

# Zero Suicide Team Leaders



Beaver County

01/29/2021

# Welcome!!!! 😊

- ▶ Today's meeting
  - ▶ A reminder of how this works
- ▶ Sign-in
  - ▶ Type your name and organization into the chat box



# Today's Agenda

- ▶ Minutes
- ▶ Partner Updates
- ▶ Updated Data
- ▶ Marketing Committee
- ▶ Trainings
- ▶ Next Meeting
- ▶ Resources



| Zero Suicide Team Meeting | 12/18/2020             |
|---------------------------|------------------------|
| Name                      | Partner agency         |
| Jennifer Boeringer        | ETC                    |
| Elisia Majors             | BCBH                   |
| Kim Hall                  | ETC                    |
| Dianne Funkhouser         | PA Careerlink          |
| Bonnie Palmieri           | AHCI                   |
| Dave Aiken                | NAMI                   |
| Abby Opal                 | MHA                    |
| Rachelle Shea             | Pressley Ridge         |
| Josh Edenhofer            | CYS                    |
| Lynn Bouchier             | Butler Co. CISM        |
| Michele Kelley            | Southwood              |
| Rick Mattia               | Community Alternatives |
| Joanne Koehler            | MHA                    |
| Stephanie Hobel           | PHN                    |
| Barb Reed                 | OARS                   |
| Rachel Kyle               | HVHS                   |
| Missy Watson              | PHN                    |
| Nora Stocum               | Wesley Family Services |
| Randi Livengood           | JTBC                   |
| Amy Solmon                | Geneva College         |
| Johnathan Hughes          | TPN                    |
| Bree Piper                | VA                     |
| Kelly Nardone             | BCBH                   |
| Traci Hughes              | BCRC                   |
| Patty Hodovanich          | Nicolina's Wishes      |
| Stephanie Santoro         | AHCI                   |



#### 12.18.2020 PowerPoint

<http://www.bc-systemofcare.org/zero-suicide/>

Please use this PowerPoint as the minutes from last meeting

**Zero Suicide Team Leader Meetings**  
(follow our progress)



# Zero Suicide

- ▶ <https://zerosuicide.edc.org/>
- ▶ What is your organization doing to implement Zero Suicide?
- ▶ Are you following the toolkit?
- ▶ Did you complete the Organizational Self Study?
  - ▶ Online or pdf version
  - ▶ General or inpatient version
  - ▶ Share your results- what did you learn? What are your strengths, areas for improvement? How can this group help?
- ▶ Are you aware of all of the resources available to you on the Zero Suicide website?

zerosuicide.edc.org/toolkit

 **ZERO SUICIDE**

OUR TEAM WHAT'S NEW CONTACT US LOGIN [ZERO SUICIDE HISTORY](#)

Home About Evidence Movement Toolkit Resources

**Toolkit**

The Zero Suicide Toolkit is a detailed guide to Zero Suicide implementation and strategy.

**HOW CAN MY SYSTEM IMPLEMENT ZERO SUICIDE?**

The Zero Suicide Toolkit is your practical guide to systemic change.

Learn about each of the seven elements of Zero Suicide in-depth as you dive into the Zero Suicide Toolkit. Each section of the toolkit presents the research behind one of the elements and describes how to implement that element with fidelity. Tools and videos underscore the practical transformations each element can bring to your organization's safe suicide care practices. After reading the toolkit, find out how to adapt the framework to specific populations and settings.



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**Zero Suicide Toolkit**

The Zero Suicide Toolkit uses research, tools, and videos to walk implementors through putting the Zero Suicide framework into practice.

[Go to Page](#)



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**Toolkit Adaptations**

Zero Suicide model for safer suicide care can be adapted to a range of health and



# PARTNER UPDATES



# American Foundation for Suicide Prevention

- ▶ AFSP Chapter-wide Campus event
  - ▶ The event is at <https://afsp.org/wpacampus>
  - ▶ We are offering four programs in connection with that event - two Talk Saves Lives and two It's Real.
- ▶ The links for registration are on <https://afsp.org/westernpa>
- ▶ Other updates and events will be connected with this, as well, but they are getting scheduled.



# Heritage Valley Health System

**Feeling Alone?  
Need Support?**

**You are not alone.  
Help is available.**



HeritageValley.org  
Download our App   


## RESOURCE GUIDE

### Allegheny County

Allegheny County Crisis Line (Resolve): (888) 796-8226  
Warm Line: 1-866-661-WARM (9276) - 9:00 am - 1:00 am  
Staunton Clinic: Intake Department: 412-749-7341

### Beaver County

Beaver County Crisis Line: 1-800-400-6180  
Warm Line by calling 724-775-9507. 6-9 pm

### Drug and Alcohol Services: Statewide

If you need assistance in finding a treatment provider or  
funding for addiction treatment, please call  
1-800-662-HELP (4357)

## Mental Health Association

- ▶ Our Virtual Ladies' Lounge has started up and is meeting the 4<sup>th</sup> Tuesday of the month from 6-7 PM. Consumers can participate via Zoom or they can call in on the phone.
- ▶ Our Virtual drop-in center is being held on Thursday's from 1-2 PM. Consumers can participate via Zoom or they can call in on the phone.



# Lets Talk About Mental Health

- An update to our Spring Seminar: the topic will be Law Enforcement and Mental Health.
- The goal will be to help educate law enforcement and provide resources for them as they engage people in the community who may be struggling with a mental health crisis.
- The tentative date is Saturday April 10<sup>th</sup>
- We are hoping to offer a hybrid: in person and virtual format.

