

CGCinsight

OUR LOCATIONS

Main Office
793 Old Rte.119 Hwy N
Indiana, PA 15701

Clearfield
600 Leonard St
Clearfield, PA 16830

Dubois
490 Jeffers St
DuBois, PA 15801

**Psychiatric
Rehabilitation**
214 South 7th Ave
Clarion, PA 16214

Punxsutawney
200 Prushnok Drive,
Suite 103
Punxsutawney, PA
15767

Northern Cambria
4205 Crawford Ave
Northern Cambria, PA
15714



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Community Guidance Center Partners with Pennsylvania OMHSAS on SAMHSA Grant

-Mia McMillen, Grant Writer

On November 8, 2018, Governor Tom Wolf announced that the DHS Office of Mental Health and Substance Abuse Services (OMHSAS) was awarded a grant from the Substance Abuse and Mental Health Services Administration. The administration was awarded \$10 million, which will be distributed to PA grantees over the next five years.

In their statement, the Wolf Administration states, "The funding was awarded by the federal Substance Abuse and Mental Health Services Administration (SAMHSA) through its Promoting Integration of Primary and Behavioral Health Care Cooperative Agreements. DHS established four partnerships with health centers around Pennsylvania in 2017 following a competitive application process to target various special populations such as adults with a substance use disorder, children with severe emotional disturbances, and adults with mental illness."

The Community Guidance Center is pleased to announce that the OMHSAS selected the Community Guidance Center and the Primary Health Network as one of the four partnerships to be a part of this exciting project. Over the next five years, the Community Guidance Center and Primary Health Network will formalize a coordination of care for adults who have been diagnosed with mental illness and/or co-occurring physical health conditions or chronic diseases in Indiana County.

The Community Guidance Center looks forward to this opportunity, as we believe that a coordination of care in Indiana County will allow us to provide more meaningful services to a greater number of community residents.

CGC Designated North Central Trauma-Informed Care Center

~Alexandra Miller, Outpatient Director

In September 2018 the Community Guidance Center received notification from the Community Care Behavioral Health Organization (Community Care) that our programs in Clearfield and Jefferson counties, have been designated as a North Central Trauma-Informed Care Center.

The Community Guidance Center has collaborated with the Behavioral Health Alliance of Rural Pennsylvania (BHARP) and Community Care for the last two years in gaining expertise in organizational trauma-informed practice, trauma-specific modalities, and trauma-informed supervision and complex problem management. The Center developed a Quality Improvement Team that meets regularly to effect change and monitor areas of Trauma-Informed care.



During this initiative, all staff has been trained on Trauma-Informed Care. Clinical staff was trained in evidence-based trainings which included Seeking Safety, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Cognitive Processing Therapy (CPT). There were also trainings on Vicarious Trauma and Trauma Screening and Assessment. Management was trained in Trauma-Informed supervision.

Community Guidance Center Receives Federal Grant

~Mia McMillen, Grant Writer

In August 2018, the Community Guidance Center received a Rural Health Network Development Planning Grant from the U.S. Department of Health and Human Services' Health Resources and Services Administration. Through this grant opportunity, the Community Guidance Center will partner with The Open Door, the Primary Health Network and Genoa Pharmacy to begin planning for infrastructure development leading to implementation of an integrated care program. By working together, Network partners believe that consumers seeking treatment for mental or physical health concerns or substance abuse issues will be provided with unified and coordinated access to healthcare and have the ability to address all of their health concerns in a centralized location.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under Grant Number P10RH32086 and Building a Network of Grant for \$100,000 with 0 percentage financed with nongovernmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.



Suicide - Current Issues

-Dr. Ralph May, Chief Clinical Officer

September was Suicide Awareness Month in the United States. In 2016, the last year that we have complete statistics, 44,965 persons died by suicide in the US. That is more than twice the number of persons who died by homicide (19,362). Suicide is the 10th leading cause of death, but is the second leading cause of death for individuals between ages 10 and 34 and the 4th leading cause of death between the ages of 35 and 54. Certain groups have experienced a dramatic increase in suicides over the last 15 years, including females between ages 10 and 14, sexual minority youth, and "Men in Middle Years" (age 35-64), where the suicide rate has increased nearly 43%. There are many thoughts about the cause of this increase, but the answer is likely complex and related to social connectedness, an increase in depression and other mental health disorders, and other factors.

