



Gratitude's powers have the ability to shift us from focusing on the negative to appreciating what is positive in our lives. Research has shown that gratitude can enhance our moods, decrease stress and drastically improve our overall level of health and wellbeing. On average, grateful people tend to have fewer stress-related illnesses and experience less depression and lowered blood pressure, they are more physically fit, they are happier, have a higher income, more satisfying personal and professional relationships and will be better liked. Here are some gratitude quotes:

*"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."* -- Oprah Winfrey

*"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."* -- Marcel Proust

*"We can only be said to be alive in those moments when our hearts are conscious of our treasures."* -- Thornton Wilder

*"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."* -- John F. Kennedy

*"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."* -- Albert Schweitzer

*"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has."* -- Epictetus



Our mission is to provide comprehensive mental health and educational services to adults and children. We believe that everyone deserves the opportunity to develop a treatment process that best supports their physical, mental, and social well-being. We provide a range of behavioral health services for abused and troubled children, youth, adults, and their families.

# COMMUNITY RESOURCES



## **Multicultural Fair! Engaging Communities, Quilting Stories** **November 15, 2019, 1-4PM** **Parkway Central Library, The Heim Center** **1901 Vine Street** **Philadelphia, PA 19103**

This is a cultural celebration and fun activities for the whole family. In this even, one can explore: Latin American Art Exhibit, Taino Culture, Colombian Culture, African and Caribbean Communities, Turkey Culture, West Africa Culture, Chinese Calligraphy Workshop, and Bomple Group. There will be a resource table presented by the Office of Immigrant Affairs and a health information table presented by Independence Blue Cross.

## **All That Jazz Festival - Free** **November 16, 2019, 4-9 PM** **253 North 3rd Street** **Philadelphia, PA 19106**

The Philly Art Collective will host a Jazz Legends art exhibit featuring paintings, drawings, and collages from local artists of jazz musicians and culture ! The first 1000 tickets will be free to the community and free drinks served. Check Eventbrite.com for tickets.

## **Youth Engagement Resources for Cities Toolkit**

The National League of Cities toolkit includes resources on authentic youth engagement, hosting a youth summit, starting a youth council, participatory budgeting; lowering the voting age for municipal elections, and a self-perception inventory designed to help cities identify their strengths in this arena. For more information visit [www.nlc.org](http://www.nlc.org).

## **All Together Now: Collaboration and innovation for Youth Engagement Report**

This report, by the Commission on Youth Voting and Civic Knowledge, proposes

recommendations for policymakers, educators, and families can come together to have a significant effect on youth voting and civic knowledge. Get the report at [www.civicyouth.org](http://www.civicyouth.org)

## **PathWays PA Providing SNAP Application Assistance**

A PathWays PA SNAP Benefits Specialist can assist you in accessing SNAP and other workforce supports to help you make ends meet while you're between jobs and provide assistance to ensure you remain employed and are able to move toward self-sufficiency. To participate in an eligibility screening for SNAP benefits and other workforce supports contact Emily at (610) 543-5022.

## **Youth Outreach Adolescent Community Awareness Program (YOACAP)**

### **Helps High School Grads Learn About Building Trades**

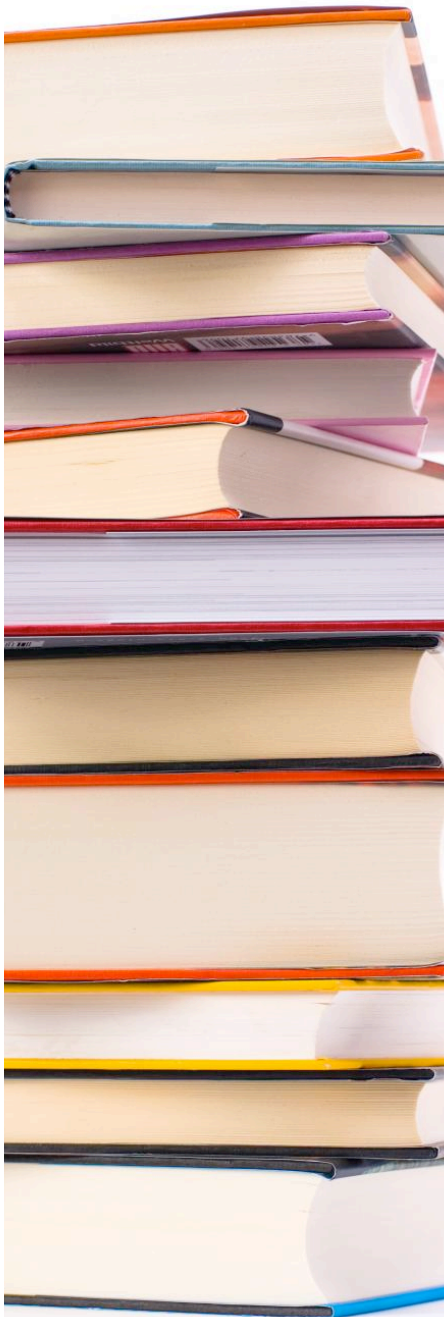
YOACAP, a project of Urban Affairs Coalition, has several trade options like Carpentry, Finishing Trades Institute (FTI), Plumbing & Electrical that will help males and females gain entry into the building trade. These programs help individuals prepare for and take the exams, learn about building trade culture, and receive certification training. They also receive weekly transportation, tools, and a small monthly incentive as they reach specific benchmarks. Building Trades Training for 16-24 Year Old. To enroll in YOACAP's building trade pre-apprenticeship, participants must either have their diploma, or be on track to earn it by June 2020. They must be able to pass a drug test and be willing to attend prep training classes and work experience sessions. Many building trades start their apprentices at \$17 per hour, plus benefits. Call 215.851.1968 today to enroll.