# Nicolina's Wishes



## Nicolina's Wishes

### Safe Spot

Nicolina's Wishes Charitable Foundation  
3140 Brodhead Road Aliquippa, PA 15001  
Facebook: @Nicolinaswishescharitablefoundation1 724-462-0304



**Nicolina's Wishes Charitable Foundation Mission Statement:** Will provide educational and support services for individuals, families, and peers affected by mental health issues and illness. This foundation will advocate mental health and wellness, suicide prevention, and grief support to engage with community and on-site programming to include family peer support, wellness and resource education.

**Founder:** John, Patty & Bobby Hodovanich  
Board of Directors—5 members  
Email: nicolinaswishes@yahoo.com

**Employer Identification Number:** 83-433970  
**Effective Date:** May 21, 2019  
**Public Charity Status—Section 501 (c) (3)**

Nicolina Ann was born on October 25, 2001 in Guatemala. On April 12, 2002 the Hodovanich Family's prayers were answered by God and our Guatemalan princess became a part of our family. We noticed from a young age that Nicolina was full of energy and needed much more attention than her older brother, Bobby, whom we had adopted four years earlier. Over the course of her life we watched our beautiful princess struggle with mental illness. Nicolina was kind to everyone, loved animals and adventure, was an artist, and a sensitive soul. On April 11, 2019 Nicolina lost her mental health battle to brain pain. Her life and struggles and her grasp of the value of kindness and generosity to others is the inspiration and driving force of Nicolina's Wishes Charitable Foundation's work to reach out in support and care to those in need.

### Nicolina's Inspired Mission

**Programs:**

- Nicolina's Wishes Family Healing Program** will improve the lives of families who are affected by mental health issues and illness by creating a culture of understanding, support, and connection. This safe spot will train and certify Family Peer Support Specialists to support, educate, and assist families in need. A variety of informational workshops and wellness programs will be conducted. Nicolina's Wishes will strive to function as a concierge to help families navigate mental health systems in Beaver County.
- Nicolina's Wishes Creative Dimensions Program** will advocate improving mental health and wellness through creative arts. Participants will explore the use of creativity as a self-care strategy to foster happiness, hope, and healing. Various workshops and classes will be offered to include art journaling, painting, beading, and general crafts for individuals, groups, and families. Full spectrum lighting (to uplift mood), music, and refreshments will enhance the overall environment of the program.
- Nicolina's Wishes Community Satellite Program** will collaborate with Pittsburgh area clinical, research, and educational/support services to bring resources to Beaver County. The foundation will act as an advocate to connect families with resources and be a host site for services. Examples include: provide a data collection site for mental health clinical research trials for children and families; provide space for host grieving support groups, educational workshops and trainings, host mental health services fairs to increase awareness of available resources in the Pittsburgh area.
- Nicolina's Wishes Angel Paws Program** will collaborate with The Beaver County Humane Society to identify and fund training of therapy dogs to be utilized in the community. Support for this program will be generated from a designated annual fundraiser event.

"youth helping youth" "families helping families"

724-462-0304 be kind to one another



## THANK YOU, Staunton Farms Foundation

Thank you , @Staunton Farm Foundation for awarding Nicolina's Wishes Charitable Foundation a grant for a consultant. Our Foundation plans to utilizing this grant to achieve our future goals to continue helping families and youth. We share the same dedication to improve the lives of those who live with mental illness and substance use disorders . As a recipient of Staunton Farms Foundation Grant, our foundation will continue to partner with you and other organizations to continue raising public awareness, support, and education about behavioral health issues surrounding our areas. Thank you, for your support, belief in our mission, for your investment in the future of Nicolina's Wishes Charitable Foundation.



## Nicolina's Wishes

### Safe Spot

Health Wellness Concierge  
& Youth, Family Peer Specialist



**be kind to one another**

"youth helping youth" "families helping families"

3140 Brodhead Rd. Aliquippa, PA 15001  
Facebook: @Nicolinaswishescharitablefoundation1 or 724-462-0403

# Nicolina's Wishes



## Nicolina's Wishes Partnering with Job Training for Beaver County, Inc.

Work Place Location: Nicolina's Wishes Charitable Foundation

3140 Brodhead Road, 2nd Floor Aliquippa, PA 15001

Located on bus route, Center Township, Beaver County Transit Authority.

### "Paid Internship Opportunity"

#### Entry Level

#### Receptionist-Trainee Ambassador

- ◆ Part-Time Hours / Flexible
- ◆ Skills and Duties: Working with Peers, Social Media Awareness, Will provide computer, marketing and fundraising training.
- ◆ Art Creativity, Web Design a Plus.
- ◆ Interview process to meet qualification with both organizations.

**Call or Text, Patty @ 724-462-0304**

Facebook@nicolinaswishescharitablefoundation1

nicolinaswishes@yahoo.com

Youth helping Youth

**Nicolina's Wishes**  
**Safe Spot**

**Health Wellness Concierge,  
Peer & Family Peer Specialist**

Beaver County System of Care



be kind  
to one another



## Nicolina's Wishes Safe Spot

3140 Brodhead Rd. 2nd Floor Aliquippa, PA 15001

nicolinaswishes@yahoo.com

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### Nicolina's Wishes Creative Dimensions Program

*Collaborating with*

## PAPER CROWN STUDIO

Creativity can foster happiness, hope, and healing, and shared creative experiences can build a sense of connectedness and positivity. Anyone can tap into the power of the process of artmaking, where the journey of creating is also the destination.

Paper Crown Studio is collaborating with Nicolina's Wishes to promote the wellness benefits of creativity by offering art classes with an emphasis on the power of process and expression. Art is for everyone and everyone can explore creativity in an engaging and impactful way. We believe creativity can reduce stress and anxiety, and bring a sense of joy and accomplishment and therefore play an important role in wellness. Services can be mobile or studio-based and are suitable for social, work, or educational gatherings.