In Indiana County, we have lost 16 persons to suicide this year despite strong community efforts. As part of the Indiana County Suicide Task Force, Coroner Jerry Overman and I review the life and history of every person who dies by suicide in the county. This year, 15 of the deaths were male and one was female. Gunshot was the method of death in 13 of the 16 persons. It is important to note that almost none were seeking any type of treatment for mental health needs. Here at CGC, where everyone who comes to us is screened carefully for suicide risk, over 30% of persons at intake are struggling with some level of suicidal thinking, and 25% have made suicide attempts in the past. Suicide is a major risk to persons who are suffering from mental and emotional stress. Despite this, the most recent survey from the Substance Abuse and Mental Health Services Administration (SAMSHA) called the National Survey on Drug Use and Health (NSDUH, 2017), reveals that less than half of persons who battle mental health and substance use disorders receive appropriate treatment.

The numbers of persons who die by suicide can overwhelm us and cause us to feel powerless to make a difference. However, there is much we can do to prevent suicide and help those who are at risk:

1. We must recognize the risk factors and warning signs first in ourselves. If we have a family history of mental health disorders, substance use disorders or a family history of suicide, this increases our risk. It is necessary to pay attention to our own moods and struggles, and to seek support and professional helps when needed, not letting fear of stigma or doubt stop us.
2. We must recognize the risks in others, and not be afraid to approach others and openly ask about suicide. The Indiana County Suicide Task Force will train anyone or any group in Question, Persuade, Refer (QPR), an evidenced based suicide prevention program designed to be like CPR, teaching anyone to recognize and know how to respond to suicidal thinking and behavior. The Task Force has trained over 782 persons in Indiana County as of 10/1/2018 in this program, and QPR saves lives. Most persons who are thinking about suicide do tell someone, either directly or indirectly before making the attempt. Being able to recognize this and know what to do is key.
3. When someone is suicidal, this must be treated as a medical emergency, just like severe chest pain. The person needs a professional evaluation to secure help as quickly as possible. If someone near you collapsed with chest pain, would you call 911?
4. In our counties, we have 24/7 emergency crisis services always available. In Indiana County the number is 877-333-2470 and in Clearfield/Jefferson Counties it is 800-341-5040. There will always be a clinician available to talk and provide emergency help if needed. During the day, if you call CGC, we will assist you immediately and provide whatever support and intervention that is needed.

Suicide is a 100% preventable death. It is preventable because a person must DECIDE to end their lives. A person in this state has lost HOPE that things can be better. We have the power to be that hope and save lives, if we are willing to learn how and know what to do.



Dr. Ralph May Receives Lifetime Achievement Award

-Mia McMillen, Grant Writer



In October 2018, Chief Clinical Officer Dr. Ralph May received the Life Time Achievement Award from the Rehabilitation and Community Provider's Association (RCPA) at RCPA's 2018 Annual Conference in Hershey, PA. The mission of RCPA is "Representing providers of health and human services committed to effective, efficient, and high quality care."

The Lifetime Achievement Award is presented to an individual in honor of his/her significant, consistent, and enduring contribution throughout his/her career in support and furthering of the mental health field.

In his acceptance speech, Dr. May thanked his wife, Jan, his co-workers at the Center, and challenged attendees to know that we are all responsible for furthering the mental health field. Dr. May stated that "we all play a role in acceptance, tolerance, and healing."

This is a very prestigious award as RCPA represents health and human service providers, including mental health, drug & alcohol, intellectual disabilities, and rehabilitation, across all of Pennsylvania.

The Center congratulates Dr. May on this achievement recognizing his lifetime's work!

Dr. Marianne DiMatteo Named 2018 Woman Making a Difference

-Mia McMillen, Grant Writer

In October 2018, Chief Operations Officer Dr. Marianne DiMatteo was selected as one of the "2018 Women Making a Difference" by Pennsylvania Business Central's *Women in Business* publication and St. Francis University.

