Milestone HCQU Northwest

April May June

2019

"Let's Connect"

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Trainings

January-March Cameron – 0 Clearfield - 9 Elk - 4Erie – 3 Fayette - 0 Forest - 1 Jefferson – 6 McKean - 13 Potter – 0 Warren – 7 Venango –1 Home Study - 115 Webinars-5

Autism Spectrum Disorder

Autism Spectrum Disorder (ASD) has received a lot of attention, especially in the last few years. The CDC indicates that one in 59 children are on the Spectrum (an increase from one in 150 less than 30 years ago). Autism affects communication, social interaction, and behavior to varying degrees and in multiple ways. All of these areas can potentially be influenced by differences in how some people with ASD experience sensory input.

Milestone HCQU Northwest was pleased to participate in Autism Awareness Day on April 2, 2019, in Warren, PA. In addition to providing a special speaker, we provided



activities that allowed participants to experience some sensory difficulties in order to gain insight into their possible effects on the individual.

We are excited to announce that we are developing these activities into a training that will be available beginning in June 2019. This 2-hour experience will involve a mix of activities and discussion designed to increase participants' understanding of the ways that people with ASD might experience the world differently. You can request the training, Autism Awareness: A Brief Journey Into the Spectrum, by contacting Lynn Carnahan at 814-728-9400 or Icarnahan@MilestonePA.org.



Registration—page 5





Occupational Therapy is a growing field in which much can be done to provide specialized assistance and help a person increase their level of independence. Occupational Therapy can benefit people of all ages who are experiencing difficulties due to physical, social, emotional, or developmental problems.

This includes:

- work/sports injuries
- serious illnesses (such as Multiple Sclerosis)
- stroke victims
- accident victims
- people with developmental disabilities
- people with sensory problems, such as those experiences in Autism Spectrum Disorders.

Some of the services that Occupational Therapists and Occupational Therapy Assistants perform include:

- environmental evaluations with recommendations for adaptations
- training in the use of adaptive equipment
- assessment and customized treatment to improve daily living skills / work performance
- training for family/support personnel to assist them in caring for the individual.

An Occupational Therapist can be a significant addition to a person's health care team. They can provide some practical insights and suggestions to better support someone struggling with issues related to how they may experience the world and how their bodies may work differently.

It is recommended that you ask about the therapist's experience, as there are different areas of specialization within Occupational Therapy. For example, some OTs are trained in Sensory Integration, an assessment and treatment process geared toward identifying sensory processing differences and providing activities (sometimes called a "Sensory Diet") that help the person improve things like balance and co-ordination (related to vestibular and proprioceptive senses), or provide ways to "protect" the person from environmental over-stimulation.

An Occupational Therapy evaluation can be accessed via a prescription from an individual's physician. You can then contact an OT clinic (check your yellow pages or local hospital) to set up an appointment. You may also need to check with the individual's insurance, as some companies do not cover OT services.





Special Speaker

Blasco Library, Hirt Auditorium

160 East Front Street, Erie PA **June 5, 2019**

Penn-State DuBois 1 College Place, DuBois PA June 6, 2019

9:30AM – 3:30PM (lunch noon – 1:00, on your own) (Registration begins at 9:00)

Fetal Alcohol Spectrum Disorder

presented by

Dan Dubovsky, MSW, LSW, FASD Specialist



Many individuals with Fetal Alcohol Spectrum Disorder (FASD) have cooccurring mental health and other issues. Behaviors seen in FASD are often mistaken for psychiatric illnesses such as oppositional defiant disorder (ODD), attention deficit hyperactivity disorder (ADHD), reactive attachment disorder (RAD), and in adults, antisocial and borderline personality disorder. It is very important to distinguish whether a person has a true co-occurring mental health issue or whether the behaviors are due to the brain damage due to FASD. If a

person with an FASD has a co-occurring mental health disorder, the treatment for that disorder must be modified to effect positive outcomes. This presentation will identify mental health issues in individuals with FASD, discuss why those with FASD must be approached differently in many settings, and will examine strategies geared to the recognition of what is causing the behaviors that we see.