Classes are organized into 'Creative Journeys' that involve painting and expressive techniques on paper or canvas. Discover the world of mixed-media and abstract artmaking and explore mediums and tools to paint, layer, texture, construct and create personalized works. Oh, and have fun!

Nicolina's Wishes advocates improving health and wellness through creative arts. Participants will explore the use of creativity as a self-care strategy to foster Hope, Healing and Happiness. Many Journey's and classes will be offered.

Art for Your Heart



Art of (Un) Masking



be kind to one another

families helping families

youth helping youth

# PRISM

- ▶ We meet every Saturday Virtually at 6:00pm
- ▶ We now have an art/creativity group for LGBTQ youth and their allies called, Rainbow of Creativity. This is a safe space where youth and young adults can feel free to express themselves and share their art or projects. Whether that be drawing, painting, crocheting, writing, poetry, dance, music, makeup, or anything that keeps them creative. We are on Facebook and Instagram.
- ▶ We will be working on a virtual art show as well as looking to display some pieces in our office.
- ▶ If anyone would like to submit anything to be displayed online, they can send an email to [prismyouthbeavercounty@gmail.com](mailto:prismyouthbeavercounty@gmail.com) or text me at 724-759-5228.
- ▶ We continue to work on supporting our youth through the pandemic in anyway possible.
- ▶ We also are partnering with the Hugh Lane Wellness Foundation to offer AFFIRM to LGBTQIA youth. AFFIRM is a CBT based group for LGBTQ+ youth (14-21) to learn stress coping skills and to meet other LGBTQ+ youth.
- ▶ AFFIRM provides an opportunity for LGBTQ+ youth to come together to protect their mental and sexual health, learning ways to navigate spaces & caregivers that are not always supportive.
- ▶ AFFIRM is free to all participants.
- ▶ There are 6 virtual sessions, 2 hours per session, 3 care package deliveries, and up to \$100 in gift cards for participation.
- ▶ Jaci Is the site lead for Beaver County and surrounding area.
- ▶ Contact Jaci Palmer for more info : [prismyouthbeavercounty@gmail.com](mailto:prismyouthbeavercounty@gmail.com)



## Community Alternatives

- ▶ Virtual School Based mentoring is underway.
- ▶ We will continue with virtual appointments for clinical services.
- ▶ There is no wait time for psychiatry.
- ▶ For more info regarding mentoring, contact Jaci Palmer [j.palmer@communityalt.org](mailto:j.palmer@communityalt.org)
- ▶ For an appointment contact Community Alternatives @ 724-652-2211

# VA Pittsburgh Health Care System

VA Pittsburgh Healthcare System recognizes the distinctive health care needs of diverse populations and trains our employees in culturally and clinically competent care.



We are proud the Human Rights Campaign Foundation's Healthcare Equality Index has designated us a Leader in LGBTQ Healthcare Equality annually since 2015. We plan to maintain our HRC leadership designation for years to come.

## QUESTIONS?

Contact VA Pittsburgh's  
LGBT Veteran Care Coordinators:

412-360-1210  
412-360-6645

Visit our LGBT webpage:  
[www.va.gov/pittsburgh-health-care/  
lgbt-veteran-care/](http://www.va.gov/pittsburgh-health-care/lgbt-veteran-care/)



\*VA uses the terms/acronym Lesbian, Gay, Bisexual, and Transgender/LGBT in an inclusive way (to include questioning, queer, intersex, etc).

VA Pittsburgh Healthcare System  
University Drive  
Pittsburgh, PA 15240

1-866-482-7488  
[www.pittsburgh.va.gov](http://www.pittsburgh.va.gov)



U.S. Department of Veterans Affairs  
Veterans Health Administration  
VA Pittsburgh Healthcare System

624-122G-325 | 10/2020

## Lesbian, Gay, Bisexual and Transgender\* Veteran Care

Serving and engaging  
LGBT Veterans

VA Pittsburgh embraces policies guaranteeing access to health care for Veterans who are lesbian, gay, bisexual and transgender.



You, your family and friends will be **treated with sensitivity, compassion, dignity and respect** in our facilities.

## LGBT-SENSITIVE SERVICES

- Physical and mental health care
- Creative arts therapy
- Spiritual counseling
- Voice and communication training
- Hormone therapy
- Laser hair removal
- HIV and sexually transmitted infection testing and counseling
- Provision of PEP (post-exposure prophylaxis) and PrEP (pre-exposure prophylaxis) for Veterans at risk for HIV
- HIV care and services
- Additional prevention, screening, wellness and testing services

## TRANSGENDER CARE

If you are pursuing gender-affirmative treatments for gender transition, ask any of your VA providers to enter a Transgender and Gender Care Consult to coordinate your care.

The consults go to our Interdisciplinary Transgender Treatment Team, which includes providers from:

- |                     |                      |
|---------------------|----------------------|
| • Primary Care      | • Pharmacy           |
| • Behavioral Health | • Recreation Therapy |
| • Chaplain Services | • Social Work        |
| • Endocrinology     | • Speech Pathology   |
| • Nursing           |                      |

The team is sensitive to the wide spectrum of gender identities, including non-binary, gender queer, and gender fluid identities, and has specialized training in:

- Provider and patient communication
- Medical and psychosocial services related to gender transition, feminization or masculinization
- Psychosocial assessments for hormone therapy and gender affirming surgeries
- Drama therapy
- Medically-necessary post-operative care after feminizing or masculinizing surgeries\*\*
- Carry letters and other letters of support
- Consultation to care providers

\*\*VA will not perform these surgeries, but will provide post-operative care.



Visit our LGBT web page:  
[www.va.gov/pittsburgh-health-care/lgbt-veteran-care/](http://www.va.gov/pittsburgh-health-care/lgbt-veteran-care/)



# VA Pittsburgh Health Care System



## **Lesbian, Gay, Bisexual, Transgender Veteran Support Group**

The LGBT Support Group offers a safe and confidential place for lesbian, gay, bisexual, transgender Veterans to share thoughts and feelings about their experiences; to explore creative ways to cope with challenges they encounter; to learn from one another; and to support and be supported by one another.

