

## “Let’s Connect”

### *Inside this issue:*

*Speaker of the Month* 1

*Homelessness Among Persons with IDD* 2

*The Practice of Being Person Driven* 3

*“A Day in the Park”* 4 & 5

*The Effects of Prenatal Nicotine Exposure* 6

*Colorectal Cancer* 7

*Letter from the Director* 8

### Speaker of the Month Series 2018

We have some excellent speakers and topics coming up this summer in our Speaker of the Month series. These trainings are held the third Wednesday of each month, April through October, in the Israel Building on the Warren State Hospital campus.

These trainings are open to anyone, worth two hours of training credit, and best of all, **FREE**. Register now by contacting Lisa Brocious at [lbrocious@MilestonePA.org](mailto:lbrocious@MilestonePA.org) or 814-728-9400.

**April 18:** Cheryl Parker will educate us on “The Practice of Being Person Driven”. This should be an excellent follow-up to the presentation Guy Légaré gave last August on “Creating Person-Driven Systems of Support.” If you weren’t able to attend Guy’s presentation, that’s okay, Cheryl’s presentation works just as well as a stand-alone training.

**May 16:** Carol Hoover, Education and Training Coordinator for the Brain Injury Association of Pennsylvania, will be here to talk about brain injuries.

**June 20:** Bob Sofranko’s topic will be “Reduce and Eliminate.....A hands off approach to Crisis Management.”

More information on these trainings will be emailed closer to the training dates. We’ll also will be posting information on our website ([MilestonePA.org](http://MilestonePA.org))

### Trainings

#### January — March

Cameron – 1  
Clearfield – 7  
Elk – 6  
Erie – 11  
Forest – 1  
Jefferson – 4  
McKean – 12  
Potter – 2  
Warren – 16  
Venango – 0  
Webinars - 4  
Home Study - 146

### Fifteenth Annual

## A DAY IN THE PARK

Information—page 4

Registration—page 5



# Homelessness among Persons with IDD

What comes to mind when you hear the word "trauma?" Physical abuse? Sexual abuse? Verbal abuse? Yes, these are all devastating experiences for anyone to endure, and with the many avenues of communication available today (television, internet, cell phones, etc.), more attention is being drawn (and rightly so) to these issues. Yet when we think of traumatic experiences, homelessness is not one that often comes to mind. It should be.

Homelessness is a pervasive problem in our world and here in our country, and one of the prime factors responsible for it is poverty. The poor are frequently unable to pay for housing, food, child care, health care, and education; difficult choices must be made when limited resources cover only some of these necessities. If you are poor, you are essentially an illness, an accident, or a paycheck away from living on the streets. Often it is housing, which absorbs a high portion of income, which must be dropped. (<http://nationalhomeless.org/about-homelessness/>, 1/18/18).



Many jobs, especially in rural settings, do not pay enough for a person to afford rent. Persons with intellectual and developmental disabilities often struggle to find gainful employment; many depend on public assistance, which has declined both in value and availability. The result is a higher likelihood that persons with I/DD may experience the trauma of homelessness at some point in their lives.

In addition, being homeless is often an invitation for other unanticipated problems. Hunger is a daily struggle. One formerly homeless man recently shared how he would go for a few days at a time without food. People who are homeless experience loneliness and rarely have a social network. They are not only exposed to the elements (heat, cold, rain, snow, etc.), but are also more vulnerable to attacks by thieves, rapists, bullies, and so on. Even the places we perceive as safe for homeless persons such as soup kitchens and shelters may not be so; the same gentleman who spoke of going hungry said that abuse happens every day in these places.

As you continue to make a difference for those you support, keep in mind that you may encounter someone who is or was homeless, and that it was at best an unpleasant experience. Your compassion and kindness will help them heal. For more information or to help someone in need, visit the National Coalition for the Homeless, [www.nationalhomeless.org](http://www.nationalhomeless.org).

Thank you!





## Speaker of the Month

**Warren State Hospital, Israel Building**

677 Hospital Drive, North Warren, Pennsylvania

**April 18, 2018**

9:30AM – 11:30

(Registration begins at 9:00)

## **The Practice of Being Person-Driven**

*presented by*

**Cheryl Parker**

Being Person Driven integrates Positive Approaches, System Thinking, Nonviolent Communication and what we know from the years of outcome research by the Heart and Soul of Change Project. Being Person Driven is designed to help service providers create conditions where individuals with Mental Health/Intellectual Disabilities, as well as complex clinical conditions can effectively get their needs met without having to use problematic strategies.

