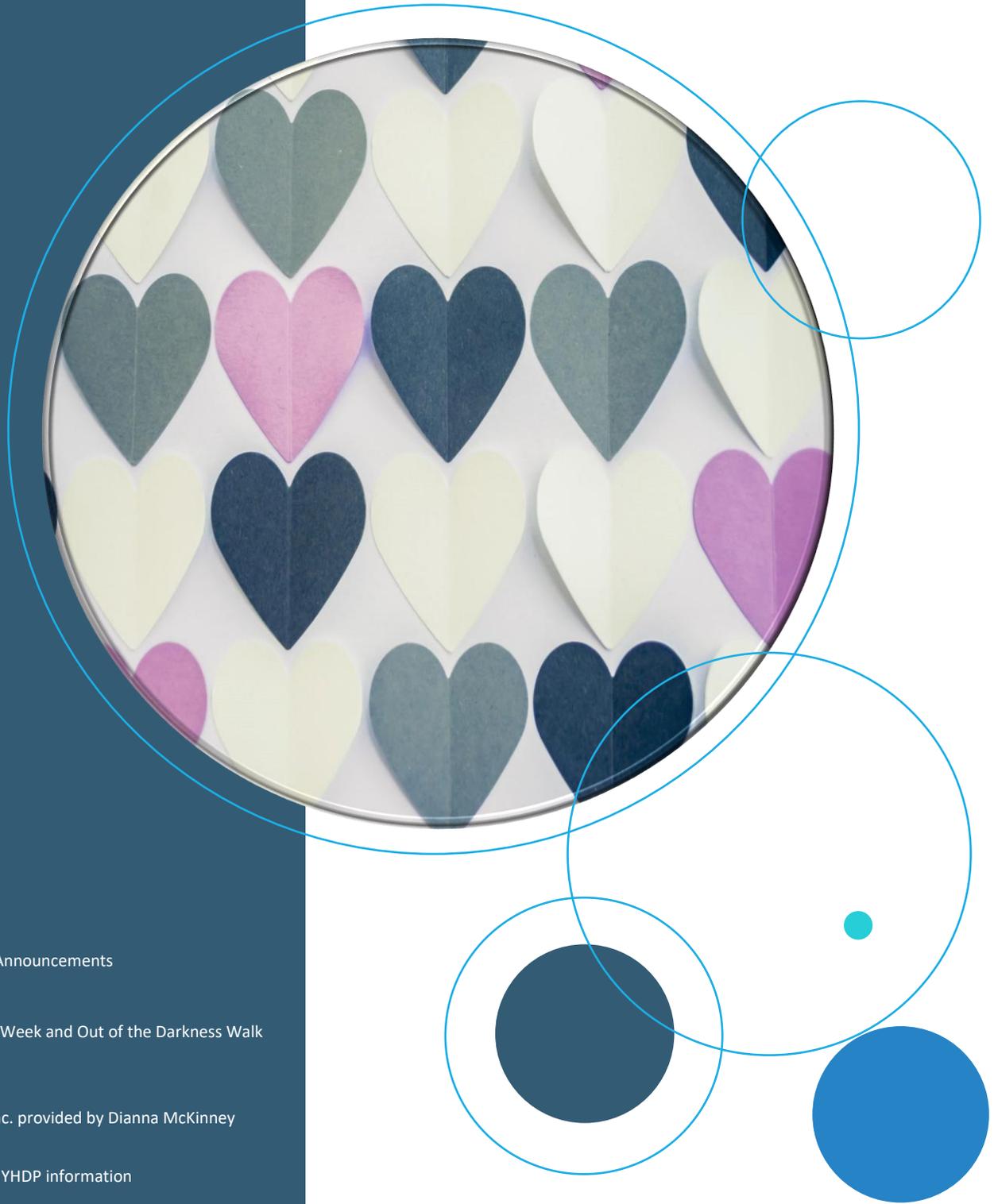




February 2022

Issue 5



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Dates to Remember

February 2: Walking with Teens on their Unique Grief Journey Training (Free) [Register Here](#)

February 4-World Cancer Day

February 5: National "Wear Red" Day

February 8: [Register for findhelp 101 Training](#)

February 11: Arc Human Services Open House

February 14: Happy Valentine's Day

February 15: [Register for findhelp 101 Training](#)

February 16-23: Random Acts of Kindness Week

February 17: Random Acts of Kindness Day

February 23: Out of the Darkness Committee Planning meeting at 2:00PM

February 23-29: National Eating Disorder Awareness Week

Announcements

SPHS Crisis Services

1-877-225-3567

If you are interested in being a guest columnist or would like a corner feature in our newsletter, please reach out to

Rebecca.Salsbury@co.washington.pa.us. We are now accepting submissions for the March, April, and May issues!

