



From the Desk of James Nixon, President & CEO

Throughout history, women, as the "weaker" sex, have been considered to be more susceptible to mental illness or emotional breakdowns than men. Many feel that existing stereotypes as well as our patriarchal society have contributed to the belief that women are more fragile and somehow mentally weaker. Prior to the middle 1800's, women who suffered from depression or mental illness were

believed to have a disease in their soul-in other words a form of evil for which there was no help or solution. These women were committed to insane asylums, and often treated worse than animals, being kept in cages and kept in filth, given limited amounts of food, and often had little or no human contact. Finally, reform came and beliefs very slowly began to change regarding the mentally ill. Thank goodness the treatments have come a long way through the years, and women's depression, in particular, is both more widely understood and more widely accepted.

**Reprint from <http://www.epigee.org/the-history-of-womens-mental-illness.html>*

I am an example of what is possible when girls from the very beginning of their lives are loved and nurtured by people around them. I was surrounded by extraordinary women in my life who taught me about quiet strength and dignity.

-- Michelle Obama



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



PA Partnership launches 2020 Census toolkit #CountAllKids

The 2020 Census is approaching and it's critical that we #CountAllKids. In the last census, there was an undercount of 25,197 kids across the Commonwealth, resulting in the loss of nearly \$44 million in federal funding for Pennsylvania. Pennsylvania Partnerships for Children has created a 2020 Census and we need to spread the importance of counting every child in Pennsylvania. Go to <https://tinyurl.com/tboegez> for the toolkit which includes fact sheets, a poster, an infographic and social media content – available in both English and Spanish.

Pathways to Housing PA Training in Housing First Programs

Housing First University (HFU) offers the people and their organizations with a spectrum of services to meet their needs – from targeted training to support evidence-based practice, to intensive consulting engagements that address adaptive challenges. They work with clients to tailor solutions that are responsive to their unique needs across these three service offerings: Training, Technical Assistance, and Consulting. Visit <https://pathwaystohousingpa.org/housing-first-university> to learn more.

Drexel Free Job Training to Young Men Impacted by Violence

The Center for Nonviolence and Social Justice at Drexel University has developed a free job training program for men ages 18-30 with lived experience of violence to receive dual certification as Community Health Workers and Certified Peer Specialists. This program is a good fit for young men interested in becoming healers and helpers in their communities and entering the human service or healthcare fields. Applicants are expected to commit to

nine (9) weeks of training four (4) days per week (Monday - Thursday)

The deadline to apply is March 13. For applications. For additional information contact Casey Chanton at crc72@drexel.edu

LaSalle Nonprofit Center sponsors Meet the Funders Panel

March 20, 2020
8:30 to 10:30 am

Wilma Theater
265 South Broad Street
Philadelphia PA 19107

This panel is a favorite among nonprofits who know how important it is to get to know funders and what they are looking for in a proposal. Four key funders will answer incisive questions about what they want to see from nonprofits. Time is provided at the end of the session for you to have a quick but memorable face-to-face with the funders, so they connect a real person to a request. Learn more and register at <https://www.lasallenonprofitcenter.org/courses/fundraising-2/meet-the-funders-panel-discussion/>

Free Mental Health Support Group Offered in Philadelphia

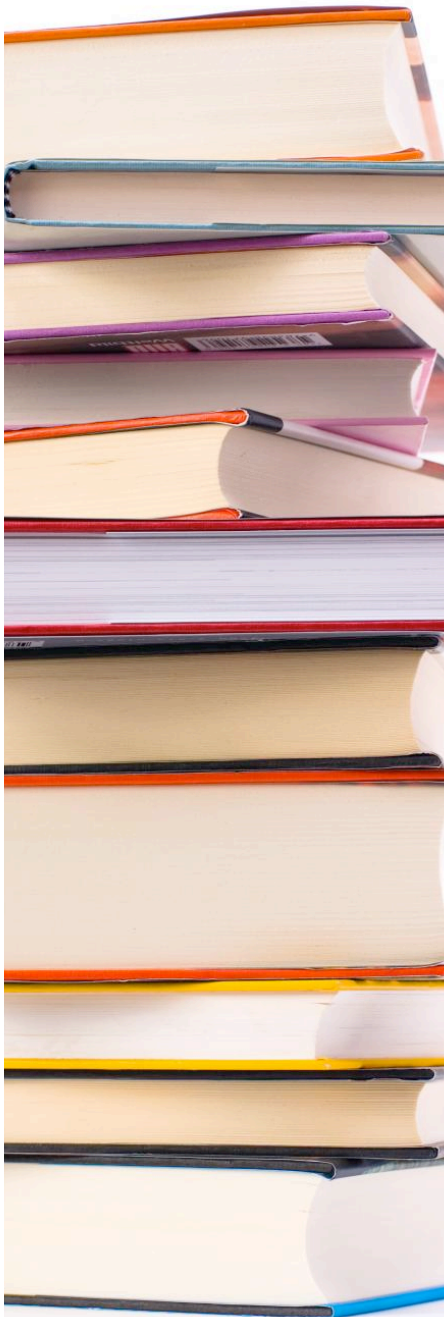
The Depression and Bipolar Support Alliance (DBSA-HUP) has been meeting twice a month at the Hospital of the University of Pennsylvania. Meeting attendees share stories about what it's like to live with mental health challenges. The meetings last about two hours happen on the second and fourth Wednesday evenings of each month at 7 PM. Everyone has a chance to talk about whatever they want to. It is not therapy and not led by credentialed professionals. Anyone interested in attending meetings, should send an email to dbsaphilly@gmail.com and they will be sent information about the meeting location. Meetings are free though donations are accepted.