This training will build on information shared at the Fall Speakers Series and provide participants with the opportunity to practice the three helping habits associated with being person driven. Participants are encouraged to attend with examples of situations when they would have loved to see a different outcome, or when they would have loved to connect with someone who was doing something they found frustrating or challenging.

Through activities and practice with peers, participants will practice listening and connecting empathically, practice partnering with someone they find challenging, and practice learning and seeking feedback through debriefing.

Cheryl Parker is the Western Regional Director at Person Driven Clinical Solutions LLC, (PDCS) and an Adjunct Instructor at Seton Hill University. She is also the former Clinical Director for the Western Region of the Commonwealth of Pennsylvania.

Cheryl's mission is "to provide quality clinical training, leadership, support and services to individuals, teams, and multiple delivery systems struggling to understand challenging behavior/behavioral health concerns/intensive support needs." She has more than 20 years of experience and education in human services, which she calls upon to benefit those who use Autism/ID/IDD services.

To register for this **free** event, please contact Lisa Brocious at Milestone HCQU Northwest, by phone at (814) 728-9400 or email [lbrocious@MilestonePA.org](mailto:lbrocious@MilestonePA.org). You may also fax a registration form to (814) 728-8887.

Registrations must be received by April 13, 2018.

Fifteenth Annual  
**A DAY IN THE PARK**

Event taking place at  
**Wildcat Park**

Ludlow, PA

June 15, 2018

From 10 a.m. - 2 p.m.

Singing & Dancing  
with  
The ELCAM Gang  
11:00



Equestrian Therapy

Gardening

Health  
&  
Community Service  
Vendors



First Responders



Games

Crafts

Photo Booth



Lunch will be provided

We look forward to  
seeing you!!

Milestone HCQU Northwest  
Please register by mail,  
phone 814-728-9400 or  
Fax 814-728-8887



**Registration Form**  
**"A Day in the Park"**  
**June 15, 2018**

**Agency** \_\_\_\_\_  
**Address** \_\_\_\_\_  
**Phone** \_\_\_\_\_

**RSVP by June 6, 2018**

<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual
<b>Name</b> _____	<input type="checkbox"/> DCS/DSP <input type="checkbox"/> Admin/Super <input type="checkbox"/> SC <input type="checkbox"/> County <input type="checkbox"/> Individual

\*If you have any questions call 814-728-9400 or email [lbrocious@MilestonePA.org](mailto:lbrocious@MilestonePA.org)

\*Lunch will be provided. Please be prepared for ANY weather conditions. Please feel free to copy registration form and pass it on to all your Life Sharing Providers or Group Homes.

**Please send registrations to:**

**Milestone HCQU Northwest**  
**Roseland Building**  
**247 Hospital Drive**  
**Warren, PA 16365**  
**Or Fax (814)728-8887**



# **The Effects of Prenatal Nicotine Exposure (PNE)**

by Amy Tobolski

There has been a great deal of discussion and research over the last several years regarding prenatal exposure to alcohol and improving our ability to recognize those who may have Fetal Alcohol Spectrum Disorder (FASD), yet we should not forget about another potentially impactful prenatal exposure – nicotine. We know that it is associated with premature births, low birth weight and an increased risk for Sudden Infant Death Syndrome (SIDS). We recognize the connection with Intellectual and Developmental Disabilities, but how many of us know why nicotine exposure causes the difficulties with which it is associated?

Nicotine crosses the placental and blood-brain barriers, allowing it to impact the growth and development of the fetus. For example, Prenatal Nicotine Exposure (PNE) has been shown to cause structural and functional alterations in lung development, leading to increased risk for conditions such as asthma and obstructive lung disease.

PNE is also known to change the intensity and timing of the development of brain cells in utero. Specifically, it binds to receptors on brain cells that are extensively involved in the growth, connectivity, and function of the (developing) brain. This causes development of the brain to occur atypically. In early fetal development, this can affect the basic structures of the brain, such as the development of synapses (the areas where brain cells communicate with each other). The neurochemical functioning of the brain, which facilitates communication between brain cells (and ultimately, the different parts of the brain), may also be affected. These effects can be seen in the increased risk for Intellectual / Developmental Disabilities, Attention Deficit Hyperactivity Disorder (ADHD), Schizophrenia, and conduct problems.

Prenatal exposure to nicotine can have life-long effects. Studies have found correlations between PNE and reduced fertility as adults (particularly in women). Later life obesity, cardiovascular disease, and Type 2 Diabetes are suspected to be associated (directly or indirectly) with PNE.

According to the CDC, 7.2% of American women who gave birth in 2016 smoked during pregnancy.