"Women Making a Difference" proudly shines a spotlight on women whose tireless work provides the bedrock of a strong community and features women within 23 counties in Central and Western Pennsylvania. This year's PA Business Central saw a record-breaking amount of nominations and Mari was chosen as a stand-out entrepreneur and member of her community.



Michelle Myers Receives Play More Hero Award

-Mia McMillen, Grant Writer

Michelle Myers, M.S., received the September 2018 Play More Hero Award. This national award is given by Child Therapy Toys and www.myplaytherapypage.com to "an inspirational person in the child therapy community." Nominations are received from across the country and awards are given to a teacher, therapist, administrator, professor, or advocate in the Play Therapy Community.



Michelle Myers, M.S. is truly one of the most creative and steadfast therapists within the Center's ALPHA Program. ALPHA (Child and Adolescent Partial Hospitalization Program) is a program for students in grades kindergarten through 12th grade who have been removed from their home schools due to serious mental health conditions that cause disturbances within the classroom. The goals of ALPHA, which combines both educational and therapeutic components, is to provide healing to children and adolescents and return them to their home school with little disruption. Employed by the Center for nearly 20 years, Michelle is now a Psychotherapist within the ALPHA program; her role is to plan and facilitate 6 hour daily clinical programming; develop, implement and monitor individualized, strengths-based treatment plans; incorporate play therapy into group and individual sessions, coordinate learning with families and many other responsibilities.

Michelle spends a majority of her time working with children of all ages who display disruptive behavior; it is her goal to teach children to manage their symptoms in a safe setting, so that they can learn to act appropriately at home and in their home school. Michelle uses play therapy in her daily work with children, making up new games, using traditional methods of play therapy and encouraging students to hone their skills. Michelle also uses play therapy to encourage children to open up, manage anger and negative emotions and how to treat others with respect and kindness.

The Center congratulates Michelle on this prestigious award!

Stacie Huber Named Finalist for Athena Award

-Mia McMillen, Grant Writer

In September 2018, Stacie Huber, Director of Adult and Child and Adolescent Partial Hospitalization Programs, was honored as a Finalist for Athena Award, given by the Indiana County Leader's Circle. Finalists are selected based on the following criteria:

- Demonstrates excellence and achievement in his or her business or profession.
- Have a record of providing significant assistance to women in the development of their leadership potential.
- Have a record of giving time and energy to serving the community.

Finalists for the Athena award were Stacie Huber, Alisa Destefano, Millie Glinsky, Patricia Heilman, Patricia Klausning Simmons, Barbara Telthorster and Dr. Carolyn Princes, award winner.

The Center congratulates Stacie and her fellow finalists on this exciting recognition!



Photo credit to Kris Mellinger at Photos by Miss Kris.

Congratulations on Certification!

The Community Guidance Center is proud to announce that Sandra Tubo, Outpatient Drug & Alcohol Therapist, obtained her LPC (Licensed Professional Counselor) certification.

Congratulations, Sandy!

Meet the Department: Drug and Alcohol Services

In 2014, Community Guidance Center completed a merger with the Clearfield/Jefferson Community Mental Health Center (CJCMHC). This merger and the resulting Clearfield and Dubois branches of the Community Guidance Center made it possible for the CJCMHC employees to maintain their positions and also allowed services to continue for nearly 1,000 consumers. This was the first time in the Center's history that Drug and Alcohol (D&A) services were offered. In October 2017, a new office was opened in Northern Cambria and D&A services were expanded to residents of Cambria County.

The D&A department spans across the three locations in Clearfield, Dubois, and Northern Cambria and offers outpatient (OP), group, and intensive outpatient (IOP) services. IOP is designed to offer a greater amount of support than OP services for people in early recovery or who are facing threats to their sobriety. The program consists of a total of five hours of treatment per week, with four hours of group therapy which is supplemented by one individual session. Consumers assigned to OP or group therapy are seen based on their individual needs. In an exciting expansion of services, the Clearfield location offers D&A OP services in the Clearfield High School.

The Center is committed to providing high quality, trauma-informed services to the community. When a consumer is experiencing problems with both mental illness and substance use disorders, they are said to have "co-occurring disorders". The Center has the advantage of having eight co-occurring D&A therapists and one co-occurring intake specialist who also has a D&A caseload. The team is comprised of Licensed Clinical Social Workers (LCSW), Licensed Practical Counselors (LPC), and other mental health professionals who are acutely aware of issues facing consumers with substance-use disorders. The team members are also trained in a variety of therapies and approaches to help people maintain their recovery.