**Arc Human Services
The Arc of Washington County and
Chicco Baccello's**

Invites You to Our

OPEN HOUSE

**Friday, February 11, 2022
Noon to 4 PM**

Remarks and Ribbon Cutting Ceremony at 12:30 PM

We welcome you to our newly renovated space!

*Join us for a tour featuring our administrative and program offices,
Chicco Baccello Coffee and Deli Shop,
and community Art Gallery.*

Refreshments and Snacks will be provided, courtesy of Chicco's!



111 W Pike Street
Canonsburg, PA 15317
724-745-3010



Random Acts of Kindness Week

Random Act of Kindness Week (RAK) will be celebrated February 13-19, 2022. The Random Acts of Kindness Foundation is holding the first annual coloring contest running February 1-February 17. Find out more information by [clicking here](#). Every person who enters the contest will have the option to receive a free RAK Day 2022 sticker.

Here are some RAK ideas:

1. Write a letter or card to someone
2. Think of someone who brings you joy and/or happiness and let them know
3. [Start a fun game of Kindness Tag](#)
4. [Complete a kindness challenge](#)

Please let us know what you did to celebrate as we would love to feature Random Acts of Kindness across Washington County for our [March newsletter](#). Please drop a line, small article or submit a picture by February 22 to Rebecca.Salsbury@co.washington.pa.us.

Citation:

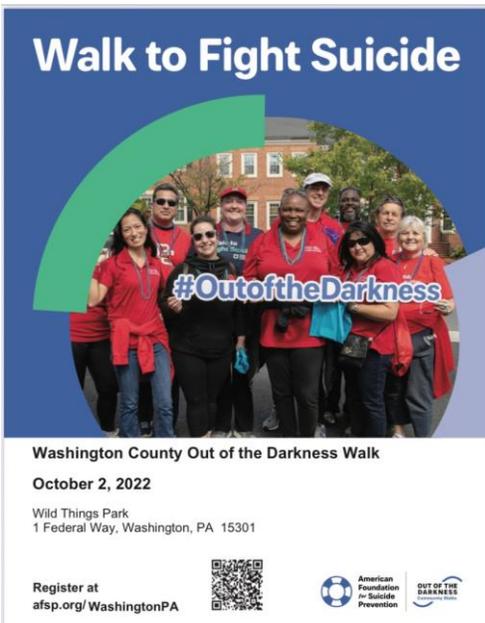
Make kindness the norm. Random Acts of Kindness. (n.d.). Retrieved January 17, 2022, from <https://www.randomactsofkindness.org/>

Out of The Darkness Walk

The first annual Washington County Out of The Darkness Community Walk will occur on October 2, 2022 at the Wild Things Park.

We have opportunities for everyone to participate! We are actively looking for committee members, volunteers, sponsors, tabling partners, teams and individual walkers.

Find out more information here: [American Foundation for Suicide Prevention \(AFSP\)](#)



