATF went on their annual camping trip at Camp Kon-O-Kwee, in Zelienople, from Wednesday through Friday morning, during the last week of August. Staff and individuals loved the beautiful lodge with a huge fire place and big screen TV. Camp Kon-O-Kwee staff made the camping trip very enjoyable for TCV staff and campers by providing all of the meals and and scheduled activities. A great time was had by all!



Campers & Nancy Naulder enjoying a boat ride

Penn MAP

~ *Sandra K.*

PennMAP, (Pennsylvania Medical Algorithm Project), sessions began again on September 19, 2005 at Homestead House. The sessions started in 2004 and were a great success. The facilitators, staff from Homestead House and co-facilitators, **Terry M. and Sandra K.** were excited to start the six sessions with consumers.

The two hour sessions were conducted on Mondays, Wednesdays and Fridays for two weeks. Various topics were discussed, such as: learning about your diagnosis, learning about your medications, staying on your medications, side effects of medications, relapse and crisis planning, communicating with your doctor and getting support.

The sessions include open discussions, viewing overhead projections and obtaining valuable information about symptoms of medications. The consumers enjoyed sharing personal experiences, connecting with a peer person and learning coping skills to keep them well.

The consumers were given a manual and handouts. Each participant that attended all six sessions received a certificate and invite to a party celebrating the completion of program. The consumers found the sessions to be very informative, inspiring and fun.

If you would like more information about PennMAP, please contact Sandra K. at 412-461-4100 ext. 719.

From the Maintenance/Housekeeping Department

~Jerry Potts

A number of projects coordinated by the department during the period follow:

Breezewood Drive:

- TCV MH/MR Maintenance department personnel installed a new decorative railing to go with the new sidewalk in the front yard at Breezewood. Hopefully you examined the fine work when you visited the site during their October 18th open house.
- Installation of a new ceiling in the basement bathroom.

Stock Street:

- A contractor renovated the powder room at this location and integrated the required fixtures, plumbing, and walls, flooring and electrical to construct a second full bathroom. The new bathroom is large, spacious and much more accommodating for our consumers.
- A contractor removed existing doors from the front bedroom and installed new windows and framing to the area to blend with the existing interior and exterior siding.

TCV Maintenance personnel accomplished the finishing work on both Stock Street projects.

70 South 22nd Street - Alternatives:

- TCV Maintenance personnel removed an existing wall and door way on the third floor and installed an accordion door assembly to provide the opportunity to use the new space as a conference room and/or an office.

St. Roberts:

- A contractor installed two steel fire rated doors and panic hardware at the North entrance of New Beginnings ATF. TCV MH/MR, Inc. personnel then installed one inch drywall to both sides of the existing framework and finished the area.

201 East 18th Avenue SV COG:

- TCV MH/MR personnel removed existing construction in room 207 and constructed an office/medical records room in the area.
- Two cubical stations have been removed from room 200 and two new office areas are slated for construction in this area.
- Contractors were hired to install security, monitoring and locking devices on the 17th Avenue entry door. This addition will provide our staff the mechanism to safely monitor the 17th Avenue doorway during evening hours while business is still being conducted.

Welcome to new employees!

James Allison - CHI MR Crestview
Joshua Binnix - Maintenance
Christal Blackman - CHI MR Brinton
Jennifer Brannigan - 723 HR
Lois Bucco - Turtle Creek OP
Andrew Cleary - St. Robert's ATF
Stephen Ionadi - Homestead House
Linda Johnson - Homestead House
Deborah Kovarik - Turtle Creek OP
Nichola Laffrey - SV COG Family
Stephanie Lesniak - SV COG Family
Deborah Miller - CHI MR Stock Street
Kenneth Moore - Homestead House
LaBaron Stevens - SV COG Family
Julia Thompson - SV COG Prevention
James Unice - Homestead House - I CM
Carol Wehrer - Tioga Street
Valerie Wiss - SV COG Prevention



Goodbye and Good luck!

