

Milestone HCQU Northwest

“Let’s Connect”

April
May
June
2017

Inside this issue:

<i>Speaker of the Month</i>	1
<i>Lyme Disease</i>	
<i>Dental Hygiene</i>	2
<i>Catching Happiness</i>	
<i>“A Day in the Park”</i>	3
<i>Registration Form</i>	4
<i>Dual Diagnosis Treatment Team</i>	5
<i>Letter from the Director</i>	
<i>New at the HCQU</i>	6



Trainings for

January—March

Cameron – 1
Clearfield – 7
Elk – 7
Erie – 2
Forest – 1
Jefferson – 7
McKean – 2
Potter – 0
Warren – 17
Venango – 0

2017 Speaker of the Month Series

Spring has finally arrived, and with it we resume our popular Speaker of the Month series. We are excited about this year's lineup, starting April 19 when Michelle Hetrick and Kristin Cline from NHS will be here to talk about the Dual Diagnosis Treatment Team (DDTT). The DDTT is a recovery-oriented, holistic approach to supporting individuals who are diagnosed with serious and persistent mental illness and an intellectual disability.

Diane Stanoszek, from Milestone Centers, Inc., was here last spring to talk about SOGIE, and returns May 17 to discuss Trauma Informed Care. This training will give voice to the trauma that people have survived and witnessed, and help us become more comfortable speaking and listening about human experience as we come face to face with human vulnerability, most often our own.

Our third Speaker of the Month, Jim Donovan M.Ed., Assistant Professor at Saint Francis University, co-founded the 3-time platinum music group Rusted Root and wrote the book “Drum Circle Leadership”. Jim believes in the power of music to bring people together, and regularly offers training to organizations that teach people how to lead group music-making as a way to support wellness and social connection. These events include evidence-based programs for people who work with individuals with disabilities such as Autism and with those who work in recovery. Jim will be presenting his “Drumming and Disabilities” training for us. (<https://drumcircleleadership.com/about-jim-donovan/>)

Stay tuned, there will be more information to come!





Lyme disease is caused by the bacteria, *Borrelia burgdorferi*. Lyme disease is spread to humans through the bite of an infected black-legged tick. Usually, one of the first symptoms of Lyme disease is the characteristic "bull's-eye" skin rash, known as erythema migrans (this occurs in approximately 70 to 80 percent of infected persons), noted at the site of the tick bite. It is important to note that not everyone gets this skin rash. Other early signs and symptoms of Lyme disease (3-30 days after tick bite) are flu-like symptoms such as headache, chills, fever, aching muscles and joints, swollen lymph nodes and fatigue.

"Later signs and symptoms (days to months after tick bite) include: severe headaches and neck stiffness, additional erythema migrans rashes on other areas of the body, arthritis with severe joint pain and swelling, particularly the knees and other large joints, facial palsy (loss of muscle tone or droop on one or both sides of the face), intermittent pain in tendons, muscles, joints, and bones, heart palpitations or an irregular heartbeat, periods of dizziness or shortness of breath, inflammation of the brain and spinal cord, nerve pain, shooting pains, numbness or tingling in the hands or feet, and problems with short-term memory."

Lyme disease is easily treatable with oral antibiotics, if it is caught early. So knowing what to watch for and using prevention measures are important. Prevention measures include: avoiding tick-infested areas, this is especially important in May, June, and July, avoiding tall grass in damp areas, use an insect repellent when outdoors, maintain your yard and keeping your grass trimmed, shower after any outdoor activities, perform tick checks on yourself and your pets, during and after outdoor activities.



<https://www.cdc.gov/lyme/index.html>

Prevent Infections: Take Care of Your Teeth!

Did you know that taking care of your teeth and gums can go a long way toward preventing diseases of the heart and lungs such as endocarditis, coronary artery disease, and pneumonia? Most of us don't think about that, but studies indicate that several chronic diseases and infections can have their origins in the mouth.