*The group meets the first Tuesday of each month, from 1-2:30pm, virtually until further notice. Please call the contacts below for more information.*

Contact:  
Sarah Merlina  
VAPHS Social Worker  
412-216-3711

Abbie Lieberum  
Readjustment Counselor  
412-678-7704



## Other Partner Updates



# Kuddos!!!



# National Action Alliance for Suicide Prevention

- ▶ Issued a statement on the new CDC Mortality Data showing slight decline in suicide deaths in 2019
- ▶ WASHINGTON, DC (December 22, 2020) - “The new data released today by the Centers for Disease Control and Prevention’s (CDC) National Center for Health Statistics show suicide rates in the U.S. **declined slightly for the first time in nearly 15 years**. In 2019, the age-adjusted suicide rate was **13.9**, down from **14.2 in 2018**. While we are encouraged by this news, **one year of data does not indicate a trend and there is still much work to be done**. In 2019 alone, 47,511 Americans lost their lives to suicide—representing mothers, fathers, daughters, sons, spouses, and friends. We are still losing far too many lives to this preventable public health issue, which is why our country must act now to make suicide prevention a national priority.
- ▶ To read the full statement:  
[https://theactionalliance.org/sites/default/files/action\\_alliance\\_statement\\_2019\\_cdc\\_mortality\\_data.pdf](https://theactionalliance.org/sites/default/files/action_alliance_statement_2019_cdc_mortality_data.pdf)

# Report from the Coroner's Office

- ▶ 2016- 22 deaths by suicide
- ▶ 2017- 25 deaths by suicide
- ▶ 2018- 23 deaths by suicide
- ▶ 2019- 21 deaths by suicide
- ▶ 2020- 25 deaths by suicide



# Marketing Committee: Yard Sign Campaign



## WE NEED YOUR HELP

### Beaver County Zero Suicide Yard Sign Design Competition

We need your help to raise awareness and support suicide prevention efforts in our community. We're looking for recovery-oriented messaging that offers education, provides resources, and inspires hope.

Up to 7 winners will be awarded a gift card and use of their design throughout Beaver County this Spring. **GOOD LUCK TO ALL!**

(All submissions are welcome! We encourage representation from all of the different parts of the System of Care including service providers, schools, churches, first responders and the community.)

#### Follow these simple steps:

1. Design an 18" x 24" yard sign with your message and image on the front. (The back will display resource info.)
2. Your original design concept can be created on a piece of 8-1/2" x 11" construction paper or poster board.
3. Capture a photo of the image and send your submission to Elsie Majors (emajors@BCBHL.org) by 3/19/2021.



# Marketing Committee

- ▶ Resource Cards
  - ▶ Holiday Meals/Gift Deliveries
    - ▶ Beaver Valley Church Of God
    - ▶ Salvation Army
  - ▶ United Way
- ▶ Next plan for distribution: food pantries, meal distributions, COVID vaccination sites
- ▶ If interested in obtaining the resource cards, contact Elisia Majors [emajors@bcbh.org](mailto:majors@bcbh.org)



| HELP IS AVAILABLE!                                                                                                                                     |                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| If you are experiencing a life-threatening emergency call 911.                                                                                         |                          |
| Beaver County Crisis                                                                                                                                   | 1.800.400.6180           |
| Crisis Text Line                                                                                                                                       | Text "PA" to 741-741     |
| Warmline of Beaver County                                                                                                                              | 1.877.775.WARM (9276)    |
| Pressley Ridge Transition Age (14-24) Mobile Crisis                                                                                                    | 724.630.5189             |
| Additional Community Resources                                                                                                                         | Dial "211"               |
| PA Get Help Now (support for addiction)                                                                                                                | 1.800.662.HELP           |
| Safe2Say -or- <a href="http://www.safe2saypa.org">www.safe2saypa.org</a>                                                                               | 1.844.723.2729           |
| Trevor Lifeline (LGBTQ+ Youth)                                                                                                                         | 1.866.488.7386           |
| National Suicide Prevention Hotline                                                                                                                    | 1.800.273.TALK (8255)    |
| Línea Nacional de Prevención del Suicidio                                                                                                              | 1.888.628.9454           |
| Veteran Crisis Line (Text "838255")                                                                                                                    | 1.800.273.8255 (press 1) |
| For additional information & resources go to Beaver County System of Care Website <a href="http://www.bc-systemofcare.org">www.bc-systemofcare.org</a> |                          |

These warning signs of suicide indicate a person may be experiencing a mental health emergency:

- ◊ Talking about wanting to die or kill oneself
- ◊ Having a plan to kill oneself
- ◊ Talking about feeling hopeless or having no purpose
- ◊ Increasing use of drugs or alcohol
- ◊ Acting anxious, agitated, reckless, or displaying mood swings
- ◊ Sleeping too much or too little
- ◊ Withdrawing or isolating
- ◊ Showing rage or seeking revenge
- ◊ Giving away possessions
- ◊ Talking about feeling trapped or being in unbearable pain



# Caring Contacts

Delivered to MHA WarmLine on 1/9/2021 to start implementing



Hi \_\_\_\_\_

I'm writing to see how you're doing. Follow up is very important!  
Your next appointment is with \_\_\_\_\_ at \_\_\_\_\_

Hang in there! Call us if you need us!