Daniel Brown - Homestead House- I CM
Barbara Garrison - CRRS HH
Elizabeth Hewett - South Side D&A
Pat Ogilvie - 723 HR
Rose Race - Turtle Creek OP
Emily Rankin - SV COG Employment
Regina Santelli - Turtle Creek OP
Stephanie Simpson - CRRS Rankin
Joe Sipior - Maintenance
Michelle Sullivan - Southside D&A
Christian Wilson - CHI MR Stock Street
Jennifer Wojtczak - SV COG

Kudos!

Congratulations to **Gail Burner** for receiving her Masters Degree in Organizational Leadership from Geneva College.

Congratulations to the **St. Roberts Senior Program** for receiving it's full license from the Department of Aging. This is a first for the Senior Program!



James and Ramon driving to the tee

Special Olympic Silver Medal Winners!

~Ramon Carrington

Two TCV Steel Valley ATF individuals, **James Mikula and Michael Girman, Jr.** participated in the annual Special Olympics G.C.V. Golf competition on Tuesday September 13th. The mentors this year were **Ramon Carrington** (for James) and **Michael Girman, Sr.** (for son Mike, Jr). Both James and Mike won



Michael Jr. and Sr. enjoying the great day

silver medals. The participants golfed nine holes, had a great day and enjoyed breakfast, lunch and an awards program at the course.

Thank you to the Greek Catholic Union Insurance Group who sponsored Michael, James and their mentors. Next year, TCV is ready to enter several more participants and mentors for the golf competition at Seven Oaks Golf Club.

Psychiatric and Social Rehabilitation Dialogue Meetings

~J.R. Brenner

About a year ago, the consumers in the Psych and Soc Rehab (PSR) asked staff to have a Dialogue to discuss concerns, issues, program and staffing matters, etc. At that time, a large Dialogue Meeting was set up, that discussed all issues; either positive or negative. The main concern at the first meeting was the partnering between staff and consumers to effectively run programming. Since then, a partnership was created. Staff and consumers meet on a monthly basis to work together on consumer and program issues.

The partnership has come to value the open communication and frankness that has come from the Dialogue sessions. Consumer and staff work together toward creating a program where individuals can share ideas openly and honestly in a safe environment. There have been many positive outcomes and program enhancements due to the concern of consumers and the opportunity to partner with staff.

Some of the recent dialogues have led to positive changes in the PSR schedule of classes and activities. Some of the new peer-run classes include: It's Consumer Time, Peer Support and Family Matters, Painting and Drawing, and Positive Focus. Participants at the dialogues also requested to visit a local nursing home so they could interact through conversation, music and laughter with the residents.

Because of the new partnership with staff, the PSR programming has become more geared and tailored to the wants and needs of the individuals in the program.

Breezewood Open House

Camille, Helen, Lagretta, Joe, Kibby and staff from Breezewood Drive welcomed the community, family, friends and TCV staff



Visitors of the Breezewood open house

to show off their new home in West Homestead on October 14th. They had a great turnout. Everyone who attended got to take a tour of the lovely new home.

Idlewild Fun

The Steel Valley ATF went to Idlewild Park in June. The individuals sold hoagies to help pay for this trip.



Taking a relaxing train ride

Everyone had a great time riding the rides and swimming. Thank you to the ATF staff who really worked hard to make sure that the individuals had a great summer.

The Dangers of Methamphetamines

~Janet Carroll

Hurricanes, earthquakes and terrorists are not the only disasters our society faces. One of the newest threats is methamphetamines. Historically, use and production of this powerful drug was limited to the western US. In recent years, use of crank, amp, meth, ice and speed – all these are slang terms for this stimulant drug- has become increasingly available across the country. According to the National Household Survey on Drug Abuse, 9.6 million citizens have used methamphetamine in their lifetime and 1.3 million used in the past year.