The D&A department is active in implementing the Sanctuary Model, which is an agency-wide endeavor to transform services to be more sensitive to the trauma that many people experience throughout their lives.

Sanctuary Update

-Penny Kerfoot

Sanctuary continues to be alive and thriving at the Community Guidance Center. We anticipate certification with the Sanctuary Institute by the end of 2019. Staff at the Center is excited to move into the future with shared values and beliefs that trauma and chronic stress deeply impacts us all as human beings and in our communities. Certification is not the end game for the Center, it is only an acknowledgement of our hard work and dedication and will serve as a reminder for our future.

The Core Team and Trainers continue to embed the Sanctuary Model into departments by attending department meetings monthly to review the Sanctuary Commitments and Tool Kit with all staff. The Trainers continue to train new staff to give them a firm foundation in Sanctuary. Additionally, the Core Team has added a brief training at the Orientation to the Guidance Center training in order to orient new staff to some of the Sanctuary language before they have their more extensive training.

The agency as a whole has made huge strides in our Sanctuary journey. We are including the Sanctuary language in our forms, policies, procedures and in our everyday communications such as emails and memos. We continue to use Sanctuary visual aids in our waiting rooms, meeting rooms, therapy rooms, and staff areas to remind and educate staff and consumers. The consumers are helping us with this particular tool as the Psych Rehab consumers are updating our monthly theme visuals for the waiting rooms.

We are excited to approach 2019 with our Sanctuary growth and see what new things we can learn as individuals and as an agency. We are proud to be "a part of the change."

If you have general questions on the services we provide, or would like to schedule an informative presentation on our services, please contact Dr. Marianne DiMatteo by phone at 724-465-5576, ext. 10277 or by email at mdimatteo@thecgc.com.

Need to Make a Referral?

Referrals can be made for our Indiana, Punxsutawney, or Northern Cambria offices by contacting the Intake Department at 724-465-5576. Intakes are now being offered by appointment at our Punxsutawney location.

Referrals can be made for our DuBois or Clearfield offices by contacting the Intake Department at 814-371-1100 ext. 20210.

Referrals can be made for our Clarion Psych Rehab office by calling 814-226-1081.

Questions regarding specific programs can be addressed to the director of that program.



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Please note the extensions have changed. Each site now has a 2-digit prefix in front of the extension number. The last three digits have not changed.

Indiana – 10, Dubois – 20, Punxsutawney – 30, Clearfield – 40, Clarion - 50

Toll Free—1-888-686-1991

Michelle Barnhart	Director of Base Service Unit	Ext. 10261
Melissa McEvoy	Director of Blended Case Management Indiana, Clearfield, Jefferson and Armstrong Counties	Ext. 10372
Dave Galore	Supervisor of Blended Care Management Indiana, Clearfield, Jefferson and Armstrong Counties	Ext. 20206
Jessica Douglas	Director of Developmental Disabilities and	Ext. 10119
Marianne DiMatteo	Acting Director and Supervisor of Family Based Services Indiana, Cambria, Clearfield, Jefferson, Westmoreland, and Armstrong Counties	Ext. 10277
Lexi Miller	Director of Outpatient and Drug & Alcohol Services	Ext. 10242
Jill Lamison	Assistant Director of Outpatient Services in Indiana, Punxsutawney, and Northern Cambria	Ext. 10207
Amanda Abawi	Assistant Director of Drug & Alcohol and Outpatient Services in Dubois and Clearfield	Ext. 20228
Stacie Huber	Director of Partial Hospitalization/ALPHA	Ext. 10134
Pamela Campbell	Director and Supervisor of Psychiatric Rehabilitation	Ext. 10289
Rachael Bowser	Director of Psychiatric Services	Ext. 10251
Mia McMillen	Grant Writer	Ext. 10210

Indiana Office—724-465-5576

Clearfield Office—814-765-5337

Clarion Office—814-226-1081

DuBois Office—814-371-1100

Punxsutawney Office—814-938-4444

Northern Cambria—814-420-8679