Walk to Fight Suicide

#OutoftheDarkness

Washington County Out of the Darkness Walk
October 2, 2022

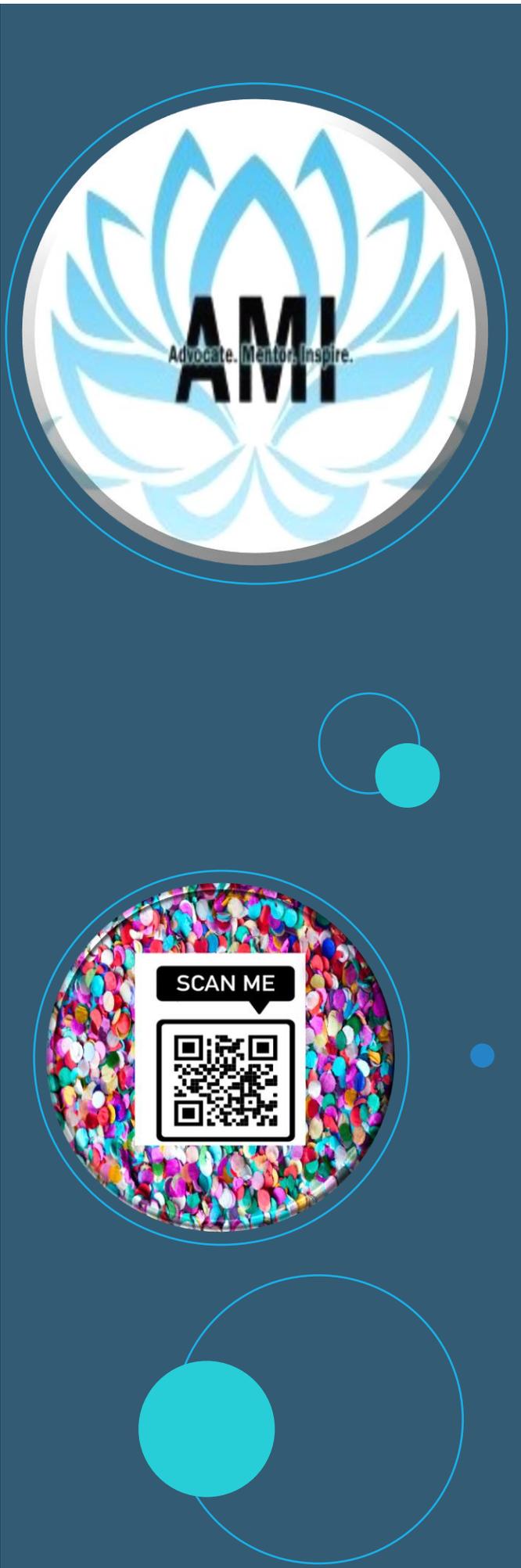
Wild Things Park
1 Federal Way, Washington, PA 15301

Register at
afsp.org/WashingtonPA

American Foundation for Suicide Prevention

OUT OF THE DARKNESS





AMI, Inc.

Spotlight information provided by Diana McKinney-Executive Director

AMI, Inc. serves individuals in Washington County who experience or have experienced mental health challenges and/or co-occurring disorders ages 14 and older. AMI is completely consumer run agency, which means that everyone who works at AMI are people who have lived experience with mental health challenges and/or co-occurring disorders. It is AMI vision that this will give hope to all that recovery is possible.

AMI started in late 1969, when the local Mental Health Association organized a social group for people who were returning to the community from the state hospitals. The original overall goal of the AMI, Inc. program was to be a bridge for the persons discharged from the state hospitals to full independent living in the community.

In 1976, AMI incorporated as AMI, Inc. of Washington-Greene Counties and continued to grow in membership and activities. AMI, Inc. moved to a larger facility in late 1984. In 1999, when the transformation of the Mental Health services began to happen with the move from a medical model of treatment to a person centered, individualized, Recovery oriented model. In October 2005, AMI received its first license from the Department of Public Welfare (now the Department of Human Services) and the Office of Mental Health and Substance Abuse services (OMHSAS) to provide "Psych Rehab" services.

In 2008, with the support of Washington County, AMI began a Peer Mentor program and shortly after obtained licensing through OMHSAS to provide Certified Peer Specialist Services. In 2014, Washington County BHDS worked on the Healthy Transitions grant and asked AMI to be the provider of Peer Support Services for Youth and Young Adults. AMI worked with the BHDS office to develop programs to engage youth and young adults in services and soon added the option for a youth and young adult Psych Rehab group. In 2018, a Supported Employment was developed as part of AMI's Psych Rehab program. AMI currently provides services to over 300 members.

Each year AMI holds an Art Show for residents of Washington County with mental health challenges. This is a way for participants to showcase their talents and reduce the stigma associated with mental health. The artwork featured was submitted to 2021 Art Show composed by Austin Lee titled "The Confluence."