When we eat food or drink liquid, most of it goes to the stomach, but a small amount remains in the mouth and can sit on and in between the teeth. Tiny molecules of food (especially sugar) tend to draw bacteria. If we don't clean our teeth and mouth regularly, these bacteria can build up and cause things like cavities and periodontal (gum) disease. From there it is easy for the bacteria to spread through the bloodstream to other places in the body, where they cause other infections and diseases.



To stop this from happening, the best thing to do is practice dental hygiene daily. The American Dental Association recommends brushing your teeth twice a day for at least two minutes using a soft toothbrush and an ADA accepted fluoride toothpaste. Replace your toothbrush every 2-3 months. Floss between your teeth once a day to remove particles that your toothbrush cannot reach. Get regular dental check-ups and be sure to ask your dentist about any concerns you have. Remember, if you are good to your teeth, your body will thank you for it!

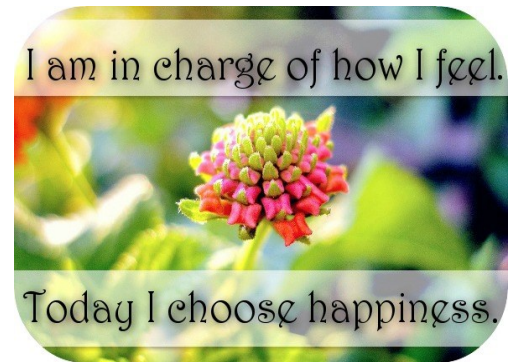
By Tim Juliano

Catching Happiness

By Amy Tobolski

We have all heard of the benefits of laughter. Most of us would likely identify happiness as a preferred state of being. We know *why* happiness is important, but, in the words of Herb Lovett, "The 'why' lacks all compulsion without the 'how.'" Knowing why you should pursue happiness is not the same as knowing how to get it. So, here are some simple suggestions from *The Field Guide to Happiness* that may help you not just pursue, but catch happiness!

- Make a list of ways you have contributed to the happiness of others. This may include things like offering to help, really listening, or speaking kindly.
- At the top of a blank page, write the word "Happiness." Give yourself five minutes to list as many words as come to mind (aim for 50). Don't overthink it, just let your thoughts go.
- Before going to bed, make a list of ten things that made you feel happy during the day.
- Create a happiness mantra, like "I deserve to be happy," or "Happiness is a choice and I choose to be happy." Of course, there's always the immortal, "Don't worry. Be happy."



One final technique for boosting happiness is to smile! Begin by practicing a half-smile. Many find that this soon gives way to a real smile. Not only does smiling relax hundreds of muscles, but it triggers the release of Serotonin, our brains' natural anti-depressant. So you see, the secret to happiness is literally right under your nose!

“A Day in the Park”

Can you believe it! It's time to start thinking about the yearly event already. "A Day in the Park" will be held again this year at Wildcat Park, Ludlow, PA on Friday, **June 16, 2017**. The HCQU team looks forward to providing a day of activities for you. We will again sponsor the same great event with the ELCAM Band, vendors, health information, games, activities, therapeutic horses, snow cones and much more. Lunch will be provided (if you or those you serve are on a special diet, please bring food you can eat). We will have water available all day. The event will begin at 10 a.m., and end around 2:00 p.m. We look forward to receiving your reservation (which is included on page 4) and seeing you at our 14th annual "A Day in the Park". Dress casually and come have fun!

Milestone HCQU Northwest Team

Registration Form

“A Day in the Park”

June 16, 2017

Agency _____

Address _____

Phone _____

RSVP by June 9, 2017

Name _____ ☐ DCS/DSP ☐ Admin/Super ☐ SC ☐ County ☐ Individual

Name _____ ☐ DCS/DSP ☐ Admin/Super ☐ SC ☐ County ☐ Individual

Name _____ ☐ DCS/DSP ☐ Admin/Super ☐ SC ☐ County ☐ Individual

Name _____ ☐ DCS/DSP ☐ Admin/Super ☐ SC ☐ County ☐ Individual

Name _____ ☐ DCS/DSP ☐ Admin/Super ☐ SC ☐ County ☐ Individual

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Name _____ ☐ DCS/DSP ☐ Admin/Super ☐ SC ☐ County ☐ Individual

