



McDowell County FACES Newsletter

The FACES of HOPE

March, 2013

facesfrn.com

email: facesfrn@yahoo.com



AVAILABLE WORKSHOPS

Suicide Prevention West Virginia

HOPE Coalition of Greenbrier County is hosting this workshop on Friday, May 17, 2013 at the Seneca Health Services, Lewisburg/Maxwelton, 804 Industrial Park Rd Ste 1, Maxwelton, WV. For questions, call Jessica Crowder at 304-872-2090 ext. 108 or Patrick Tenney at 304-296-1731 ext. 4197.

Cost is \$15 (payable in advance)
Check in and refreshments: 8:00 a.m. and workshop: 8:30 a.m.—4:30 p.m.

CEUs have been applied for social workers, nurses, licensed professional counselors and addiction/prevention. To register, contact Ms. Lora Humphrey at 304-296-1731, ext 4269 or LHUMPHREY@VALLEYHEALTHCARE.ORG.

Drugs, Destroyer of the Family

A one-day Conference to learn more about the effects of drug abuse on the innocent children in the home. Sponsored by Comfort House Child Advocacy on April 9, 2013 from 8:30 a.m.—3:30 p.m. at the Weirton Holiday Inn.

Featured speakers: Lori Moriarty, VP National Alliance for Drug Endangered Children;

William J. Ihlenfeld, US Attorney, Northern District, WV

Amanda Dietz, Program Case Manager, Rae of Hope, Inc.

Social Work CEUs, CLE credit, and Annual in-service hours available. Cost \$20.00 (lunch included). Reservations and payment must be made by Friday, April 5, 2013. Please contact Comfort House CAC for more information at 304-723-0083 or comforthouse@comcast.net

Family Counseling Connection

Treatment and Management of Sex Offenders with Intellectual Disabilities. April 25-26, 2013 at Charleston, WV.

Gerry Blasingame, PsyD, LMFT

Register online at www.familycounselingconnection.org.

Enroll West Virginia Conference

The web site is now available for registrations. The one day conference will be held on **Tuesday, May 14th at the Days Inn Hotel in Flatwoods.**

The conference is designed for:

- social workers, nurses and consumer advocates;

- employees of FRNs, community health centers, state agencies, CAP agencies, and public health departments; and members of the faith-based community.

Beginning October 1, 2013 we have a once in a lifetime opportunity to enroll perhaps 100,000 uninsured West Virginians into Medicaid and subsidized private insurance policies through the new health insurance marketplace. Come to the Enroll West Virginia conference and find out how we can improve the lives of so many of our friends and neighbors.

The conference will provide participants with a clear understanding of the new enrollment process and how they can assist people to enroll in Medicaid and private insurance policies in the health insurance marketplace. The registration fee is only \$100, and there are scholarships available for individuals who cannot afford this modest registration fee.

The conference will hear presentations from national leaders in the enrollment process and state officials who will guide West Virginia through this important endeavor. The agenda is posted [here](#).

Please register soon. Space for this conference is limited. And please email Perry Bryant at perrybryant@suddenlink.net if you have any questions or need additional information.

HOW TO PROTECT YOURSELF ONLINE



I have been having several problems with my computer so my anti-virus company provided me with some good information.

Beef Up Your Security. Personal firewalls and security software packages (with anti-virus, anti-spam, and spyware detection features) are a must-have for those who engage in online financial transactions. Make sure the computer you are using has the latest security patches, and make sure that you access your online brokerage account only on a secure web page using encryption. The website address of a secure website connection starts with "https" instead of just "http" and has a key or closed padlock in the status bar (which typically appears in the lower right-hand corner of your screen). **Security Tip:** Even if a web page starts with "https" and contains a key or closed padlock, it's still possible that it may not be secure. Some phishers, for example, make spoofed websites which appear to have padlocks. To double-check, click on the padlock icon on the status bar to see the security certificate for the site. Following the "Issued to" in the pop-up window you should see the name matching the site you think you're on. If the name differs, you are possibly on a spoofed site.