In addition, AMI assists with two support groups including Thrive for Hope, which is a youth and young adult support group in the community, and the Family Support group that is held at AMI twice per month.

Services Provided at AMI, Inc.

Drop in Center: Serves individuals ages 18 and older-Drop-In Centers offer a **safe, supportive environment within the community** for individuals who have experienced mental health challenges. It is a place to go, a place to be, a place to make friends, and be accepted.

Peer Mentoring: Serves individuals ages 16 and older- Peer Services are provided individuals who use their lived experience with behavioral health recovery to support program participants on their own recovery journey. Services are provided on an individual basis and can be provided both on site or in the community or person's home. Peer mentoring services may include a social or recreational component in addition to other services provided. Peer mentoring services are a non-licensed service that offers the opportunity for an introduction to the behavioral health system and an opportunity to for peer support staff to engage individuals who may not be involved in traditional services at the time.

Psychosocial Rehabilitation: Serves individuals ages 18 and older- Psychosocial Rehabilitation assists adults with a diagnosis of mental health challenges to acquire community living skills through a program of structured activities that focus on increasing levels of social competence. Social Rehab is provided in a group setting on site at AMI. Group activities focus on coping skills, developing and maintaining relationships, building social and communication skills, using the community support system and leisure management.

Certified Peer Specialist (Peer Support Services): Serves individuals ages 14 and older- Certified Peer Specialist (CPS) work from the perspective of their lived experience to build environments conducive to recovery. They promote hope, personal responsibility, empowerment, education and self-determination in the communities they serve. CPS can assist individuals in their home, community or onsite at AMI. CPS support individuals in setting and achieving goals of their choice including symptom identification and coping strategies, developing a Wellness Recovery Action Plan (WRAP), completing Mental Health Advanced Directives and obtaining and maintaining basic independent living skills while building and maintaining work related or education skill and improving social skills. In addition, CPS work can assist individuals to identify and access resources in the community. AMI has CPS staff specifically trained in serving Youth and Young Adults, Older Adults, Forensic CPS Services and crisis intervention.

Psychiatric Rehabilitation: Serves individuals ages 16 and older- Services provided are provided bot site based and mobile and be individual or group sessions. Psych Rehab intervention are from approved, evidence-based models and are designed to assist individuals to develop the skills and supports in areas such as symptom management and coping skills, developing and maintaining social and community supports, obtaining and keeping housing or meaningful employment and support for educational goals.

***Certified Peer Specialist Services and Psychiatric Rehabilitation Services require a recommendation by a LPHA (Physician, Certified Registered Nurse Practitioner, Psychologist, Licensed Clinical Social Worker, Licensed Professional Counselor, and Licensed Marriage and Family Therapist) and include a valid/active PROMISE number for the referring person.**

Family Support Group: Support group for family members experiencing mental health challenges. This group is not directly provided by AMI, but located in the Supported Employment building, the first Tuesday of every month. This gives member the opportunity to support and receive support to discuss topics of interest.

Thrive for Hope Support Group: Support group for Youth and Young Adults ages 18 and older: Support group for youth by youth. This group is not directly provided by AMI, but AMI staff support the Youth and Young Adults to hold a weekly support group to discuss topics of interest identified by the participants.



907 Jefferson Avenue
Washington, PA 15301
724-228-5211

Findhelp Information

Washington County is launching a new site to help community members connect to services more easily. The site will be hosted on a platform called findhelp which enables users to quickly pinpoint the services they need by zip code then by category such as: food, utility, and housing assistance, legal help, employment support, and counseling. In the coming months, the County will launch a branded version of the site called Help in Washington PA (washingtonpa.findhelp.com). Local human services agencies are being asked to add their programs or verify the information on their program listings on washingtonpa.findhelp.com so that they may be represented in the search results. Agencies can search by their zip code and then name of their agency to view their current program listings and suggest edits or use the Suggest Program button on washingtonpa.findhelp.com to add a new program. Action must be taken by March 31 in order to be included by the start of the County's publicity campaign. For more information about using the findhelp platform, suggesting your programs, and managing your listing(s), please register for findhelp's two-part training series on February 8th and 15th using the links below or contact Dede Carmichaela at dcarmichael@findhelp.com.