*"The happiest people I know are those who lose themselves in the service of others."*

*- Gordon B. Honckley*



**It's much easier to forget your personal woes when you're serving the needs of those around you. For social workers, the needs can be overwhelming. But regardless of the results, the career rewards are intangible.**



# Best Practices, Policy and Research

## Suicide Attempt Rates Slow for Most Teens - Except for African Americans

Suicide is the second-leading cause of death for teens from all demographics, according to the study. Only accidents kill more young people. In 2017, 2,200 teens age 15 to 19 died by suicide. From 1991 to 2017, the rate of reported suicide attempts by African-American teens rose, especially the rate among Black boys, according to a study published Monday in the medical journal, Pediatrics. The rate for Black youths grew even as the rate of suicide attempts by teens in other racial and ethnic groups fell. Researchers looked at survey data from 198,540 high school students from 1991 to 2017 from the US Centers for Disease Control and Prevention's Youth Risk Behavior Survey. Among high school students of all demographics, 1 in 5 said they were thinking about suicide and 1 in 10 said they had made a plan to carry it out. That's despite the "increased attention given to the creation of campaigns to reduce youth suicide in the United States over the last decade," the study found. For more information on the study findings, visit <https://pediatrics.aapublications.org>

## Suicide Prevention Resources and New SAMHSA Videos

SAMHSA released new videos and other resources to help prevent suicide and offer support to those in crisis. For more info: <https://www.samhsa.gov/suicide>

## Availability, Responsiveness and Continuity (ARC)

This program is designed to enhance system effectiveness and organization, to improve client outcomes for child welfare and mental health agencies.

The program is rated Promising. There were statistically significant reductions in problem behaviors for youth who were served by agencies that received the intervention, compared with youth who were served by control agencies. For more info go to <https://crimesolutions.gov>

## Anger Management for Substance Abuse and Mental Health Clients: A Cognitive-Behavioral Therapy Manual

This updated manual contains a 12-week cognitive-behavioral anger management group treatment model. The content includes specific instructions and suggested remarks for group leaders, and exercises for group members. This model will work in a variety of clinical settings, and with diverse audiences. Download the manual at <https://store.samhsa.gov>

## Anger Management for Substance Use Disorder and Mental Health Clients: Participant Workbook

This updated workbook is a companion piece to the Anger Management Manual; it summarizes the information presented in each session of the 12-week program and provides worksheets for completing exercises. Download manual at <https://store.samhsa.gov>

## Recovery Housing: Best Practices and Suggested Guidelines

Recovery housing is an intervention that is specifically designed to address the recovering person's need for a safe and healthy living environment while supplying the requisite recovery and peer supports. This report identifies ten specific areas, or guiding principles, that will assist states and federal policy makers in defining and understanding what comprises safe, effective, and legal recovery housing. SAMHSA recommends following these Ten Guiding Principles to guide recovery house operators, stakeholders, and states in enacting laws designed to provide the greatest level of resident care and safety possible. For more information, visit <https://store.samhsa.gov>

*"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."*

*- The Lorax by Dr. Seuss*



# Professional Development



## American Psychological Association APA Congressional Fellowships

The fellowships provide psychologists with a one-year public policy learning experience to help them contribute to the more effective use of psychological knowledge in government. APA Congressional Fellows spend one year working on the staff of a member of Congress or a congressional committee. Stipends for the fellowships range from \$75,000 to \$90,000, depending on applicant's postdoctoral experience. In addition, the fellowship provides reimbursement for health insurance coverage and a \$3,750 stipend for professional development and relocation expenses during the fellowship year. Applicants must be a psychologist, a member of APA (or applicant for membership), a U.S. citizen, and have a doctorate in psychology or related field by the application deadline.

