



OCTOBER 2021

Issue 1



Help us create a logo!

More information inside
the newsletter!

IN THIS ISSUE

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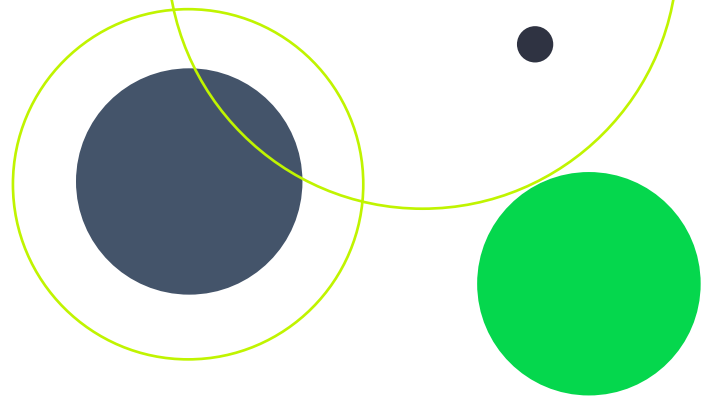
Dates to Remember and Mental Health Awareness Week Ideas

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Provider Spotlight-Center for Community Resources provided by Barbara Mazza— Director of CCR

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Updates and Contest Details





MENTAL HEALTH AWARENESS

DATES TO REMEMBER

October is Depression Awareness Month

October 3-October 9: Mental Illness Awareness Week 2021 in the USA.

October 7: National Depression Screening Day

October 7: Virtual Suicide Prevention Webinar-Safety Planning [Register Now](#)

October 8- AMI, Inc. Poetry and Fine Art Show

October 8-World Mental Health Day

October 10:-[MENTAL NOTES Virtual Concert](#)

October 12-Virtual Suicide Prevention Webinar-Suicide Risk Assessment [Register Now](#)

October 20- Understanding Grief and Loss Training [Register Now](#)

October 21-Virtual Suicide Prevention Webinar-Family Engagement [Register Now](#)

October 22-October 23-See-Saw Marathon benefiting The Common Ground Teen Center [Sign Up Here](#)

October 27-Understanding Grief and Loss Training [Register Now](#)

October 28- Virtual Suicide Prevention Webinar-Lethal Means Reduction [Register Now](#)

7 ACTIONS TO TAKE DURING MENTAL HEALTH AWARENESS WEEK

1. **Challenge your beliefs.** Rethink the way you think of mental health.
2. **Act on Advocacy.**
3. **Support others.** Here are 7 tips for supporting others: [<https://mhanational.org/supporting-others>].
4. **Reset and engage in self-care.** Find a way to unwind by taking a break, reading, talking to a friend, or exercising.
5. **Get Screened.** Reach out to your PCP and request screening and/or MHAScreening.org.
6. **Provide mental health information at upcoming debates.** [Click here to send prepared tweets to the debate hosts and moderators now through October 22.](#)
7. **Give.** Offering monetary support, volunteering, and giving back to the community.

Citation:

Mental illness awareness week. Mental Health America. (2021.). Retrieved September 13, 2021, from <https://mhanational.org/mental-illness-awareness-week>.



The Fusion food truck will be there from 11-3 with food for the first 200 guest.



PROVIDER SPOTLIGHT:

Center for Community Resources (CRR) began servicing residents of Washington County in June 2018 as the single unified base service unit (BSU). The BSU is intended to streamline the process and maximize quality, while being the entry point for residence of Washington County, who qualify for Mental Health Services (MHS).

CCR connects people to services while offering provider choice. This provides the individual a voice in their treatment and personal recovery. As one progresses through their recovery, the single unified BSU will remain a constant support that is just a phone call away.

CCR houses 3 specialized programs: Administrative Case Management (ACM), Students Assistance Program (SAP) and Intellectual Disabilities (ID)-Supports Coordination.

ACM services provides basic case management support to children, adolescents, and adults. They conduct comprehensive assessments to determine ones needs, discuss treatment options, complete referrals, offer support and advocacy. ACM's facilitate and coordinate movement from service to service

SAP is a Provisional Mental Health services provided to all 14 Washington County School Districts. SAP provides consultation services to school teams and family member, administer screenings, provide recommendations, and identified and links students to behavioral health care.

ID-Supports Coordination services provide supports to individuals diagnosed with intellectual disability. Support Coordinators assist with the enrollment process, development of one's individualized plan, explore funding and capacity for service availability, and provides coordination and monitoring of community supports.

Individuals seeking Mental Health support and assistance can contact CRR's Central office at 724-914-3058. Individuals are also welcomed to stop in through the workday to speak with a representative. BSU services can be accessed by family members, provider agencies, school districts, hospitals, and community programs.

CRR welcomes phone calls, emails, faxes, virtual meeting, referrals, and in-person gathering. Communication is key to promoting coordination of care as well as assisting with one's transitions.

CRR has been recognized in Pennsylvania as one of the top 10 places to work for 7 consecutive years.

Center for Community Resources (CCR)

CENTER FOR COMMUNITY RESOURCES, INC. (CCR)

The CCR mission is to make a positive difference in everyday lives by connecting people to a network of supports and services essential for actively learning, working, and living in the community.

Connecting People to Services

GARRETT LEE SMITH YOUTH SUICIDE PREVENTION GRANT UPDATE:

First, we would like to thank all our stakeholders, who took time out of their schedule to participate in the strategic planning meeting in June.

Two primary goals have been established:

1. Improve universal prevention efforts to increase identification and supports for youth prior to crisis.
2. Improve cross-systems communication to support youth at risk of suicide and their families.

We are excited to share with you the current efforts being made to related to the goals:

1. A monthly newsletter to provide updates, important dates, and a provider spotlight.
2. Suicide Prevention and Awareness information was sent to all school districts in Washington County in September.
3. The Children's Task Force/CASSP Advisory Board is being revamped and looking to expand membership.
4. Washington County will be hosting an Out of the Darkness Community Walk in the Fall 2022.
5. Trainings.

CONTEST!!

Calling all artists and graphic designers near and far, we need YOU to help create our new logo for the newsletter!

Submissions will be accepted from all community members and providers in Washington County!

We will be accepting submissions until November 15, contact Rebecca Salsbury at 724-250-4805 for more information.

Do you have something you want added to a future issue?

Reach out to Rebecca Salsbury at Rebecca.Salsbury@co.washington.pa.us

Deadline is October 15 for November submissions