



# McDowell County FACES Newsletter

## The FACES of HOPE

May, 2014

facesfrn.com

email: facesfrn@yahoo.com

### RESOURCE FOR PARENTS & PROFESSIONALS: TOPIC SUBSTANCE USE PREVENTION, HOW TO START CONVERSATIONS, & TREATMENT



Through an email contact, I received the following link for "A Parent's Guide to Talking to Teens About Drugs and Alcohol", <http://www.morningsiderecovery.com/educational-resources/a-parents-guide-to-talking-to-teens-about-drugs-and-alcohol>. Michelle Conway, is the author of the article. This link has a vast array of information, tools, resources, etc. Whether you are interested in Morningside or not, you can benefit from these documents. Below is a brief overview of their center.

Morningside Drug Rehab Centers, dedicated to achieving lasting alcohol & drug addiction recovery and mental health rehabilitation, provide drug dependency treatment facilities in Southern California for women and men who need a rehab center for drug addiction; who are currently evaluating all choices and best options for dual-diagnosis treatment centers (treatment centers for dual-addictions disorders); or who immediately require treatment, rehabilitation and recovery from alcohol addiction within our alcohol rehab facilities; or therapy for mental illnesses such as bipolar disorders. We provide addiction recovery treatment programs and multiple-therapeutic, evi-

dence-based approaches to mental disorders therapies, extending to our clinical professionals' treatment for bipolar disorders, treatment for the illness of depression, and an ideal treatment center for the rehabilitation from prescription drug addictions. Discover recovery from a leading substance abuse treatment center in California when you trust Morningside.

Our dual-diagnosis treatment center programs offer a variety of options for individuals suffering from alcoholism, drug addiction, mood disorders, and mental illness. Our professional therapists adapt their skills to the specific needs of the client, taking into account the client's culture, values, and patterns of relating to others. All clients work with a primary therapist, an alliance built on evidence-based thinking, which means picking the best clinical option available for a given client in a given context based on the best current information. For instance, a client who prefers a spiritual approach can work with a 12-step therapist. It's all about maintaining a supportive environment and providing individual, group, experiential, and adventure therapies that work through our drug treatment centers. Some specific therapies include: cognitive behavioral therapy (CBT), eye movement desensitization and reprocessing (EMDR), motivational enhancement therapy, drama therapy, trauma-focused cognitive behavioral therapy (TFCBT), Morningside Adventure Therapy (MAP), and dialectical behavior therapy (DBT) – just to

name a few. Utilizing this multi-disciplinary approach offers each client the opportunity to uncover the underlying issues related to their own addiction and/or mental health problems. The contact phone number for Morningside is 866-942-0095.

Excerpt from Link: Drug and alcohol use is an important topic that parents must address with their children. Whether or not a parent feels that his or her child is susceptible to the lure of drugs, it is an essential conversation that must take place. Even the best-behaved children will most likely encounter drugs and be faced with the decision of turning them down or accepting them. Because of the numerous ill-effects associated with drugs, parents must communicate with their children in an effective manner. The importance of this discussion requires that parents understand how to go about it so that they have the best chance of helping their kids avoid using drugs and alcohol.

Parents and legal guardians of children should begin by discussing the negatives of drugs with their kids as early as possible; children as young as two years old can begin associating drug use with being bad. The key to starting conversations with one's child is to approach the discussion in a way that is appropriate for the child's age. For younger children, use examples on television as a way of expressing that alcohol or drug use are bad.

# McDowell County Upcoming Events

## Drug & Violence-Free Awareness Day

May 3, 2014

11:00 a.m.—3:00 p.m.

Mount View High

Free admission, fun games, great prizes, free food, Guitar Hero, Wii, Dance Dance Revolution. Stand Strength Team will be there.

Open to Parents and Students of ALL Ages

## FAMILY CENTERED PRACTICE BASICS TRAINING SESSION

Thursday May, 15, 2014  
Mercer County DHHR, Princeton

Register Online Only At:

[www.surveymonkey.com/s/PJD353B](http://www.surveymonkey.com/s/PJD353B)

Times are from 9:00 a.m. to 12:45 p.m. unless otherwise posted.

## Trauma-Focused Cognitive Behavioral Therapy Training

Year-Long Training Series beginning:  
May 20-21, 2014 1-5 p.m. day 1, 8:30-4:30 p.m. day 2 (lunch provided)

Schoenbaum Center-  
Charleston, WV

Presented by: Kristine Buffington, MSW, LISW-S.

