

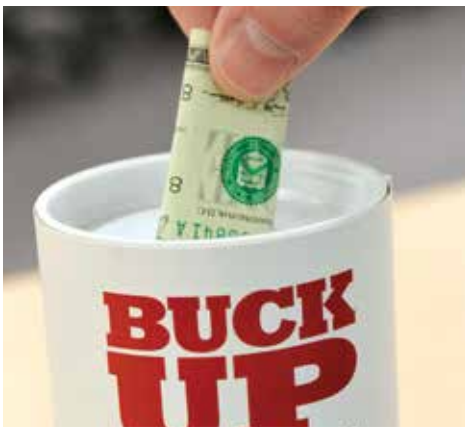
# FAMILY SERVICE SCOOP

Quarterly News from Family Service Association of Bucks County

www.fsabc.org



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## BUCK UP BUCKS IS BACK

**We need your help again!** If everyone in Bucks County donated just a dollar, it would be enough to renovate the existing bathrooms at the Bucks County Emergency Homeless Shelter and purchase a bus for Advocates for Homeless & Those in Need.

*Buck Up Bucks County*, the campaign that raised over \$280,000 to renovate the kitchen at the Bucks County Emergency Homeless Shelter, is back for Round 2. Once again, in partnership with the Bucks County Courier Times, The Intelligencer and Comcast, we're asking Bucks County residents to donate a dollar to help the homeless.

The first \$60,000 raised will go to Advocates for Homeless & Those in Need to purchase a bus for transportation during Code Blue weather emergencies.

### **Bathrooms for the Shelter**

The remaining funds raised will go to

the Bucks County Emergency Homeless Shelter, a program of Family Service, for much-needed bathroom renovations. "Out of Order" signs are regularly affixed to the doors of the shelter's 12 bathrooms, all of which are original to the 20-year-old building. Plumbing fixtures are in constant need of repair, and temporary fixes are keeping them (mostly) in working order until the renovations are completed.

### **You Can Help**

Donations are coming in, but we are still tens of thousands shy of our \$200,000 goal. *To give or to learn more, visit [fsabc.org/buckupbucks](http://fsabc.org/buckupbucks).*

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Left: Zaida Baig (Family of the Year); Right top: Susan N. Dreyfus, Alliance for Strong Families & Communities (Keynote Speaker); Right bottom: Betsy N. Rendall, Family Service Board of Directors and Jim Krull, Bucks County Technology Park (Corporate Citizen of the Year)

# ANNUAL MEETING RECAP

Our Annual Meeting took place on November 13<sup>th</sup> at Spring Mill Manor in Ivyland, PA. We were thrilled to recognize two extraordinary community partners as well as a family that has made great strides over the past year.

Each year at our Annual Meeting, we recognize individuals and organizations who have helped us make a difference in Bucks County.

### Corporate Citizen of the Year

The leaders and staff of Bucks County Technology Park, a highly successful commercial real estate company, are pleased to give back to the community by supporting a number of local nonprofits. They serve on boards, make financial contributions and vol-

unteer, and they have been strong supporters of ours for many years.

### Family Builder of the Year

For more than 42 years, the members of Soroptimist International of Indian Rock have worked to improve the lives of women and girls in our region. Through their scholarship programs, direct service projects and volunteer activities, Soroptimists renew hope for families facing difficult times. Our agency regularly reaches out to So-

optimists on behalf of women and girls in need, and we are grateful for the generous financial aid and volunteer service they contribute, changing hundreds of lives each year.

### Family of the Year

Zaida Baig came to us with serious physical and mental health concerns. With help from our therapists, Nurse Navigator, Psychiatrist and Peer Support Whole Health Group, Zaida made a strong commitment to overcoming her challenges. Zaida shared that if it weren't for her therapists, she wouldn't be alive today. They helped her both mentally and physically, providing her with invaluable support.

### Keynote Speaker

Susan N. Dreyfus, President and CEO of the Alliance for Strong Families and Communities, gave a powerful speech titled "This is Our Sector's Moment to Lead Change." In her presentation on qualities of successful nonprofit organizations, she discussed the impacts of poverty, the value of unique networks and partnerships, the importance of analyzing data and the need to be fearless.