Use a Security Token (if available). Using a security token can make it even harder for an identity thief to access your online brokerage account. That's because these small number-generating devices offer a second layer of security - a one-time pass-code that typically changes every 30 or 60 seconds. These unpredictable pass-codes can frustrate identity thieves. While fraudsters can use keystroke logging programs to obtain regular username

and password information, they can't use these programs to obtain the security token pass-code. Ask your brokerage firm if you can protect your online account with a security token or similar security device.

Be Careful What You Download. When you download a program or file from an unknown source, you risk loading malicious software programs on your computer. Fraudsters often hide these programs within seemingly benign applications. Think twice before you click on a pop-up advertisement or download a "free" game or gadget.

Use Your Own Computer If You Can. It's generally safer to access your online brokerage account from your own computer than from other computers. If you need to use a computer other than your own, you won't know if it contains viruses or spyware. If you do use another computer, be sure to delete all of the your "Temporary Internet Files" and clear all of your "History" after you log off your account.

Don't Respond to Emails Requesting Personal Information. Legitimate entities will not ask you to provide or verify sensitive information through a non-secure means, such as email. If you have reason to believe that your financial institution actually does need personal information from you, pick up the phone and call the company yourself - using the number in your rolodex, not the one the email provides! **Security Tip:** Even though a web address in an email look legitimate, fraudsters can mask the true destination. Rather than merely clicking on a link provided in an email, type the web address into your browser yourself (or use a bookmark you previously created.)

Be Smart About Your Password. The best passwords are ones that are difficult to guess. Try using a password that consists of a combination of numbers, letters (both upper case and lower case), punctuation, and special characters. You should change your password regularly and use a different password for each of your accounts. Don't share your password with others and never reply to "[phishing](#)" emails with your password or other sensitive information. You also shouldn't store your password on your computer. If you need to write down your password, store it in a secure, private place.

Use Extra Caution with Wireless Connections. Wireless networks may not provide as much security as wired Internet connections. In fact, many "hotspots" - wireless networks in public areas like airports, hotels and restaurants - reduce their security so it's easier for individuals to access and use these wireless networks. Unless you use a security token, you may decide that accessing your online brokerage account through a wireless connection isn't worth the security risk. You can learn more about security issues relating to wireless networks on the website of the [Wi-Fi Alliance](#).

Log Out Completely. Closing or minimizing your browser or typing in a new web address when you're done using your online account may not be enough to prevent others from gaining access to your account information. Instead, click on the "log out" button to terminate your online session. In addition, you shouldn't permit your browser to "remember" your username and password information. If this browser feature is active, anyone using your computer will have access to your brokerage account information.

Author: US Securities and Exchange Commission

Protecting Your Computer

Are you doing all the right things to protect yourself?

- Have you installed **WINDOWS UPDATES**?
- Is your **Anti Virus** Software **UPDATED**?
- Are you scanning for viruses daily?
- Are you using the **ON-ACCESS SCANNER**?
- Do you have a **FIREWALL** enabled?
- Are your other programs, **JAVA**, **FLASH**, etc. updated as well?
- Are you running your computer as a **STANDARD USER**?
- Are you doing all you can to **PROTECT YOURSELF ONLINE**?
- Are you avoiding **EMAIL SCAMS** and deleting unsolicited emails?
- Are you **BACKING UP** your important files?
- Some Anti-virus programs suggest browsing the internet with **MOZILLA FIREFOX** and **NOSCRIPT**.

Even if you are doing all the above, it is still possible to get a virus. WHY? The Virus Cycle:

Creation generally viruses are created to do one of five things: to control a computer and use it for specific tasks;

to generate money; to steal information (credit card numbers, passwords, etc.); to prove it can be done, or to cripple a computer or network (Denial of Service). People with even basic computer skills are able to create viruses by using tools available on the internet.



Duplication A person who creates a virus plans for the virus to spread through duplication of that virus. Some viruses, such as **CONFICKER**, were designed to seed on a specific date. When viruses are dormant, they are often undetectable as the virus codes may be compressed or packaged.