CEUs applied for: Counseling, Psychology, Social Work

\$150 Fee

For information on this and other available trainings, go to the following web site:

[wvsystemofcare@gmail.com](mailto:wvsystemofcare@gmail.com)

## Camp Journey

May 31, 2014

Deliverance Temple, Bluewell  
9:00 a.m.—1:30 p.m.

For any Child that has suffered loss of any kind.

## South Central Community Collaborative Meeting

May 15, 2014

10:00 a.m.—Noon

Mercer County DHHR Office

In preparation for the Region IV Summit so Providers including DHHR, Board of Ed, Mental Health, Health, Child Abuse, Adoption, Foster Care, Senior Citizen, etc. please come and share your concerns with us so they can be presented at the Summit.

## McDowell County Fair

May 27-May 31

For additional information contact EDA Office at 436-3833.

## Magic of Early Childhood Fair

May 6, 2014

**National Guard Armory**

9:30 am – 10:15 am = Early Signs of Autism

10:15 am – 11:00 am – Abracadabra the Magician

11:00 am – 12:30 pm – Community Baby Shower

1:00 pm – 2:00 pm – Is My Child Ready For School

**The Fair Is FREE: Food, Books, Activities, Door Prizes**

**For Information Call: 436-8441**

## E-Commerce Training SWVCTC

May 13, 2014

4:00—7:00 p.m.

WorkForce Conference

Call: 304-436-3833

## McDowell County 4-H Camps at Panther State Park

June 11-13 –Teen Camp (Ages13-18)

June 17-20—All Age Camp (Ages 9-18)



**June 17 & 18, 2014**  
**Charleston Civic Center**

Who should attend:

- School Nurses
- School Based Health Center Staff
- Teachers
- School Counselors
- School Administrators
- Pupil Services Personnel

- Public Health Specialists Working with Youth
- Speech-Language Pathologists Working In Schools
- Speech-Language Pathology Assistants Working in Schools
- Dental Hygienist Working in Schools
- Mental Health Working in Schools
- Community Schools

EDUCATION  
 SERVICE DELIVERY  
 SCHOOL CLIMATE  
 IMMUNIZATIONS

**CEU'S Available**

For more information, contact:

<http://wvde.state.wv.us/healthyschools/>

## Military Spouse Day



Military Spouse Day or Military Spouse Appreciation Day is celebrated on the Friday before Mother's Day in the United States. Many United States citizens take this day to acknowledge the significant contributions, support, and sacrifices of spouses of their Armed

Forces.

President Ronald Reagan recognized the profound importance of spouse commitment to the readiness and well-being of military members and declared May 23, 1984 the first Military Spouse Day with Proclamation 5184, dated April 17, 1984. The US Secretary of Defense, Caspar Weinberger standardized the date by declaring the Friday preceding Mother's Day as Military Spouse Day.

Each year, the US President normally commemorates this day with a ceremonial speech and proclamation.

Do you know someone that is a military spouse? Remember, they are the ones holding the entire family together while their spouse is away. It is not easy but friends can make it better. If you know of a spouse of a military that died in service, defending our rights, a simple how are you can make their life so much easier. Call them and recognize them this month, call out their name in prayer, take them a small gift or invite them to dinner. Remember to reward their courage and sacrifice.

# Partnerships For Success Grant

Binge Drinking Prevalence (BRFSS 2007-2011)	Drug Overdoses Crude Rate per 100,000 Population (2006-2010)
10.6%	93.9

Based on the statistics above, McDowell County was selected as one of 12 counties in WV to concentrate on Underage Drinking and Drug Overdoses. This 5-year grant was written by Bureau of Health and Health Facilities and funded through SAMHSA (Substance Abuse Mental Health Services Administration). This overview is to provide you with a introduction and deliverables for the grant. McDowell County FACES is the fiscal agent for the grant under Community Connections, Mercer County.

Ginger Day has been selected as the Prevention Coordinator for the grant as she has prior training under the Prevention Without Borders initiatives. We have met with the McDowell County Superintendent and River View High School Principal to introduce the work plan for the grant. Ginger will be working in as many schools as possible to kick off SADD Chapters. She completed the DEA Prescription Drug Take Back in April, and will complete SYNAR Compliance Checks soon.

Prevention is defined by the Substance Abuse Mental Health Services Administration (SAMHSA) as creating communities where individuals, families, schools, faith-based organizations and workplaces take action to promote emotional health and reduce the likelihood of

mental illness, substance abuse including tobacco and suicide. Prevention services are divided into three population categories based on the Institute of Medicine (IOM) model of care: universal, selective and indicated. The goal of prevention is to prevent the onset of mental, emotional, behavioral and substance use related problems. Services types include: Information Dissemination, Education, Alternatives, Problem ID & Referral, Community Based Processes and Environmental Strategies.