Dan Dubovsky has worked for more than 40 years in the fields of mental health and developmental disabilities. He has worked as a therapist in residential, community-based and hospital settings. Dan has been involved in the field of fetal alcohol spectrum disorder for more than 25 years, and has presented regionally, nationally and internationally on FASD, focusing especially on interventions for children, adolescents and adults.

To register for this free event, visit our Learning Center at http://northwesthcqu.learnupon.com. Click on the Dashboard button in the upper left of your screen and select Catalog. Then click "All Types of Courses" and select "Special Speakers" to see trainings presented by speakers outside the HCQU. Select the training session you would like to attend and click the Enroll button. If you do not have an account on our Learning Center, click "Sign up now" and follow the instructions. If you have any questions, contact HCQUNW@MilestonePA.org.



Sixteenth Annual **A DAY IN THE PARK**

Event taking place at Wildcat Park

Ludlow, PA June 21, 2019



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

Snow Cones

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 21, 2019

Agency _____

Phone ______

Address _____



RSVP by <u>June 10, 2019</u>

Name	□ DCS/DSP □ Admin/Super □ SC □ County □ Individual
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*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 Or Fax (814)728-8887



The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes.

The CDC recommends the following:

Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor. If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broadspectrum sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen

Put on a broad-spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage. https://www.cdc.gov/cancer/skin/basic_info/sunsafety.htm



Communication is something we do every day, yet at times is difficult. People sometimes struggle knowing exactly what to say. Communication can be misunderstood, frustrating and at times, cause conflict. Communicating can become highly difficult in situations that are stressful. According to the experts at helpguide.org, the following tips can be used to communicate effectively, by staying calm, under pressure:



- Use stalling tactics to give yourself time to think. Ask for a question to be repeated or for clarification of a statement before you respond.
- Pause to collect your thoughts. Silence isn't necessarily a bad thing—pausing can make you seem more in control than rushing your response.
- Make one point and provide an example or supporting piece of information. If your response is too long or you waffle about a number of points, you risk losing the listener's interest. Follow one point with an example and then gauge the listener's reaction to tell if you should make a second point.
- Deliver your words clearly. In many cases, how you say something can be as important as what you say. Speak clearly, maintain an even tone, and make eye contact. Keep your body language relaxed and open.
- Wrap up with a summary and then stop. Summarize your response and then stop talking, even if it leaves a silence in the room. You don't have to fill the silence by continuing to talk.

Good luck! I hope these tips will be helpful in the future!

Connie Copley



Communication is a skill that you can learn. It's like riding a bicycle or typing. If you're willing to work at it, you can rapidly improve the quality of every part of your life. Brian Tracy

Letter from the Director

Come on warmer weather. While I enjoy the changing seasons I really would like to plant my garden and see fresh vegetables mature. I know that it is a lot of work with no guarantees that I will actually get to pick something, but it is what I overall enjoy doing. Working in the HCQU is sometimes the same thing - we put in a lot of hard work, see some benefits, and make a difference in the lives of those around us. We are working on new trainings including an Autism Awareness experiential training which will put participants through different tasks to raise their awareness of what it may be like to have Autism. We are also finalizing plans for a food consistency training here at the Warren State Hospital and seeking out special speakers to host around the HCQU area. If there is something that we can do to assist you with your hard work, please ask.

Thank you for those who have submitted feedback regarding our trainings and technical assistance that we have provided. We appreciate all information that you give us, because it only makes us better which means that we give better assistance to you in the future.

So, what else would you like from us in 2019? If there is something specific, please email me at <u>dbergstrom@milestonepa.org</u> with your thoughts or talk to one of us when you see us wherever. Take care and call us for trainings or technical assistance.

Darryl



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