Name _____ ☐ DCS/DSP ☐ Admin/Super ☐ SC ☐ County ☐ Individual

*If you have any questions call 814-728-9400 or email 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





Speaker of the Month

April 19, 2017

9:30AM – 12:00 Noon

Registration at 9:00

Warren State Hospital, Israel Building

677 Hospital Drive

North Warren, Pennsylvania

Dual Diagnosis Treatment Team (DDTT)

presented by

Michelle Hetrick, DDTT Director, NHS

Kristin Cline, Clinical Lead Specialist, NHS

The Dual Diagnosis Treatment Team (DDTT) is a recovery-oriented, holistic approach to supporting individuals who are diagnosed with serious and persistent mental illness and an intellectual disability. This program offers a team approach to service coordination and treatment for individuals who have encountered challenges succeeding in more traditional treatment settings. Staff, the individuals and other supporters work together using person-centered, recovery services to promote the principles of everyday lives with individuals, family members and the community. Michelle Hetrick and Kristin Cline will be here to give a short presentation about the DDTT, and answer any questions you may have about them.

Michelle Hetrick is the DDTT Director for the Northern 23 West team at NHS since 2012. Her team supports the following counties: Warren, McKean, Potter, Elk, Cameron, Clarion, Jefferson, Clearfield and Forest. Michelle is a Licensed Professional Counselor, as well as a Board Certified Counselor. Prior to joining NHS Michelle dedicated more than 16 years of combined clinical service to inpatient psychiatric care, mobile crisis, mobile psychiatric rehabilitation, and outpatient psychotherapy to individuals, couples and families.

Kristin Cline is the Clinical Lead Specialist for the four NHS DDTT teams that support 17 counties in Western PA (Northern 23 West, Twin Lakes, Woodland and Allegheny Center). Kristin is a Licensed Professional Counselor and a Certified Advanced Alcohol and Drug Counselor. She joined DDTT in 2014. Prior to that she worked in inpatient, outpatient and community based settings with children, families and adults who sought treatment for a variety of social, emotional and medical needs.

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. You may also fax a registration form to (814) 728-8887. Registrations must be received by April 14, 2017.

Letter from the Director

We have had a few changes in the office lately, with Amy Tobolski being promoted to Clinical Supervisor to replace Beth Lorenzo, who retired in December. This opened up a Behavioral Specialist position, and Connie Copley was recently hired to fill that role. As noticed in other articles, we are working on our schedule for the Speaker of the Month trainings at the Warren State Hospital auditorium starting on April 19th, and planning has also started for the annual event at Wildcat Park on June 16th.

On March 22nd at Futures in Bradford we participated in Disabilities Awareness month, with Tim Juliano talking about how important it is to "Get up and move", and drink more water instead of soda. Other HCQU staff talked about how much sugar was in our food and drinks, dental health, self breast exams, and handed out exercise bands, DVD's, and informational flyers.



As always, if you would like a training, technical assistance to help support an individual better, or any other help please call and ask. Take care, and have a wonderful spring.

Darryl

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New at the HCQU



Hello. My name is Connie Copley. I am the new Behavioral Health Specialist at the Northwest HCQU in Warren PA. I have resided in Warren County all my life. I graduated from Clarion University with a BS in Liberal Arts with a concentration in Education. I am certified as a Psychiatric Rehabilitation Practitioner. I have worked in mental health for over 10 years. Along with being a new member of the Milestone team, I also hold a position at Warren General Hospital as a Behavioral Health Technician on the Psychiatric Unit. I have experience as a TSS, a facilitator of a Psych Rehab program, and a family based therapist. I also have experience working with a variety of disabilities as a home health care aide. I have two children, Jacob, 13, and Emily, 10. We have a Golden Retriever named Winchester, 4. I enjoy attending Jake and Emily's sporting activities throughout the year.

Join us in welcoming Connie to our great team at Milestone HCQU Northwest.

