

## MENTAL HEALTH AWARENESS DAY IS ALMOST HERE!



### Children's Mental Health Awareness Day is May 9.

Information and resources are available at [www.samhsa.gov/children](http://www.samhsa.gov/children). You can

download and/or order publications from the SAMHSA store at <http://ow.ly/kpStg>. In conjunction with the awareness day, the Child Mind Institute is conducting Speak Up for Children Campaign: <http://speakup.childmind.org/>. By taking a quiz on this website about the common barriers to access to children's mental health services, you can contribute to an organization working on behalf of children. In addition, the whole month of May is Mental Health Awareness Month; check out the Presidential Proclamation at <http://ow.ly/kDtrF>

## SUMMER THERAPEUTIC ACTIVITIES PROGRAMS ENCOURAGE FAMILY INVOLVEMENT

Summer is coming and with it a new season of Summer Therapeutic Activities Programs (STAPs). Check out the pamphlets on family involvement created in collaboration with the OMHSAS Mental Health Planning Council Children's Committee, the OMHSAS statewide STAP workgroup and the OMHSAS Children's Bureau. There are two versions, one for providers to use as is and the other for providers to customize for their use. The brochures are available at [www.parecovery.org](http://www.parecovery.org) (Statewide Initiatives/BHRS).

## PAYSPI ANNOUNCES CONTEST WINNERS

Earlier this year, the Pennsylvania Youth Suicide Prevention Initiative held a contest for public service announcements for high school youth on behalf of suicide prevention. Each school could submit an entry in the following categories: posters, 15 or 30-second audios, 30-second videos, and 60-second videos. This contest is the first of its kind in Pennsylvania, and we were very pleased to receive 42 entries. All of the winning and honorable mention entries will be made available by DVD to every school district in the state and will eventually be posted on the PAYSPI website at [www.payspi.org](http://www.payspi.org). In addition, the winners in all four categories will be honored at the Pennsylvania Suicide Prevention Conference in State College in October.

### Congratulations to the winners!

**Poster:** Cumberland-Perry Area Vocational Technical School; Aurora File, student; Wendy Lenker-Badorf, mentor  
**15 or 30-second audio:** North Pocono High School; Anthony Anzalone, student; Geri Featherby, mentor  
**30-second audio:** Galeton High School; Mekensie Huggler, Zach Brown and Kris Brumbach, students; Deborah Long, mentor  
**60-second video:** Brentwood High School; Jessica Martin, Laura McGowan, Nick Gall and Allison McKonja, students; Jennifer Hughes, mentor

## NEW WEBSITE FOR SECONDARY TRANSITION PLANNING

The Pennsylvania Department of Education, Bureau of Special Education, and the Pennsylvania Training and Technical Assistance Network (PaTTAN)

have developed a new website for youth and families that addresses planning for secondary transition: [www.secondarytransition.org/](http://www.secondarytransition.org/). The purpose of the website is to provide youth, young adults, parents, and professionals with secondary transition resources to facilitate a young person's progress toward the attainment of post-secondary goals related to education, employment, and community living. There are resources and information in various categories: agencies and supports, community living, employment, financial supports and services, health, post-secondary education and training, recreation and leisure, school, and self-determination.

## NEW VIDEOS ABOUT EFFECTIVE EARLY CHILDHOOD PROGRAMS

"We are Pennsylvania's Future" video from Pennsylvania's Promise for Children; shares from the children's perspective how investments in quality early education build a brighter future for Pennsylvania's families, businesses and communities. Watch it at <http://vimeo.com/64010741>

**Video about Early Childhood Mental Health Consultation**, from the University of Pittsburgh's Office of Child Development discusses how Early Childhood Mental Health Consultation works. Watch it at <http://ow.ly/kpSJA>



## YOUTH MENTAL HEALTH FIRST AID TRAINING OFFERED

Youth Mental Health First Aid training will be offered free of charge on May 22-23, 2013 in Scranton. The training is offered to individuals who work or live in Lackawanna and Luzerne counties through the Garrett Lee Smith Suicide Prevention Grant. Mental Health First Aid (MHFA) is a public education program that introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and most importantly, teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge. Youth MHFA is an 8-hour course that uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care. More information is at <http://www.mentalhealthfirstaid.org/cs/coming-soon-youth-mental-health-first-aid>. Registration deadline is May 17; contact Jen Bankard at [jen@paproviders.org](mailto:jen@paproviders.org) or 717-364-3280.

## TEST YOUR TRANSITION SERVICE COMPETENCIES

The Research and Training Center for Pathways to Positive Futures at Portland State University has developed a "Transition Service Provider Competency Scale." The list of items on the checklist relate to activities that service providers might engage in while working with young people with mental health disorders in the transition years (14-29). The items allow providers to assess confidence in performing tasks related to providing effective, youth-led, and culturally responsive services and potential areas for competency development. The scale is available at <http://ow.ly/kpUKU>

## Additional New Publications from Pathways

"Promoting Positive Pathways to Adulthood: Online Training to Support Young People with Mental Health

Needs," by E. Brennan, P. Jivanjee, and C. Sellmaier, 2013. Available at <http://ow.ly/kqKzv>

"Supporting Youth with Mental Health Difficulties to Be the Agents in Their Own Life," by C.L. Moser, P. Jivanjee, anonymous young adult, R. Bender, & C. Sellmaier, 2013. Available at <http://ow.ly/kqKDt>

## RECENT COMMUNITY FORUMS ON BULLYING PODCASTS AVAILABLE

The Center for Safe Schools has been working with print and broadcast media across Pennsylvania on interviews, special features and community forums to communicate best practices for school safety, youth violence prevention and bullying prevention. In these efforts, the center's staff have provided expertise as panelists and interviewees. Several programs are available by podcast on the website of Harrisburg's public radio station, WITF. Go to <http://feeds.witf.org/witf-smarttalk-podcast> and scroll down to access the following programs:

- "Pushed Around: A Public Forum on Bullying," April 25 (TV)
- "What to Do If Your Child is Bullied," April 1
- "School Safety," Mar. 26
- "A Closer Look at Bullying," Mar. 22

In addition, the center's website at [www.safeschools.info/](http://www.safeschools.info/) includes hundreds of resources on topics of all-hazards planning, crisis management, school climate and bullying prevention, among others. The Pennsylvania Bullying Prevention Toolkit, developed in partnership with the Highmark Foundation, is available at [www.safeschools.info/bp\\_toolkit.pdf](http://www.safeschools.info/bp_toolkit.pdf).

## CONFERENCE/TRAINING OPPORTUNITIES

**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](http://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](http://www.pattan.net).

**\*June 11-13, 2013: "Delivering Autism Services in Pennsylvania: Practical Strategies and Tools,"** Sixth Annual Pennsylvania Autism Training Conference, Eden Resort Inn and Suites, Lancaster. Sponsored by the Bureau of Autism Services. More information at [www.dpw.state.pa.us/foradults/autismservices/index.htm](http://www.dpw.state.pa.us/foradults/autismservices/index.htm)

**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](http://www.pattan.net).

**\*July 29-Aug. 1, 2013: National Autism Conference,** Penn Stater Conference Center and Hotel, State College. Sponsored by the Penn State Outreach Center and the PA Department of Education. More information at [www.outreach.psu.edu/programs/autism/index.htm](http://www.outreach.psu.edu/programs/autism/index.htm)

**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](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](http://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](http://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](http://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)