

OMHSAS LAUNCHES MENTAL HEALTH MATTERS CAMPAIGN

Mental Health Matters (MHM) is a long-term initiative to build public awareness about mental health and promote an understanding of signs and symptoms that will help families, friends, and communities understand and connect with someone who is struggling. It is critical that families and communities not only know the signs and symptoms, but also have the tools to respond appropriately. By increasing knowledge and awareness of the facts associated with mental illness, we promote the ability of Pennsylvania families and communities to lead fulfilling and rewarding lives through early detection, intervention and promising practices. The MHM initiative will include dispelling stereotypes and myths about mental illness, enhancing efforts for Mental Health First Aid, and expanding current efforts to address the behavioral health needs of service members, veterans, and their families. Of equal importance will be a continued emphasis on reducing suicide among all populations. Finally, recognizing the importance of mental health builds stronger communities and a stronger Pennsylvania while promoting quality of life and allowing individuals to thrive in their communities. Not only is it necessary to provide services and supports to individuals with mental health problems: it is also necessary to inform and support those who are affected by mental illness, including friends, families, coworkers, and others. It is also necessary to help all citizens know about mental health.

Why is this a new initiative? According to the Centers for Disease Control, 26 percent of Americans, 18 years of age

and older, suffer from a diagnosable mental health disorder in a given year. The estimated lifetime prevalence of any mental disorder in the U.S. adult population is 46 percent. Due to the many myths surrounding mental illness, people do not understand the true facts associated with mental illness.

How will the initiative be delivered? One approach will be Mental Health First Aid, an evidence-based training intended for a variety of audiences, including families, friends, professionals and natural gatekeepers. It is an interactive 12-hour training course designed to increase mental health literacy that:

- Increases mental health literacy
- Expands individual's knowledge of how to help someone in crisis
- Connects individuals to needed services
- Reduces stigma

DPW ANNOUNCES IMPLEMENTATION PLAN FOR BEHAVIOR SPECIALIST LICENSURE

The Department of Public Welfare recently announced an implementation plan that will allow unlicensed staff to continue to be paid for services after May 26, 2013 under certain conditions. The conditions are outlined in the stakeholder letter distributed in March and available at

www.parecovery.org/services_bhirs.shtml

The implementation plan will allow more time for qualified individuals to obtain licensure. The Medical Assistance program will continue to pay for behavior specialist consultant services for children with autism spectrum disorders provided by staff who do not have a behavior specialist license after May 26, 2013 if they meet the conditions.

CHECK OUT THE YOUTH AND FAMILY TRAINING INSTITUTE'S WEBSITE

The Youth and Family Training Institute (YFTI) has been in existence for five years. YFTI is responsible for training, coaching and credentialing the High Fidelity Wraparound (HFW) workforce for Pennsylvania. YFTI maintains a website at www.yftipa.org. This website explains the Youth and Family Training Institute, and more importantly, it explains High Fidelity Wraparound. Included on the site are pages specifically for our workforce, information about the counties involved, pages for youth and family members, training information, current news, and YFTI Advisory Board and PA System of Care Partnership updates. The HFW workforce uses the website to obtain documents, keep in touch with other workforce members who work in their HFW role, and access links to our training videos. In addition, the site can be used to gain information on current behavioral health news impacting youth and families in Pennsylvania. There are also uplifting and poignant stories of youth and families who have been successful in High Fidelity Wraparound.

DON'T FORGET!



Children's Mental Health Awareness Day is May 9. More information and resources are available at www.samhsa.gov/children.

Let us know what your community is planning; contact the editor at c-hbicksle@pa.gov



PCIT STEERING COMMITTEE BEGINS IMPLEMENTATION OF TRAINING GRANT

The statewide steering committee for the grant from the National Institute of Mental Health that will help expand Parent-Child Interaction Therapy (PCIT) in Pennsylvania met again in early March. Staff for the grant updated the committee on efforts to publicize the grant throughout the state. Committee members suggested additional communication venues, provided input regarding the ongoing challenges of clinician turnover and family engagement, and brainstormed a memorable name for the grant project. Staff are meeting with counties that have already expressed interest in implementing PCIT; the first three such counties are Bedford/Somerset, Berks, and Erie. The grant is called "A Statewide Trial to Compare Three Training Models for Implementing an Evidence-Based Treatment." The EBT that will be used in the statewide trial is Parent-Child Interaction Therapy (PCIT), comparing three training models for that treatment modality. The grant will help in understanding what training methods are most effective for implementing an evidence-based treatment like PCIT. For more information about the grant and how counties and providers can participate, contact Dr. Amy Herschell at herschellad@upmc.edu.

