



## May 2019 Newsletter

Edition  
LXXXI



## From the Desk of James V. Nixon, President & CEO of Community Council

### May is Mental Health Awareness Month

**At the root of this dilemma is the way we  
view mental health in this country.**

**Whether an illness affects your heart,  
your leg or your brain, it's still an illness,  
and there should be no distinction.**

**-- Michelle Obama, Former First Lady**

The theme for 2019 Mental Health Awareness Month is Why Care? This month is a special opportunity to build public recognition to the importance of mental health and to the overall health and wellness of those around us. We

must fight the stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families. Activities during May should inform citizens about the connection between the mind and body and provide advice, tips and strategies that encourage people to take positive actions and protective measures for one's own mental and whole body health. For resources to promote this important month, go to [www.nami.org](http://www.nami.org). Also mark your calendar for SAMHSA's 2019 National Prevention Week from May 12 through 18, 2019 to raise awareness about the importance of substance use prevention and positive mental health.

Information for National Prevention Week can be found at <https://www.samhsa.gov/prevention-week>. We are also promoting Healthy Minds Philly which offers tools and resources to support and improve the mental health and wellbeing of all Philadelphians. Healthy Minds Philly is an initiative of Department of Behavioral Health and Intellectual Disabilities (DBHIDS). For more information about Philadelphia efforts, go to [www.healthymindsphilly.org](http://www.healthymindsphilly.org) where anyone can screen themselves for several behavioral health problems and get free, anonymous results. Please share these resources. They will be helpful to you and those you serve.



*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



## **Dream Philly Festival**

**Sun, May 12, 2019 / 1:00 PM – 4:00 PM**

**121 North Christopher Columbus Boulevard**

This Mother's Day will kick off Cherry Street Pier's summer public event season with our first ever Dream Philly Festival, a FREE celebration of the global family entertainment, food and information. The Dream Philly Festival centers on an exhibit of thousands of student-created Dreamline Banners filling the Cherry Street Pier with hope, positive energy, and inspiration. Using the Pier's 11" x 7" foot digital screen, we'll connect Philadelphia through a live broadcast to community voices and dream art from around the world. Make your own Dreamline Banner to add to the year-long traveling exhibit For more, go to: <https://dreamline.blog/contact> or [info@dreamline.org](mailto:info@dreamline.org)

## **Philadelphia Job Fair**

**Mon, May 13, 2019, 11:00 AM – 2:00 PM**

**Courtyard by Marriott Philadelphia City Avenue**

**4100 Presidential Boulevard**

**Philadelphia, PA 19131**

Meet and interview with hiring managers at companies ranging from small local businesses to Fortune 500 corporations. This career fair will allow you to learn about the businesses that are hiring and what their hiring needs are. Tired of sending your resume over the web and not receiving any responses back? By attending this event, you will be able to meet directly with hiring managers and get instant feedback on your resume and possibly even BE HIRED ON THE SPOT! Registration for free event at <https://www.eventbrite.com/e/philadelphia-job-fair-may-13-2019-tickets-49795233885#tickets>.

## **Teen Rise & Dream Conference**

**Sat, May 18th 2018 / 9:00AM - 3:00PM**

**Temple University, Howard Gittis Student Center, 1755 N. 13th Street  
Philadelphia, PA 19122**

After party at Temple's The Underground from 3 p.m. to 5 p.m.

Youth Services, Inc. and Health Promotion Council's Advocacy Institute, a PHMC affiliate, are joining forces to present the 17th Annual Rise and Dream Philly Teen Conference. This free conference is a youth empowerment event with a unique opportunity for city youth to build self-esteem and chart a positive path for the future. The conference is for youth ages 12 to 18 to help them stand up to negative pressures, or influences. Teenagers today face more pressures than ever before. Teens can register for free for the conference at <https://www.eventbrite.com/e/rise-dream-philly-teen-conference-registration-58942326084>.