Methamphetamines are not only dangerous for those who use them; they harm many innocent people as well. Methamphetamines give someone the ability to stay awake and do continuous activity with less need for sleep. They pump up a person’s heart rate, breathing, and blood pressure. They also cause sweating, headaches, blurred vision, dry mouth, hot flashes, and dizziness. People who are abusing methamphetamines feel high and full of energy. They think the drug will allow their bodies to keep going and going. But methamphetamines are very damaging to the body and brain, especially with repeated use. Long-term use of methamphetamines can cause brain damage that causes problems with memory and body movement.

Human Relations Media warns us that the popularity of the Internet has made it possible for anyone with a computer to find a recipe for cooking meth. Nearly 95 percent of all meth labs are currently small “mom and pop” labs, typically found in homes or motel rooms. Children who live in or near these homes are at risk for physical and emotional harm. For these reasons, the emergence of methamphetamines should be a concern to all. If you would like treatment or more information about Methamphetamines, please contact us at 412-351-0222.

Mon Valley School Reunion

Steel Valley ATF past graduates of the Mon-Valley School attended their school reunion at Cravers Restaurant in Pleasant Hills. They were able to see old classmates and teachers, ate, danced and had group pictures taken. It was really a nice time.



Reunion attendees enjoying the night's activities

Correction

We apologize that **Margaret Reefer** was not recognized in the previous newsletter for her instrumental role in the Breezewood CHIMR move. Her contributions to the move and transition were most valuable and greatly appreciated.



Employee Spotlight

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

Employee Name: Patti Ferron

Site Location: “New Beginnings” ATF in East McKeesport

How long have you worked here?: Almost 9 years

What is your position? MR Administrative Assistant

What do you like best about working at TCV? All the terrific people I work with!

What was your very first job? Playground instructor at age 16

What is your favorite movie of all time? Dances with Wolves

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

What three things can always be found in your refrigerator? “Real” butter, Feta cheese and eggs

What is your favorite vacation spot? Cancun, Mexico

What accomplishment would you say that you are most proud of? My beautiful daughter who has recently blessed me with a beautiful grandson

What are your pets, and their names? 2 cats: Oscar and Maggie Mae

Whom do you most admire and why? My father - whose wisdom I didn’t quite understand until he passed away



Agency Open House

TCV held an open house on October 26th at the SV COG conference room from 2:30 PM to 7 PM. About 73 people attended, including; TCV staff, board members, consumers, family



members of consumers and members of the community.

The main goal of the open house was to get people to know us better and the vast array of services that we offer.

Thank you to the following departments who participated: MH Outpatient, Children and Family Outpatient, PSR, Employment Services, Partial Hospitalization, Children's Prevention Team, MR, SCU, RC/ICM and Consumer run services. Another thanks goes out to those who helped make this event possible!

Recovery Walk

~ Submitted by J.R. Brenner

September 18th was a beautiful day for J.R. Brenner to volunteer at the Allegheny County Coalition for Recovery's 4th Annual Recovery Festival, 5K Walk and Picnic at Schenley Park in Oakland. TCV Executive Director, **Judy Monahan Grystar** and Rehabilitation Services Supervisor, **Amy Sljva-Blystone** were among the event's 300 attendees. Participation in the day's events was free for all participants.

Other attendees included: Fred Fowler, Pat Valentine, Marc Cherna, Mike Gruber and Wes Sowers from the County; Sharon Miller from NAMI; Sharon Alberts and Craig from Transitional Services; Robin Spenser from Message Carrier; and Dave Else from Center for Spirituality.

The picnic had a great variety of food for everyone. The entertainment was good and there was also a raffle for those who donated \$10.

A great time was had by all. Please plan on attending next year!

Department reorganizations

Mark Mariaskin is now the supervisor of **Mike Langan** and the Department of Children and Family Services.

Effective Nov. 1st, Psychiatric and Social Rehabilitation and Employment Services will be combined as the Rehabilitation Services Department. **Amy Sljva-Blystone** will assume the Director, Rehabilitation Services. Amy will maintain management responsibilities for Employment Services (including ongoing development of Peer Staff opportunities) and overall management of PSR. **Carol Roebuck** will continue as Supervisor, PSR and also provide direct services within the program.