[Feb 8th: Register for the findhelp 101 Training](#)

[Feb 15th: Register for the findhelp 201 Training](#)

Youth Homelessness Demonstration Program (YHDP)

The next YHDP meeting will be on February 10th from 10-2. The purpose will be to finalize Coordinated Community Plan and finalizing elements of new projects to be supported with YHDP funds. Please see the information below if interested in joining.

Western PA CoC YHDP Funding FAQs

What is the Western PA Continuum of Care (CoC)?
The Western PA Continuum of Care (CoC), also known as One By One, is a group of organizations and individuals working together to make homelessness rare, brief and nonrecurring across 20 counties in western Pennsylvania.

What is the Youth Homelessness Demonstration Program?
The Youth Homelessness Demonstration Program (YHDP) is funding from the U.S. Department of Housing and Urban Development (HUD) to help communities serve youth under 25 years of age experiencing homelessness/housing instability. The Western PA Continuum of Care (CoC) has received \$3.7 million dollars to create a Coordinated Community Plan, as well as projects, that will prevent and end youth homelessness.

What is a Coordinated Community Plan?
The Coordinated Community Plan (CCP) is a holistic, action-oriented view of what it will take to prevent and end youth homelessness in our community. The plan will include: a list of goals, objectives, and action steps; a list of the new types of projects the CoC would like to see implemented; and a continuous quality improvement plan.

Who is eligible to apply for YHDP funds in the spring of 2022?
Eligible Applicants for YHDP project funding are nonprofit organizations, States, local governments, and instrumentalities of State and local governments. For-profit entities are not eligible to apply for grants or to be subrecipients of grant funds. Agencies may include, but are not limited to, youth-serving agencies, educational institutions, and Continuum of Care and Emergency Solutions Grant grantees and can apply when the CoC issues the YHDP Request(s) for Proposals in the spring of 2022.
All entities are welcome to participate in the planning process to ensure that their stakeholder group is represented in the Coordinated Community Plan.

Western PA CoC YHDP Funding FAQs

What can agencies do with YHDP funds?
YHDP funds can be used to develop a wider range of projects/programs than traditional CoC funding. Some examples of allowed uses of YHDP funding:

- Create drop-in centers, provide legal services, youth street outreach, systems navigation, case management services and other supportive services.
- Create housing programs for youth, which may include: Permanent Supportive Housing, Rapid Re-housing, Transitional Housing, Host Homes, and Transitional Housing/Rapid Re-housing joint component.
- Additional flexibilities are allowed upon approval by the CoC.

How can agencies prepare to competitively apply for YHDP funds?
Requests for Proposals (RFPs) will be released in the spring of 2022. Applicants who have engaged in the following activities will be given priority:

- Authentically engaged youth in your agency- or county-level planning process or on the CoC's Youth Action Board (YAB).
- Built relationships/partnerships with county/local/regional youth-serving agencies that include juvenile justice, mental health entities, children and youth services, drop-in centers, domestic violence agencies, housing agencies and educational institutions (early intervention, K-12, higher education, career and technical institutions).

 Proposals should also meaningfully incorporate approaches such as Positive Youth Development and Trauma-Informed Care to be competitive for YHDP funding.
 Contact Ciarra Johnson for resources on developing youth-centered projects. Also, be sure to attend the CoC's YHDP stakeholder input sessions!

Who can be served with YHDP funds?
Any youth 25 and under who are literally homeless, couch hopping or experiencing housing instability, fleeing domestic violence or other life-threatening conditions are eligible.

What is authentic youth engagement & what does it look like?
Authentic engagement is characterized by meaningful youth-adult partnerships in which youth and young adults (YJA) feel respected, valued and trusted. Through authentic youth engagement, youth will have opportunities to lead, learn, make decisions and work to implement their ideas and help shape their communities. Examples of authentic youth engagement:

- Inviting YJA to your agency to discuss gaps in the system and share their expertise around solutions and working alongside them to implement those solutions.
- Supporting a YJA in their development by offering training opportunities, helping them to goal plan and then helping them in their personal and/or professional development.
- Hiring YJA at your agency and counting their lived experience as expertise/education.

Questions about any of this? Feel free to reach out to Ciarra Johnson at ciarra@dma-housing.com for more information!