Sincerely,

\_\_\_\_\_

(The Warm Line)  
(724) 775-9507  
6-9pm

Beaver County Crisis  
(800) 400-6180  
(24/7)

CRISIS TEXT LINE |  
Text "PA" to 741741  
Free, 24/7, Confidential

Beaver County  
System of Care  
www.bc-systemofcare.org

NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org



# Caring Contacts



Hi \_\_\_\_\_

*I hope you are doing well. In case you are having trouble, I just wanted to let you know that we are here for you.*

*Remember that if you are having a tough day, take a moment, breathe, and tackle one thing at a time. You have an opportunity to make a new start every day!*

*Call us if you need us!*

*Sincerely,*

(The Warm Line)  
(724) 775-9507  
6-9pm

Beaver County Crisis  
(800) 400-6180  
(24/7)



# Trainings

## Safety Planning for the Mental Health Professional

- ▶ Held on Friday, 1/22
- ▶ 61 attended
- ▶ Attendees were surveyed
- ▶ Feedback will be shared

## QPR (Question, Persuade, and Refer)

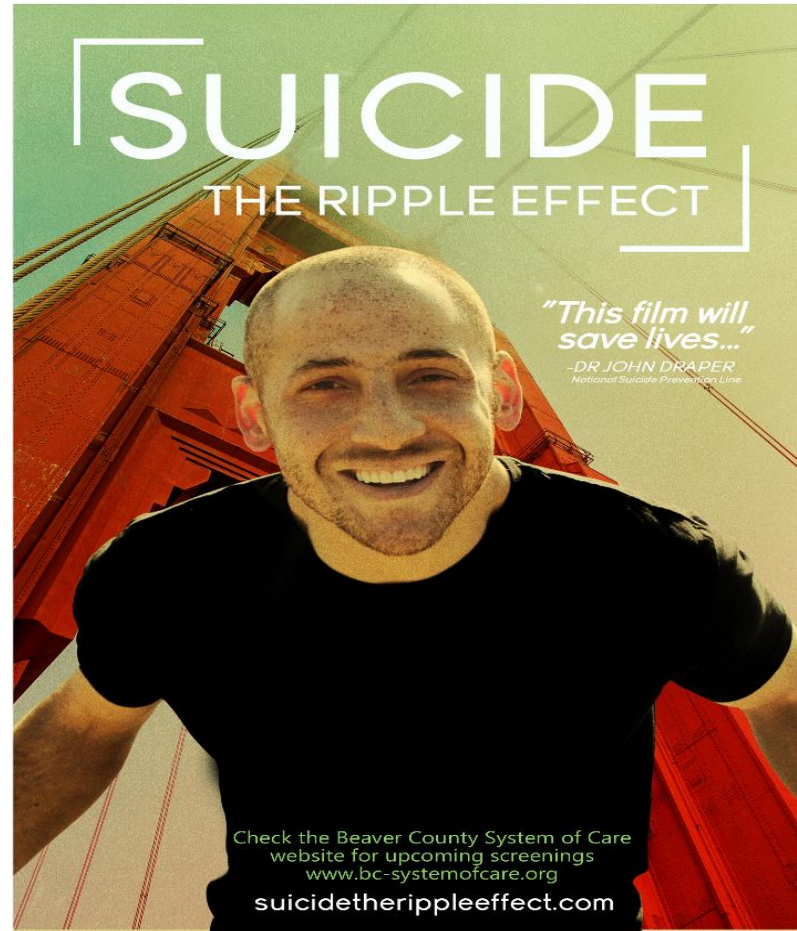
- ▶ Partnering with Geneva College to offer training to Beaver County
- ▶ 1<sup>st</sup> training scheduled for March 22<sup>nd</sup> from 1-2:30pm
  - ▶ Plan to hold the training virtually for now
- ▶ Flyer and registration information will be forthcoming

[www.bc-systemofcare.org/training/](http://www.bc-systemofcare.org/training/)