Effective Nov. 7th, **Louise Meleshenko**, LCSW, will assume the Clinical Manager position for adult MH/D&A outpatient services at the Turtle Creek office. Louise has extensive clinical and management skills/experience and has been employed at TCV for approximately 25 years. During the last 7 years, Louise has been a therapist and senior clinician in Alternatives' outpatient and intensive outpatient services at the South Side.

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

August 2005: Janet Stanich

September 2005: Michael Langan, Anita Gunkle and Bob Wilson.

November 2005: Joan Zezza, Fred Mintus, Marieke Johnson and Linda Miller

TCV Pirate Game

Clients and representatives from TCV boarded a bus at the Steel Valley COG Adult Training Facility to head to the Pirate Game on July 21st. The event was sponsored by Bill Davis. The ATF consumers and staff would like to thank Bill for another great outing!



Ready to board the bus to go to the game

All Aboard!

~Manaya King

On September 24th, 2005 individuals supported by TCV MH/MR, Inc.'s residential programs gathered and took a chartered bus to the Greensburg train station. From there, everyone boarded a train to Altoona and around Horseshoe Curve. After getting off of the train, a bus took everyone back to Horseshoe Curve. Everyone either walked the steps or rode the funicular to the top where they could see miles and miles of beautiful scenery. The group then ate lunch at the Railroaders Museum, toured the museum and purchased souvenirs from the gift shop. Before returning home, the bus stopped at Dairy Queen in Ebensburg where all enjoyed their favorite ice cream sundae.

Thanks to the members of the recreation committee, which include **Manaya King, Sharon Kostelnik, Peg Williams, Sai Carswell and Linda Perry**, for all the effort they put forth to make the trip a success!



A group picture before departing from the Greensburg train station

Freedom from Smoking

~Anthoni Fabian

Do you want to quit using tobacco products? TCV MH/MR, Inc. can help! We conduct ongoing group classes for adults who want help in trying to cease their tobacco use. The highly structured program focuses on behavior change and is based on the *Freedom from Smoking* Program from the American Lung Association. Currently, a group of approximately 2 to 8 people meet once a week for 8 to 10 weeks. TCV also offers qualifying participants vouchers for nicotine patches.

TCV MH/MR, Inc. has also conducted several other classes. From June to August, consumers from the Psych/Social Rehab Department participated in the Freedom from Smoking Program. Other classes for the Turtle Creek community were conducted from June to August. A group class for TCV Mental Health consumers started at 2 PM on Monday October 31, at the 2nd Floor Community Room at the Steel Valley COG in Homestead. The group class will continue to meet there on Mondays from 2:00 – 3:00 PM. Registration is helpful but not required. Anyone wishing to register or receive more information should contact Arlene by telephone (412-464-1522 x500), fax (412-461-1325) or email ashanks@tcvmhmr.org.



South Side Billboard



Homestead Billboard

Check Out TCV's Billboards!

TCV MH/MR, Inc. is proud to announce that we have purchased billboards in Homestead and in the South Side to advertise the Children's Treatment Program and Alternatives Drug & Alcohol Program from September through November. This is a big step for TCV and we hope to see an increase in referrals. The two billboards will be up until November 20th. Please stop and see them. The Homestead billboard can be found going down the West Street hill intersecting with 15th Avenue. The South Side billboard is right on S. 22nd and E. Carson Streets.

2005 Toward a Brighter Future Golf Outing

Thank you to all of the golfers, sponsors and those who donated to the 7th Annual Turtle Creek Valley Toward a Brighter Future Golf Benefit on August 30, 2005 at Southpointe Golf Club. The golfers played through the Hurricane Katrina rain that was coming through Pittsburgh. The golfers had a great time, even though no one won the 2005 Ford Mustang Convertible donated by **Pat Green at Biondi Parkway Ford in Forest Hills!**

Over \$11,500 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: Maher Duessel - Rob Lent, Tim Morgus, John Paul and Ralph D'Antonio