## **NDS Summer Food for Children Program**

Nutritional Development Services (NDS), a sponsor of the USDA Summer Meals Program, provides meals to children throughout the summer months. For 11 weeks of the summer, NDS offers free meals to children at a variety of sites. Meals include lunch and breakfast or a snack, which meet the USDA regulations for nutrients. Sites can operate for as little as one week or the entire 11 weeks. If you are interested in serving meals to children in your community, call 215-895-3470 option "1" or visit <http://nutritionaldevelopmentservices.org/>.

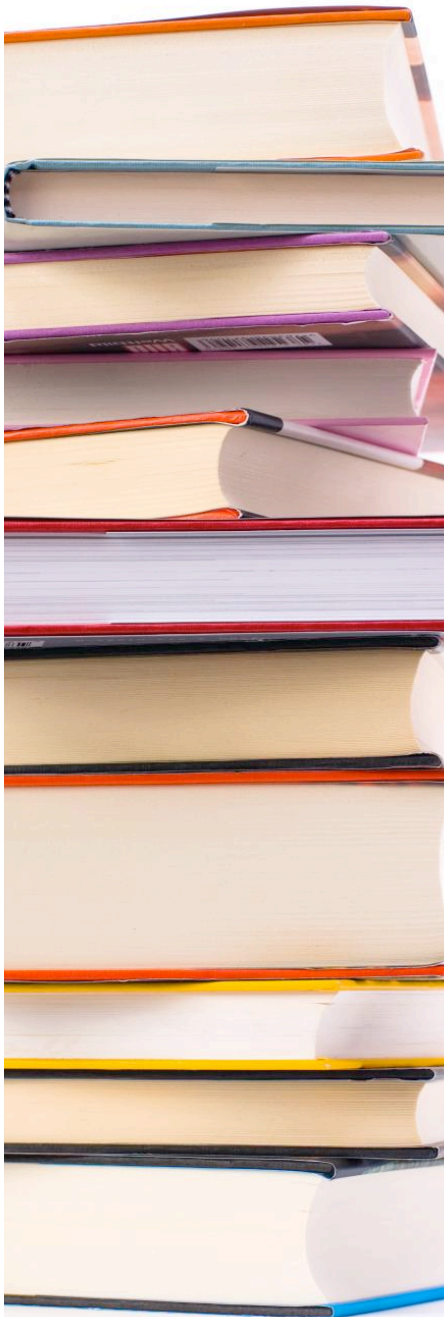
Every now and then, we meet younger versions of ourselves. We see the mistakes they are making today and wish we could set them straight. For social workers, their lives are intertwined with those they are serving. They discover more and more about themselves every day as they learn to help those around them.

*"As we lose ourselves in the service of others, we discover our own lives and our own happiness."*

- Dieter F. Uchtdorf







# Best Practices, Policy and Research

## A Practical Guide to Psychiatric Advance Directives

This report provides background and practical information promoting the use of psychiatric advance directives as a tool for self-directed care in psychiatric treatment, progress toward parity in mental health, and supporting crisis planning and the rights of persons who live with mental illness. The report can be found at [https://www.samhsa.gov/sites/default/files/a\\_practical\\_guide\\_to\\_psychiatric\\_advance\\_directives.pdf](https://www.samhsa.gov/sites/default/files/a_practical_guide_to_psychiatric_advance_directives.pdf).

## Report: City Remains Unhealthiest in Pennsylvania

Philadelphia is again the unhealthiest among Pennsylvania's 67 counties, according to the County Health Rankings & RoadMaps report issued by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The report also contains a feature called "What Works for Health," a database of more than 400 evidence-informed strategies to support local change-makers working to improve health status of communities. The Report is available at <http://www.countyhealthrankings.org/>

## Speak Up Be Safe Prevention Education Curriculum

Childhelp's Speak Up Be Safe is a research- and evidence-based curriculum that aims to teach children and teens from prekindergarten through grade 12 about the how to prevent or interrupt cycles of child abuse and neglect and bullying. The program also encourages engagement from parents and other caregivers, teachers, school administrators, and community stakeholders. As a school-based program, Speak Up Be Safe uses trained and certified facilitators to deliver age-appropriate lessons twice a year via a virtual campus. It also provides online facilitator training modules; teacher reinforcement activities; and resources for parents, teachers, school administrators, and community members to help implement the curriculum in schools. To learn more about Speak Up Be Safe, go to <https://>