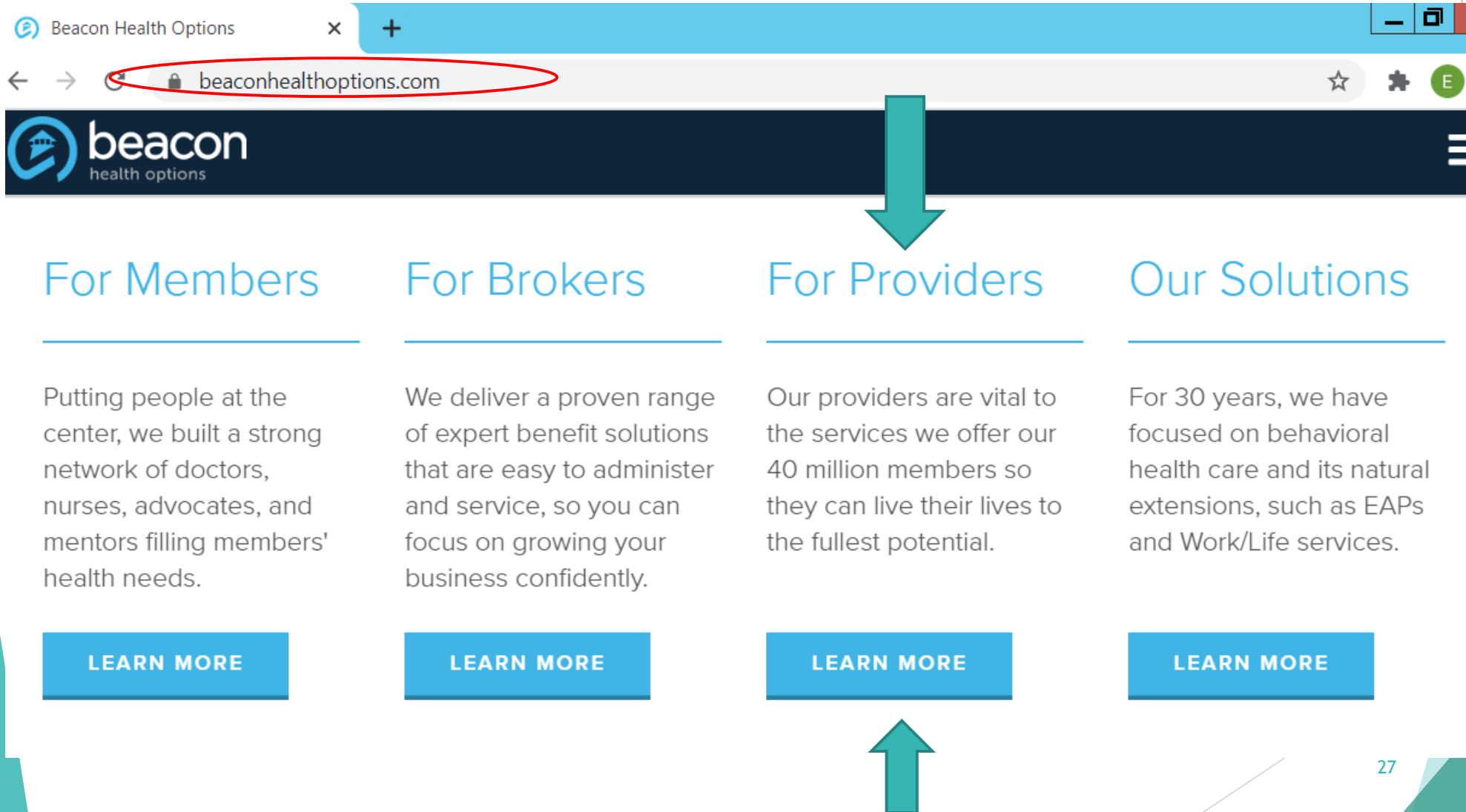


# Suicide: The Ripple Effect

- ▶ We will be offering a virtual screening on
- ▶ Friday, February 19<sup>th</sup> 1-3 pm.
- ▶ Flyer and registration information will be forthcoming
- ▶ If anyone is interested in hosting a virtual screening, please contact Elisia Majors at [emajors@bcbh.org](mailto:majors@bcbh.org) .



# Beacon Health Options: Provider Resources



Beacon Health Options

beaconhealthoptions.com

**beacon**  
health options

## For Members

Putting people at the center, we built a strong network of doctors, nurses, advocates, and mentors filling members' health needs.

[LEARN MORE](#)

## For Brokers

We deliver a proven range of expert benefit solutions that are easy to administer and service, so you can focus on growing your business confidently.

[LEARN MORE](#)

## For Providers

Our providers are vital to the services we offer our 40 million members so they can live their lives to the fullest potential.

[LEARN MORE](#)

## Our Solutions

For 30 years, we have focused on behavioral health care and its natural extensions, such as EAPs and Work/Life services.

[LEARN MORE](#)



# Beacon Health Options: Provider Resources

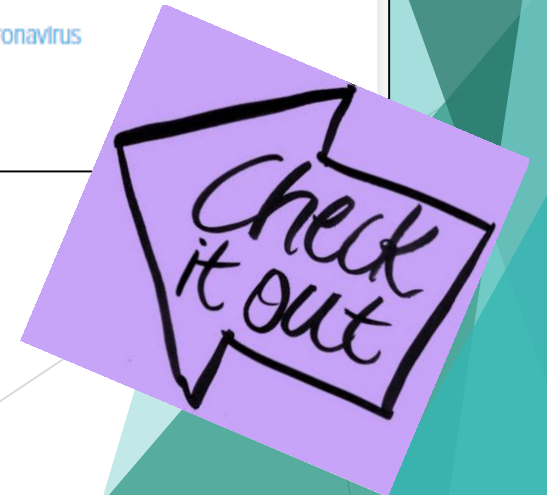
## GENERAL

- ★ > Suicide and COVID-19 in minority populations – [video](#) | [powerpoint](#)
- > Emerging promising practices for Medication Assisted Treatment using telehealth – [video](#) | [powerpoint](#)
- > Use of telehealth for applied behavioral analysis – [video](#) | [powerpoint](#)
- > Integrating primary care and behavioral health during COVID-19 – [video](#) | [powerpoint](#)
- > [Provider resources](#)
- > Supporting primary care clinicians to address COVID-19 behavioral health issues – [video](#) | [powerpoint](#)
- > Treatment of children and families over telehealth – [video](#) | [powerpoint](#)
- ★ > Suicide prevention and care during the COVID-19 pandemic and beyond – [video](#) | [powerpoint](#)
- > COVID-19 Exposure to secondary trauma and provider resiliency – [video](#) | [powerpoint](#)
- > Social determinants of health: Treatment implications – [video](#) | [powerpoint](#)
- > Telehealth documentation 101: Bridging the virtual gap – [video](#) | [powerpoint](#)
- > Delivering substance use disorder care via telehealth – [video](#) | [powerpoint](#)
- > Compassion fatigue for providers and clinicians – [video](#) | [powerpoint](#)
- > Effective management of a remote team webinar – [video](#) | [powerpoint](#)
- > Telehealth for IOP and PHP – [video](#) | [powerpoint](#)
- > Exploring wellbeing in a pandemic – [video](#) | [powerpoint](#)
- ★ > Crisis planning utilizing telehealth: Managing risk – [video](#) | [powerpoint](#)

## MENTAL HEALTH

- ★ > Suicide identification and prevention – [video](#) | [powerpoint](#)
- > Triage referrals to prioritize access – [video](#) | [powerpoint](#)
- > Stress-related conditions in healthcare workers and first responders – [video](#) | [powerpoint](#)
- > Healthcare workers – Taking it day by day – [video](#) | [powerpoint](#)
- > [Tips for housebound families](#)
- > [Finding coronavirus media coverage overwhelming?](#)
- > [Social distancing for the social animal](#)
- > [How to navigate anxiety caused by coronavirus](#)
- > [How to help children navigate anxiety caused by coronavirus](#)

## STATE SPECIFIC GUIDELINES



# Next meeting

**February 26<sup>th</sup> at 1:30pm**

► **Zoom link will be sent**





Emergency service and healthcare professionals bring high levels of commitment and dedication to their work. The COVID-19 pandemic is placing extraordinary demands to adapt, rapidly shift standard operating procedure and remain psychologically resilient. The following suggestions are offered to cope with the stressors of the Pandemic response.