SUICIDE PREVENTION RESOURCES FOR HIGH SCHOOLS AND COLLEGES

Preventing Suicide: A Toolkit for High Schools, published by SAMHSA. Assists school districts in implementing strategies to prevent suicide; includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students. Available at <http://ow.ly/jxIQS>

Campus MHAP: A Guide to Campus Mental Health Action Planning, published by the Jed Foundation. Listed in the Suicide Prevention Resource Center's Best Practices Registry, the publication helps college and university administrators and staff develop a comprehensive plan to support students who are struggling emotionally. Available

at <http://ow.ly/jxIKD>. Four webinars to help in the Mental Health Action Planning process are also available at <http://ow.ly/jxIDV>

AP ADDS NEW GUIDELINES ON MENTAL HEALTH REPORTING TO STYLEBOOK

The Associated Press (AP) recently added an entry on mental illness to its stylebook. The entry includes guidelines on how and when to reference mental illness in a news story and/or describe people with mental illness, and encourage accuracy in reporting about specific diagnoses. The new guidelines emphasize that mental illness is not a reliable indicator of violent crime since most people who are violent do not have a mental illness. The entry was added immediately to the online edition of the stylebook and will be included in the new print edition. More information is available at <http://ow.ly/jxOyZ>

CONFERENCE/TRAINING OPPORTUNITIES

April 10, 2013: "Mindfulness Tools for Youth and Their Teachers," Doylestown Health and Wellness Center, Warrington. Sponsored by Foundations Community Partnership. More information at www.fcpartnership.org.

April 10-11, 2013: "Today's Challenges...Tomorrow's Opportunities," Sheraton Harrisburg-Hershey Hotel, Harrisburg. Sponsored by the PA Council of Children, Youth and Family Services. More information at www.pccyfs.org/2013_Spring_Conf.html

April 24-25, 2013: Preventing Child Maltreatment and Promoting Well-Being: Network for Action, Alexandria, Va. Sponsored by the Office on Child Abuse and Neglect, Department of Health and Human Services. More information at <http://friendsnrc.org/network-for-action>

April 24-27, 2013: "Challenging Our Assumptions and Moving Forward Together," 46th Annual Conference of the American Association of Suicidology, Hilton Hotel, Austin, TX. More information at <http://www.suicidology.org/46th-Annual-Conference>

***April 30, 2013: "Reclaiming Futures: A Model for Communities Helping Teens Overcome Drugs, Alcohol and Crime,"** webinar, 1:00-2:00 p.m. Sponsored by Reclaiming Futures. Register at <https://www1.gotomeeting.com/register/174233176>

May 1, 2013: "The Psychological Road of Adolescence: The Indispensable Impact of Peers—Pro and Con," Doylestown Health and Wellness Center, Warrington. Sponsored by Foundations Community Partnership. More information at www.fcpartnership.org.

May 1-2, 2013: Pennsylvania Childhood Trauma and Injury Prevention Conference: Collaboration is Key, Park Inn by Radisson Harrisburg West, Mechanicsburg. Sponsored by Safe Kids Pennsylvania. More information at www.pasafekids.org

May 17, 2013: "In Search of a Safer World," 2013 STAR Center Conference, University Club, University of Pittsburgh, Pittsburgh. Sponsored by the STAR Center. More information at www.starcenter.pitt.edu

May 29-30, 2013: Pennsylvania Positive Behavior Support Implementers' Forum, Hershey Lodge and Convention Center, Hershey. Sponsored by PaTTAN. More information at www.pattan.net.

July 24-26, 2013: "Don't Stop Thinking About Tomorrow: Possibility, Opportunity, Action," Pennsylvania Community on Transition Conference, Penn Stater Conference Center Hotel, State College. Sponsored by the PA Department of Education and others. More information at www.pattan.net.

Oct. 2-3, 2013: Safe Schools Conference, Holiday Inn Harrisburg-Hershey, Grantville. Sponsored by the Center for Safe Schools. More information at http://www.center-school.org/pro_dev.php

Oct. 16-17, 2013: "Suicide Prevention: Collaboration is Key," Pennsylvania Suicide Prevention Conference, Ramada Inn and Conference Center, State College. Sponsored by the PA Youth Suicide Prevention Initiative and the Adult/Older Adult Suicide Prevention Coalition. More information at www.payspi.org (News and Events).

Oct. 17-18, 2013: Fifth Annual Pennsylvania Infant Mental Health Conference, University of Pennsylvania, Philadelphia. Sponsored by the PA Infant Mental Health Association. More information at www.pa-aimh.org

***Nov. 6-8, 2013: Pennsylvania Conference on Juvenile Justice,** Harrisburg Hilton and Towers, Harrisburg. Sponsored by the Juvenile Court Judges' Commission and other. More information at www.jcjc.state.pa.us.

Note: Additional children's mental health training is available from [Drexel University](http://www.drexel.edu); University of Pittsburgh [Office of Education and Regional Programs](http://www.education.pitt.edu), and Philadelphia [Child and Family Therapy Training Center](http://www.childandfamilytherapy.org),

(*new listing this month)