[www.childhelp.org/subs/childhelp-speak-up-be-safe/](http://www.childhelp.org/subs/childhelp-speak-up-be-safe/)

## After a School Tragedy...Readiness, Response, Recovery & Resources

This resource is designed to help schools better support students and families in the aftermath of violence and trauma. It provides strategies to assist schools with readiness, response, and recovery to help a school community support resilience in the event of a tragedy. It offers places to turn for more resources and discusses terminology and concepts related to suicide and grief. The full report can be downloaded at <https://mhntcnetwork.org/centers/mhntcnetwork-coordinating-office/after-school-tragedyreadiness-response-recovery-resources>

## The Support Act Expands to Medication-Assisted Treatment by Giving Practitioners More Flexibility

On October 24, 2018, President Trump signed into law the Substance Use Disorder Prevention that Promotes Opioid Recovery and Treatment for Patients and Communities (SUPPORT) Act (Public Law 115-271). Sections 3201 – 3202 of the SUPPORT Act made several amendments to the Controlled Substances Act regarding office-based opioid treatment that affords practitioners greater flexibility in the provision of medication-assisted treatment (MAT). The SUPPORT Act allows qualified physicians who are board-certified in addiction medicine or addiction psychiatry, or practitioners who provide MAT in a qualified practice setting, as defined in 42 C.F.R. Part 8, to start treating up to 100 patients in the first year of MAT practice with a waiver. If you are a current practitioner with an approved waiver from SAMHSA which authorizes you to treat a maximum of 30 patients at one time, that patient limit may be increased to a maximum of 100 patients if you submit a notification of your intent to treat 100 patients to SAMHSA.

*"You must never be fearful about what you are doing when it is right."*

- Rosa Parks

# Professional Development



**3rd Annual Women Conference in Nonprofit Leadership**  
**May 30, 2019**  
**The Fillmore Philadelphia**  
**29 E. Allen Street**  
**Philadelphia, PA 19123**

The Women in Nonprofit Leadership Conference brings together women leaders and aspiring women leaders in the nonprofit sector to engage in discussions about relevant issues – empowerment, fundraising, capacity building, board development, hiring, collaboration, diversity, etc. – and foster meaningful relationships that last beyond the event. Register at <https://www.winpl.org/>

**Aggression Replacement Training (ART)**  
**May 2-3 in State College, PA**  
**May 13-14 in Erie, PA**  
**June 3-4 in Pittsburgh, PA**

Free training to help youth serving professionals learn to improve youth social skills, moral reasoning and self-control using the Aggression Replacement Training® (ART) model. Interested parties include (but are not limited to) the following: probation departments, child welfare, non-profit and/or community agencies, and mental health providers. No registration fee, agencies must cover participant travel and cost of facilitator's manual which can be ordered here: <https://www.researchpress.com/books/409/aggression-replacement-training>. To register for the training, email Jake Wisniewski at [jakewisniewski7@gmail.com](mailto:jakewisniewski7@gmail.com)

**One Child, Many Hands: A Multidisciplinary Conference on Child Welfare**  
**June 5-7, 2019**  
**University of Pennsylvania, Field Center for Children's Policy, Practice & Research**

This three-day event will feature compelling keynote speakers, cutting-edge plenary panels, a variety of workshops presented by national and international experts, and two networking luncheons. For more information, go to <https://fieldcenteratpenn.org/one-child-many-hands/>

**2019 Safe Schools Conference**  
**Keeping Our Children Safe: Strategies for Schools and Communities**  
**October 2-3, 2019**  
**Harrisburg, PA**

Hear state and national experts present the latest research in school safety and youth violence prevention, effective program models, promising practices, networking opportunities and more. This event is a quality professional development opportunity for school administrators, student support personnel, teachers, school nurses, SAP team members, mental health professionals, school resource officers, local law enforcement and other community partners. More information and registration will be available in May 2019 at <https://www.center-school.org/>



# 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