**Goals/Measurable Objectives:**

1. To create awareness and increasing readiness by disseminating information to communities about substance abuse
2. Provide evidence based prevention education programming
3. Develop coalitions for mobilizing communities against substance abuse
4. Implement prevention strategies that focus on altering and improving the environment
5. Provide positive alternative activities for youth
6. Identifying problem behavior and appropriately referring to others for help

**Grantee specific service delivery in addition to required elements:**  
SPF/PFS

1. Provide local project coordination to quickly build capacity, enhance community infrastructure using the Strategic Prevention Framework and provide targeted staff and funding distribution to 2 high need counties per region indicated in Ta-

ble 1

2. Increase awareness of the Strategic Prevention Partnerships for Success model through marketing of existing prevention efforts across the region
3. Implement a comprehensive prevention approach, including a mix of evidence based programs, policies, and/or practices that best address the selected prevention priorities of the 2 high need counties indicated in Table 1. with an emphasis on community norms change
4. Coordinate training with Center for Health and Safety Culture at Montana State University with Community Norms baseline survey, 6 months and year end
5. Provide for the dissemination of mini-grant awards for communities in the region providing excellence in prevention services with criteria established in coordination with the BBHFF
6. Facilitate Strategic Prevention Framework planning with regional youth service center partners
7. Strengthen youth leadership programming in the region by developing school and community SADD chapters
8. Improve community reach into schools through shared data and evidence based practice implementation planning regionally
9. Provide for county and regional performance evaluation in coordination with BBHFF, Consultants and SAMHSA.

**For More information: Contact Ginger Day at 304-436-5255.**

## 5 Strategies to Promote and Grow Your Business Online

Eric Spellman will show you how to: build an effective website; make your website better; get your site easily found; use social media and email effectively; and take reservations and payments online. This half-day workshop will be held in Welch on May 13, 2014 from 3:00 to 6 p.m. at the WorkForce WV Building. To register call 304-896-7440 or go on line to: <http://www.southernwv.edu>. There is no cost to attend. The training is provided by Southern WV Community and Technical College.

## Hospice Compassus Needs Volunteers

Volunteering as a hospice volunteer can be one of the most rewarding and truly one of the most fulfilling endeavors one can have in life. Volunteers feel personally rewarded by offering their time, their talents (like singing) and energy by volunteering with Hospice Compassus.

The heartwarming feeling of a personal connection with someone at what can be the most difficult time of their lives is very special. Memories are made that volunteers will cherish for a lifetime. Connections are formed that are priceless. To put it simply, think of being a Hospice volunteer as volunteering to be someone's friend, at a difficult time. It's true that we are just one person in the world, but we may just be the world to someone.

As a Volunteer Coordinator, I am often told by those with whom I speak, "I just couldn't visit with someone who is dying". After spending 5 years of being a friend to many hospice patients, I will say that I have never once thought of someone I was visiting with as dying, because at that time they are living human beings, with feelings, wants and needs. One of those needs is to be loved. 99 times out of 100, I have walked into a home or facility and when I was leaving I've been told "I love you". I left feeling like I may not have said the magic word, but they knew I cared. That is what being a hospice volunteer is about; caring & sharing of your self.

You may wonder how you could help as a hospice volunteer. You may offer

patient support by visiting with a patient or sitting with them while a caregiver runs errands, by doing administrative work in the office by answering phones & filing, assisting with community workshops, offering bereavement support to families & the bereavement coordinator or doing patient activities in nursing home facilities. You may choose what days you wish to work and how much time you may give. We only ask that you give one hour a month.

I need a caring, dedicated individual. If you are interested in volunteering, then please contact me:  
**Jacki McCormick, Hospice Compassus Volunteer Coordinator,**  
**at: 304-431-2000 or 304-436-2300.**

## SOCIAL SECURITY CHANGES

In a letter received by McDowell County FACES, Elaine M. Cole requested that we share this information with our county. Changes in services provided by local Social Security Offices across the country have been delayed to the following:

1. Beginning August 2014, Social Security will no longer issue Social Security number printouts in the field offices. Individuals who need proof of their Social Security number and cannot find their card will need to apply for a replacement card.
2. Beginning October 2014 the field offices will stop providing benefit verification letters, except in emergency situations. Benefit verifications are available online, and can be obtained anytime by registering for a my Social Security account located at [222.socialsecurity.gov/myaccount](http://222.socialsecurity.gov/myaccount) or requested through the national toll-free number: 1(800) 772-1213.