Code Execution - Once the duplication criteria are met, the virus executes, or runs - the virus opens the packaged code that causes damage to a computer. All

anti-virus software is only able to clean viruses for which they have developed cleaning codes.

Initial Detection Someone has to be first and unfortunately, sometimes that someone can be you. Your anti-virus will detect viruses in the wild (on your computer), but may not have the code needed to eradicate the virus. In those cases, technicians will ask for diagnostic results so they can develop the code needed to eliminate the virus from your computer.

The Antidote – Anti-virus programs develop the code necessary to detect and clear the virus. Once these codes are created, they are updated to the **Threat Scanner**. Companies should have the latest cleaners by beginning a scan while their computer is online.

Destruction When enough people are protected by anti-virus programs, the **Threat Scanner** can isolate and destroy the virus, thus keeping it from spreading.

WV Association for Positive Behavior

The WV Association for Positive Behavior Support Network 3rd Annual Conference will be held April 10-11, 2013 at the Summersville Arena and Conference Center, Summersville, WV. The Theme will be “Building a Culture of Positive Behavior Support”.

The keynote speaker is Dr. Rachel Freeman, Project Director, Kansas Mental Health and Positive Behavior Support Statewide Project and the Kansas Institute for Positive Behavior Support.

Breakout sessions for beginner and intermediate/advanced level participants will be presented. Also plan to attend the pre-conference workshop on April 10th with Dr. Freeman, sponsored by the WV Autism Training Center. For additional information go to: <http://www.as.wvu.edu/wvpbs>

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FACES Meeting: 2nd
Thursday of each month at
noon —open to the public.

HOPE Meeting: 4th
Monday at 10:30 a.m.—
open to the public.

Location: FACES Office

This newsletter
brought to you by
funds from the WV
DHHR.

SAFE Domestic Violence Presentation Schedule

April 4, 2013 at the
FACES Community
Room for Next Gener-
ation.

April 9, 2013 at 3:20
pm at Sandy River
Middle

April 10, 2013 at 1:00
pm at the Federal Pris-
on

April 19th, 2013 at
10:45 am—2:00 pm at
BCPIA

Change The Future, WV

Ginger Day has taken the position of Prevention Coordinator for the Change The Future, WV Initiative under the Community Transformation Grant initiative with Kanawha-Charleston Health Department. The initiative will encourage better eating habits, increased activity, increase access to fruits and vegetables through farmers markets and convenient stores at an affordable price, and encourage healthier items at check out isles. For information call Ginger at 304-436-5255.

April is Child Abuse Prevention Month

Across the country, April is recognized as Child Abuse Prevention Month. State and local agencies and concerned citizens all work toward the common purpose of preventing child abuse and deliver a powerful, collective message about the importance of protecting children, supporting families and strengthening communities.



The theme for our Child Abuse Prevention Month activities is **"It's Your Turn to Make a Difference"**. The campaign asks adults to remember a special teacher, mentor, family member or coach who made a positive difference in their lives – and encourages them to pay it forward by supporting children and youth in their community.

It is a theme that encourages good citizenship as a means to keep children free from abuse and neglect.

The **"It's Your Turn"** campaign also incorporates Prevent Child Abuse America's symbol for prevention – the pinwheel, and the [Pinwheels for Prevention Campaign](#).

Please check out our [CAP Month Fact Sheets](#) for helpful tips and suggestions that you can share to support optimal child development and help EVERY child in West Virginia grow up free from abuse and neglect.

There are activities you can do EVERY day to help build protective factors that prevent child abuse and neglect. For some helpful ideas check out this daily [Activity Calendar with "30 Ways to Promote Child Well-Being During National Child Abuse Prevention Month"](#) from the Preventing Child Maltreatment and Promoting Well-Being: Network for Action 2012 Resource Guide (PDF).

You can also show your support by [emailing us](#) a picture of you holding a Pinwheel for Prevention and we will add it to our [Pinwheels for Prevention Gallery!](#)

Contact Stop the Hurt for McDowell County Activities at 304-436-1600.