*Deadline: January 5, 2020*

For application information visit: <https://www.apa.org>

## Positive Change Conference: Tackling Addiction Trends

**November 13, 2019**

**Millersville University - Student Memorial Center (SMC)**

**21 South George Street, Millersville, PA**

Conference-goers will be brought up to date on addiction topics that are rapidly changing—locally, regionally and nationally—including impacts of new marijuana and gambling laws, the rise of vaping, and new addiction recovery models, and will leave with effective interventions in their tool belts. The Positive Change Conference was designed for community members who care about substance use disorders and problem gambling. There are three tracks: School/SAP; Addiction Treatment; and Prevention. For registration, go to: <https://www.compassmark.org/events/positive-change-conference/>

## Maximizing Employee Engagement and Retention

**Tuesday, November 19, 2019 - 9am to 4pm.**

**PHMC - 1500 Market Street, Lower Mezzanine**

The Human Services Leadership Institute and Turning Points for Children is sponsoring this workshop. There are a variety of ways managers can pull employees in and increase their commitment, to them and the organization. This training reviews 10 opportunities where managers can modify their approach to create highly engaged staff who perform at high levels for longer periods of time. For more information or to register, go to <https://humanservicesleadership.org>

## Horowitz Foundation for Social Policy Dissertation Research Grants

**Deadline: December 1, 2019**

Grants of \$7,500 will be awarded in support of dissertation research projects that address a contemporary issue in the social sciences. The foundation supports projects with a social policy application on either a global or local level. To be eligible, applicants must be a current PhD (or DrPH) candidate who is working on his/her dissertation and has defended his/her dissertation proposal or had the topic approved by the department. Applicants can be from any country and any university in the world. U.S. citizenship or residency is not required. For application guidance: <https://www.horowitz-foundation.org/grant-info>

## Child Welfare League of America (CWLA) 2020 Conference:

**100TH Anniversary Year**

**March 25 – 29, 2020**

**Hyatt Capitol Hill, Washington, DC**

CWLA is excited to bring together colleagues from across the globe for an engaging and thought-provoking conference that will share and advance more effective family supports and systems of care for children and families in the 21st century. For registration and info: <https://www.cwla.org/cwla2020/>



# WE ARE HIRING!

## Licensed BSCs

A licensed professional as a Psychologist, Social Worker, Clinical Social Worker, Marriage and Family Therapy, or a Professional Counselor OR Pennsylvania Licensed Behavioral Specialist Consultant in good standing. Requirements include:

- Master's Degree or higher in school, clinical, developmental or counseling psychology, special education, social work, speech therapy, occupational therapy, professional counseling, behavioral analysis, nursing or another related field.
- Verification of substantial relationship of major to behavioral specialist practice: school, university or program must verify that major course of study that has a substantial relationship to the practice of behavioral specialist.
- Specific Coursework: 90 hours of evidence-based coursework 3 hours of professional ethics 16 hours of assessment coursework or training 8 hours of crisis intervention 5 hours of family collaboration 18 hours of autism-specific coursework/training 16 hours of instructional strategies & best practices, 8 hours of co-morbidity & medications, and 16 hours of addressing specific skill deficits training.
- At least two (2) years verified post-master's experience providing behavioral health treatment to children (at least one of which is experience using behavior analysis/modification techniques).

## Non-Fidelity Case Managers

This role assists individuals in making full use of natural community supports, in addition to all available mental health and drug and alcohol services which will enable the individual to live a stable, healthy and safe life in the community of their choice.

This will be accomplished by assessing the individual's needs, developing a personal goal plan with the individual, linking the individual to agreed upon services and ongoing monitoring of these services and supports. Minimum requirements for a Case Manager:

- Bachelor's degree with major course work in sociology, social work, psychology, gerontology, anthropology, political science, history, criminal justice, theology, counseling, education.
- Minimum of one (1) year experience (paid or unpaid) in a human service field. This experience must involve direct contact with the individual receiving services (i.e. coaching, teaching, case management, etc.)
- A valid PA driver's license and an operating car are required.
- All Case Managers must also show proof of current insurance with minimum limits of \$100,000 per occurrence and \$300,000 aggregate.

For additional information contact Nakida Coleman, Non-Fidelity Act Supervisor at 215-473-7033 ext 7167