Skill prize winners:

Closest to Pin – Joe Lauterbach – 2'6"

Closest to Pin – Randy Blake – 9'5"

Longest Putt – Kevin Aston – 16'

Longest Drive – Mike O'Donnell

Putting Contest Winner – Randy Blake

Sponsors and Donations

Empowerment Level - \$2500

National City Bank

Support Level - \$1000

Ameriserv Financial

Community Care

Jefferson Regional Medical Center

Westmoreland Telephone Company

Hometown/Mission Pharmacy

Twosomes

Ken Carnahan Planning and Design

Kathy Becker and Mike Berta

Sprint

Foursomes

Amcom Office Systems

Helene Brown

Maher Duessel

Team Napolitano

Verland Foundation

Individual Golfer

Randy Blake, Ivax Pharmaceuticals

Ray Logan, TCV MH/MR, Inc. Board Member

Hole in One Sponsor

Biondi Parkway Ford - Pat Green

Table Sponsor 1 - \$350

Pfizer - Rob LaCaria

Putting Contest Sponsor

Qualifacts Systems

Skill Prize Sponsor

Premier Comp Solutions

Program Ads

UPMC Health Plan

General Alarm Systems

Heritage Health Foundation

Tee Sponsors

A.V. International

Butler Woodcrafters

Heritage Health Foundation

Mon Valley Providers Council/

Westinghouse Human Services Center

Obade Candy Company

UPMC Health Plan

Walnut Realty

Monetary Donations

Gateway Braddock

Mele Bros. and Sister Florist

Office Depot

Rainbow Kitchen

Beverage Donations

Crystal Springs

Homestead Shop N' Save

Breakfast Donations

Panera - Green Tree

Panera - Waterfront

Silent and Chinese Auction Donations

Able Home Center

Andy Warhol Museum

Auto Bathhouse

Babb, Inc.

Bed, Bath & Beyond

Benihana

BFI Waste Systems

Border's Books

Buffalo Wild Wings

Carnegie Museums

Center for Creative Play

CLO

Colonial Supplemental Insurance

Dick's Sporting Goods

Dingbats

Dowe's on 9th

Drew's Family Restaurant

Enterprise Rent a Car

Family Services - TCV

Fiscal/CIS - TCV

Fun Fore All

Gregg Godels

Holiday Inn Monroeville

Hooters of Monroeville

The Improv

Issazu Salon

Kennywood Entertainment

Loew's

Lowe's

Maher Duessel

National Aviary

Phipp's Conservatory

P.F. Changs Pittsburgh Ballet Theater

Pittsburgh Pirates

Pittsburgh Playhouse

Pittsburgh Public Theater

Pittsburgh Steak Company

Pittsburgh Symphony

Pittsburgh Zoo

Qdoba

Sam's Club

Sewickley Spa

South Side Cinemas

Southpointe Golf Club

Tessaro's of Bloomfield

The Plaza Restaurant

Tommy Maddox Foundation

Venetian Aveda Salon - Waterfront



National City Bank



Ameriserv Financial



Community Care



Jefferson Regional Medical Center



Hometown Pharmacy



MissionPharmacy



Mission Pharmacy



Team Brown



Maher Duessel



Team Napolitano



Verland Foundation



TCV Team

TCV Golf Outing Committee

- Shawn Nairn – Hometown Pharmacy
- Mike Kotloski – Sprint Nextel
- Tom Bach
- Mary Jo Napolitano
- Kym Mroziak
- Michael O’Donnell
- Judith Stevenson
- Michelle Thomas
- Joan Zezza
- Olivia Zitelli



Sprint Nextel and Ray Logan - TCV Board Member

TCV Golf Outing Volunteers

- Phil Ionadi
- Judy Monahan Grystar
- Vickie Karabas
- Jackie & Nick Mroziak
- Jerry Potts
- Mimi Silinski
- Jennifer Wojtczak
- Martha Zucco

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.

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

TCV's United Way code is #136.

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

Judy Monahan Grystar, LSW
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