## **April is National Stress Awareness Month**

Stress can be very harmful in our daily lives!

Think of how many ways you could relieve some of the daily stressors in your life.

It could be as easy as simple breathing techniques a good laugh or even a simple walk and to some fresh air.

Just keep in mind how important your health is and try to alleviate as much stress as possible, not just today but everyday!



# COLORECTAL CANCER

**What Is Colorectal Cancer?** Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

**Screening Saves Lives.** Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If you are 50 or older, getting a colorectal cancer screening test could save your life. Here's how: colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn't be there. Over time, some polyps can turn into cancer. Screening tests can find precancerous polyps, so they can be removed before they turn into cancer. Screening tests also can find colorectal cancer early, when treatment works best.

**Who Gets Colorectal Cancer?** Both men and women can get it. It is most often found in people 50 or older. The risk increases with age.

**Are You at Increased Risk?** Your risk for colorectal cancer may be higher than average if: you or a close relative have had colorectal polyps or colorectal cancer, you have inflammatory bowel disease, you have Crohn's disease, you have ulcerative colitis, you have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

People at increased risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening, which test is right for you, and how often you should be tested.

**Colorectal Cancer Can Start With No Symptoms.** Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. That is why having a screening test is so important.

**What Are the Symptoms?** Some people with colorectal polyps or colorectal cancer do have symptoms. They may include: blood in or on your stool (bowel movement); stomach pain, aches, or cramps that don't go away; losing weight. If you have any of these symptoms, talk to your doctor; they may be caused by something other than cancer. However, the only way to know is to see your doctor.

Several different screening tests can be used to find polyps or colorectal cancer. They include: stool tests, flexible sigmoidoscopy, colonoscopy, and CT colonography (Virtual Colonoscopy). There is no single "best test" for any person. Each test has advantages and disadvantages. Talk to your doctor about which test or tests are right for you and how often you should be screened.



## Letter from the Director

Now that spring is here, the Northwest HCQU is also growing. We are currently interviewing for a registered nurse, and hope to add that person soon which will give us a little bit more capacity to meet your needs. Our current nurses are in the process of being certified train the trainers for med administration, and should finish that process by June. In February four staff took the Staff Effectiveness training in Butler, this allows them to teach staff how to prevent or limit crisis situations. We have started a pilot sexuality training (Positive Choices) in McKean County which is progressing well and will last several more weeks, educating some individuals about making good choices. Finally, our monthly speakers at the Warren State Hospital start again in April with Cheryl Parker talking about being Person Driven, May is Cheryl Hoover talking about Brain Injuries, and then Bob Sofranko in June talking about hands off approaches to crisis management. If you have requests for us to consider for future speakers please let us know since we frequently schedule these trainings well in advance.

As always, we are looking for better ways to help you help others. Feel free to call, email, or just ask questions whenever you see us. Thank you for taking time out of your busy day to read our newsletter, and have a wonderful year.

Darryl

## May is Mental Health Month



As certified Youth and Adult instructors, Darryl and I are working to give people the tools to identify, understand and respond to signs of mental illnesses and substance use disorders.

Every day, more people are learning how to support a friend, family member or loved one facing mental health or substance use challenges .

Be the one to make a difference!

Contact the HCQU if you are interested in Adult or Youth MHFA training.

Lisa Brocious

**Roseland Building**

**247 Hospital Drive**

**Warren, PA 16365**

**Phone (814) 728-9400**

## HCQU Contacts

**Gary Bell**

Executive Director

Milestone Centers, Inc.

**Darryl Bergstrom**

HCQU Director

[dbergstrom@MilestonePA.org](mailto:dbergstrom@MilestonePA.org)

**Amy Tobolski**

Clinical Supervisor

[atobolski@MilestonePA.org](mailto:atobolski@MilestonePA.org)

**Lynn Carnahan**

Training Coordinator

[lcarnahan@MilestonePA.org](mailto:lcarnahan@MilestonePA.org)

**Lisa Brocious**

Office Manager

[lbrocious@MilestonePA.org](mailto:lbrocious@MilestonePA.org)

**Susan Swanson, RN**

HCQU Nurse

[sswanson@MilestonePA.org](mailto:sswanson@MilestonePA.org)

**Tim Juliano, RN**

HCQU Nurse

[tjuliano@MilestonePA.org](mailto:tjuliano@MilestonePA.org)

**Connie Copley**

Behavioral Health Specialist

[ccopley@MilestonePA.org](mailto:ccopley@MilestonePA.org)



**milestone  
HCQU Northwest**

[MilestonePA.org](http://MilestonePA.org)