"There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest."

- Elie Wiesel



Social workers dare to speak what has not yet been said. They dare to challenge the powerful and intimidating. They might sometimes fail to protect the innocent and vulnerable, but they refuse to stay silent.



Best Practices, Policy and Research

Evaluating Efforts to Mitigate Toxic Stress

How can systems work together to prevent the effects of toxic stress?

Health care in the U.S. is increasingly moving "upstream" to address social determinants of health, such as housing instability and food insecurity. One common strategy is to screen early and connect families to services. Funded by the JPB Foundation, Chapin Hall is collaborating with national and local partners to evaluate pediatric well-child that identify adverse events that contribute to toxic stress. Learn more about the first four issued from this innovative, three-year study.
<https://www.chapinhall.org/project/mitigating-toxic-stress/>

Kidpower

Kidpower is an organization dedicated to providing education resources, tools, and training opportunities for schools and communities to teach safety skills and prevent and stop bullying and harassment in all its forms. Teachers, families, and adults who work with children and youth can use the materials on this website to learn how to use and teach skills for safety and confidence. It includes a well-developed curriculum and teaching methods that were created to stop child abuse and child sexual abuse, create safer schools, prevent violence and kidnapping, and stop domestic violence. They offer several programs, workshops, and trainings that cover the following: Interpersonal safety, Self-defense, Workplace safety, Safety for people with special needs, and Skills to stop prejudice-based violence. With books, workshops, and handouts on the topics, Kidpower aims to educate children and youth in age-appropriate ways that show how to talk about scary topics in a not scary way. The website also includes hundreds of free resources through their library. Many of these resources are also available in Spanish. Explore the website and resources at <https://www.kidpower.org/>.

Home Visitation as a Promising Intervention for Child Welfare-Involved Families

Early childhood home visiting programs have been shown to be effective in preventing child maltreatment and improving birth outcomes, child health and development, maternal health and life course development, and parenting practices. A recent study in Child Abuse & Neglect discusses the long-term maltreatment outcomes of Healthy Families New York (HFNY), an evidence-based home visiting program targeting high-risk families from communities with high rates of teen pregnancy, babies with low birth weights, infant mortality, Medicaid births, and mothers with late or no prenatal care. The study found that the recurrence of maltreatment over time was consistently reduced for mothers who participated in home visiting programs compared with mothers who did not. Mothers in the HFNY program, for example, were involved in fewer subsequent indicated child protective services reports than mothers in the control group at the 7-year follow-up. The study also found that participation in the HFNY program resulted in a significantly lower rate of needing family support services to prevent foster care placement for the children of mothers involved with child protective services. "Reducing maltreatment recurrence through home visitation: A promising intervention for child welfare involved families," by Eunju Leea, Kristen Kirkland, Claudia Miranda-Julian, and Rose Greene (Child Abuse & Neglect, 86), is available at <https://www.sciencedirect.com/science/article/pii/S0145213418303673>.

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

- Rosa Parks

Professional Development



The Center for Health and Safety Culture: Who We Are and How We Support Efforts to Improve Health and Safety

March 18, 2020

This FREE webinar will introduce the Center for Health and Safety Culture, their diverse staff, the Positive Culture Framework for improving health and safety, and the multitude of services offered to support communities and organizations in their efforts to transform culture. At the Center, the challenges of cultural transformation and the use of the latest science addresses complex social issues to improve health and safety in a sustainable way. To register, go to <https://tinyurl.com/wrq4u6y>

33rd Annual Research & Policy Conference on Child, Adolescent and Young Adult Behavioral Health

March 15 – 18, 2020

Tampa, FL

Known widely as "The Tampa Conference," this annual gathering of more than 700 researchers, evaluators, policymakers, administrators, parents, and advocates is focused on the development of the research base essential to improved service systems for children and youth with mental health challenges and their families. The keynote speakers for the 2020 conference will be: David R. Williams, Harvard T.H. Chan School of Public Health; Sandra Gasca-Gonzales, Annie E. Casey Foundation; and Gary Blau, The Hackett Center for Mental Health. To register for the conference, go to: <https://www.cmhnetwork.org/tampa-conference/>

A Learning Community to Improve the Supervision of Peer Workers

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS). This learning community is open to supervisors of peer workers who want to learn, strengthen, and apply core competencies related to their position. The learning community will meet virtually for 3 months, from April 2020 through July 2020 - Monday afternoons from 2:00 to 3:00 p.m. ET. Participants will have the opportunity to learn from plenary sessions led by national leaders in the field of peer support services and participate in online discussions with supervisors from across the country. Each participant will concentrate on developing a supervisory implementation plan for their organization during workgroup sessions. Participants will learn in small workgroups that expert faculty members will facilitate. Workgroups will meet during weeks without scheduled plenaries. If you have questions or require additional information, please contact the BRSS TACS team at 781-247-1803 or email jbushell@c4innovates.com.

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/>

For more information or to register, go to <https://humanservicesleadership.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