- Know your personal signs of stress and monitor yourself. now when you need to take action to reduce stress!
- Be careful of your own expectations of yourself...remember that you are human
- Pace yourself.... take breaks to be able to function at your best
- Focus on the people you are helping rather than what is not being done. Remind yourself and your team that you are making a significant contribution to the community
- Use humor to reduce the stress when it is appropriate to do so.
- Get physical exercise as you can. It helps mood and can promote sleep
- Practice mindfulness to be focused in the present
- Practice stress reduction techniques such as deep breathing, meditation, progressive muscle relaxation, yoga, etc. every day.
- Eat and drink nutritiously and avoid excessive junk food, caffeine, alcohol, or tobacco.
- Get adequate sleep and rest.
- Limit exposure to media coverage when off shift...try to have a mental break when not working.
- Maintain Contact with your family/ friends on a regular basis.
- Use time off duty to recharge and connect with people who support you. Do things that you enjoy when you can to have more balance
- Have a buddy system with a peer as a source of support...talk it out at the end of each shift
- Write it out....keep a journal to express your reactions experience at the end of each shift.
- Be aware and avoid unhealthy coping strategies such as excessive alcohol or other substance use, complete withdrawal, or excessive risk taking
- Use peer support teams...they are there for you!
- Use professional support as needed. It is a strength to get help when you need it!



# Resources



Please share  
the following  
resources with  
anyone who  
can benefit



COVID-19 CRISIS COUNSELING PROGRAM

CONNECT WITH A **FREE**  
CRISIS COUNSELOR



 **CALL 1-855-284-2494**



*Do you feel...*

*Stressed?*

*Overwhelmed?*

*Alone?*

*Afraid?*

*Anxious?*

*During these uncertain  
times, you are not alone.  
We are here to listen.*

**Please call our Pennsylvania Support and Referral Helpline**

**1-855-284-2494 TTY: 724-631-5600**

*There are trained professionals available 24/7 ready to help you navigate these unprecedented challenges.*

*These services are FREE & CONFIDENTIAL.*

This publication was made possible by FEMA Grant Number 4506-DR-PA, in collaboration with the Pennsylvania Department of Human Services.

Persevere PA Crisis Counseling Program (CCP) provides SAMHSA approved crisis counseling tele-health services, through the Center for Community Resources (CCR), and can be provided to people who need support related to the impacts of COVID-19. CCR provides the 24/7 Support and Referral Line that delivers the crisis counseling services.



## Food Resources

- ➔ [https://www.agriculture.pa.gov/Food\\_Security/Pages/Resources.aspx](https://www.agriculture.pa.gov/Food_Security/Pages/Resources.aspx)

## Mental Health Resources

- ➔ <https://www.pa.gov/guides/mental-health/>

## Unemployment Benefits

- ➔ <https://www.pa.gov/guides/unemployment-benefits/>

## COVID Testing

- ➔ <https://pema.maps.arcgis.com/apps/webappviewer/index.html?id=1a4c139769d646839e1549bcb6a668f1>

## COVID Guidance and Resources

- ➔ <https://www.pa.gov/guides/responding-to-covid-19/>

# PA COVID Resources



# Resources

## The Mental Health Support Line

- ▶ Developed on April 1<sup>st</sup>
- ▶ Can be reached toll-free, 24/7 at 1-855-284-2494 from anywhere in PA.

## Crisis Text Line

- ▶ Text PA to 741-741

## PA Get Help Now Helpline

- ▶ Can be reached toll-free at 1-800-662-HELP (4357).
- ▶ A live chat option is also available online or via text message at 717-216-0905

## Warmline of Beaver County

- ▶ Can be reached at 1-877-775-WARM (9276)
- ▶ Hours of operation 6pm-9pm

## UPMC Beaver County Crisis

- ▶ Can be reached toll-free, 24/7 at 1-800-400-6180



# PA Resources

Many other resources also remain available to Pennsylvanians in need of support, including:

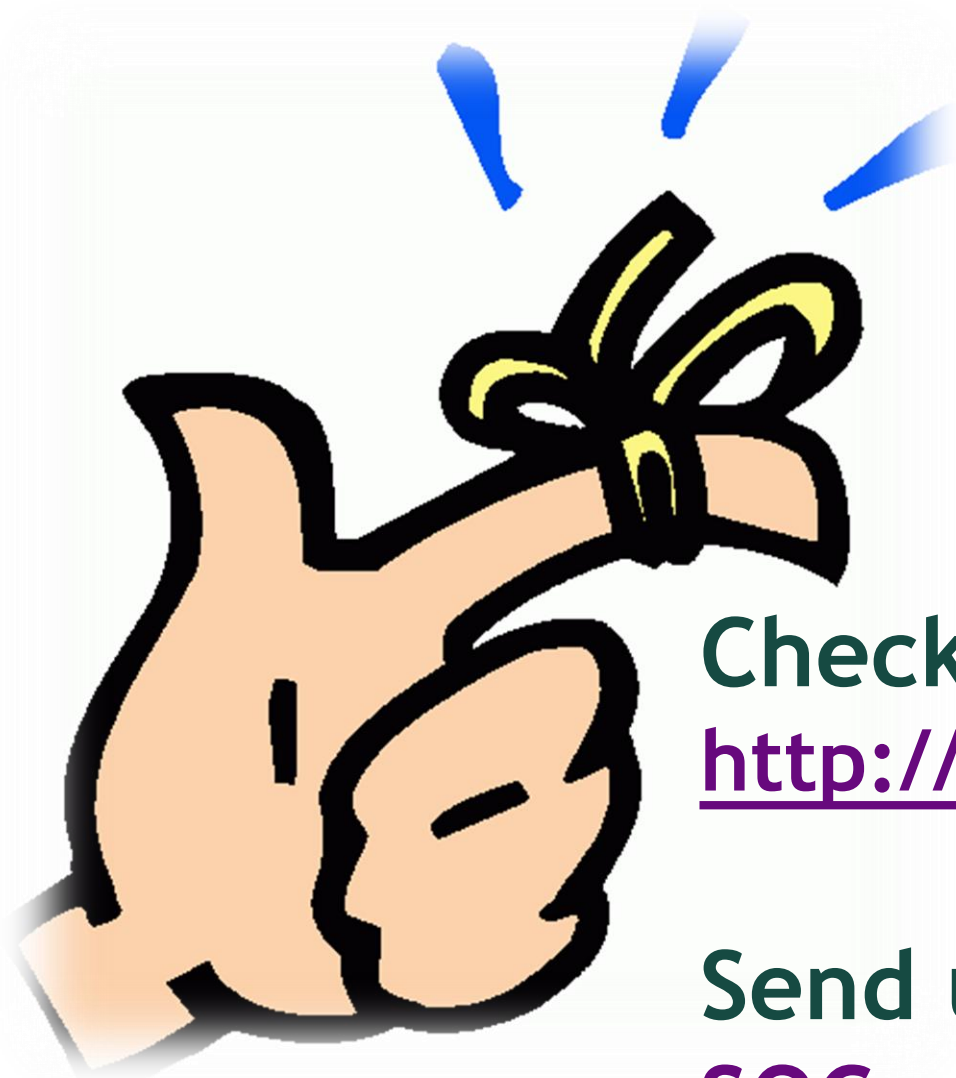
- ▶ National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- ▶ Línea Nacional de Prevención del Suicidio: 1-888-628-9454
- ▶ Crisis Text Line: Text “PA” to 741-741
- ▶ Safe2Say: 1-844-723-2729 or [www.safe2saypa.org](http://www.safe2saypa.org)
- ▶ Veteran Crisis Line: 1-800-273-TALK (8255) (Press 1)
- ▶ Disaster Distress Helpline: 1-800-985-5990
- ▶ Get Help Now Hotline (for substance use disorders):  
1-800-662-4357



# COVID Resources

- ▶ <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- ▶ <https://mhanational.org/covid19>
- ▶ <https://psychhub.com/covid-19>





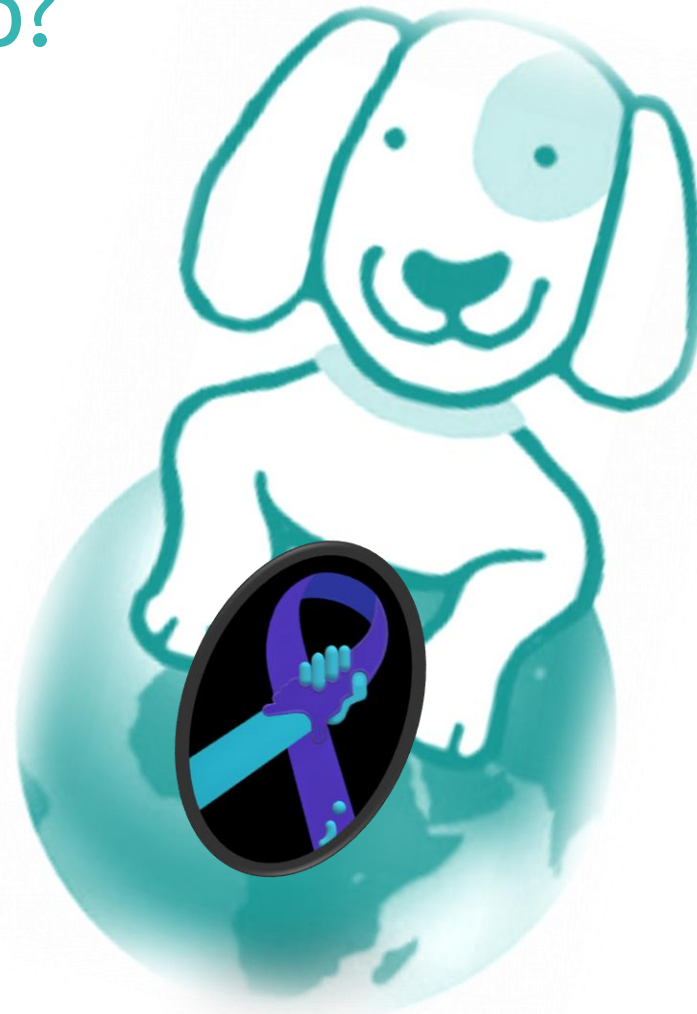
Check out the website:  
<http://www.bc-systemofcare.org/>

Send updates to:  
[SOCwebmaster@ahci.org](mailto:SOCwebmaster@ahci.org)

# What can we do to help?

## E-mail us:

- ▶ Elisia Majors  
▶ [emajors@bcbh.org](mailto:majors@bcbh.org)
- ▶ Stephanie Santoro  
▶ [ssantoro@ahci.org](mailto:ssantoro@ahci.org)
- ▶ Bonnie Palmieri  
▶ [bpalmieri@ahci.org](mailto:bpalmieri@ahci.org)



*Thank you!!  
Stay Well!*