Members of Soroptimist International of Indian Rock (Family Builder of the Year): Mindy Pinkus, Marlene Piasecki, Marilyn Puchalski, Eileen Conner, Kathy Meyer, Sue Price, Joyce Warne and Janet Giumette

Visit [alliance1.org](http://alliance1.org) to learn more about Susan Dreyfus and the Alliance.

## Partnership Expands

The Bucks County Health Improvement Partnership (BCHIP) Adult Health Clinic, located on Knights Road in Bensalem, is free and serves over 2,000 uninsured residents each year. Its goal is to increase access to health services for Bucks County's most vulnerable citizens.

St. Mary Children's Health Center, also on Knights Road in Bensalem, provides primary health care services for children newborn to age 18. This includes well visits, sick visits, and follow-up care.

We are excited to expand our partnership with these two wonderful organizations to provide integrated physical and mental health care services to community members in need.

People who suffer from physical health problems are three times more likely to seek mental health care than those who don't.



# A MESSAGE FROM OUR CEO

There is compelling evidence that physical and behavioral health problems have a strong affect on one another.

## A Reciprocal Relationship

Mental illnesses such as depression and anxiety can affect a person's ability to self-manage physical health issues. In turn, chronic physical health conditions such as diabetes or heart disease can be deterrents to managing mental health.

Additionally, people who suffer from physical health problems are three times more likely to seek mental health care than those who don't, according to a study by Oregon State University researchers. We see this firsthand here at Family Service, as many of our clients who come to us for treatment of mental illnesses also have complex physical issues such as diabetes, heart disease or high blood pressure. For these individuals, the



Audrey J. Tucker, CEO

lifestyles. Each wellness plan includes a nursing assessment, interpretation of lab results, assistance with weight control, smoking cessation (if applicable) and education regarding health conditions and prescribed medications. Our Nurse Navigators also ensure coordination of care with primary care physicians, psychiatrists, specialists, pharmacies and other health care providers. This integrated approach offers a higher quality of care than stand-alone mental health services.

## One Step Further

There are many benefits to the integration of physical and behavioral health. The Health Resources and Services Administration, an agency of the U.S. Department of Health and Human Services, states: "Providing behavioral health care in a primary medical care setting can reduce stigma and discrimination, be cost effective and lead to improved patient outcomes."

Thanks to a grant from St. Mary Mission and Community Health, we can now provide behavioral health assessments and services to those receiving medical care at the Bucks County Health Improvement Partnership (BCHIP) Adult Health Clinic and at St. Mary Children's Health Center.

*You can reach Chief Executive Officer Audrey J. Tucker at 215.757.6916.*

integration of behavioral and physical health is critical to their well-being.

## Treating the Whole Person

We understand the importance of treating the whole person. In addition to providing counseling, our outpatient behavioral health program offers nursing services, evaluations, assistance with tobacco cessation, drug and alcohol addiction treatment and peer support groups.

Our Nurse Navigators work with clients in our behavioral health program who have chronic medical conditions or would just like to lose weight. Together, they develop goal-oriented wellness plans that promote healthy

## SHELTER INITIATIVES

Gerri Romano, certified registered nurse, is now on staff at the Bucks County Emergency Homeless Shelter. She serves as a health educator for residents.

The Girl Scouts of Eastern PA recently started a Girl Scout troop at the shelter for girls ages 6-18. They have generously agreed to waive all fees associated with the program.

Homework Helper volunteers are now at the shelter each evening, Sunday through Thursday, to help school-age residents with homework and academic skills. We are excited about the beginning of this new program, and we're grateful to those who have volunteered to be part of it.



Homework Helpers (from left to right): Nancy Geiger, Narda Moscato, Shaylyn Duncan, Michele Herzog, Heather Stead, Charley Corcoran, Carol Kinney, Dhruval Patel, Marsha Rothman and Patty Triglia

## SUICIDE ON THE RISE IN PA

Suicide is a public health problem that has lasting harmful impacts on individuals, families and communities.

### Face the Facts

"Nationally, suicide is the third leading cause of death for youth ages 11-24; but in Bucks County, suicide is the second leading cause of death for this age group," reports the Bucks County Youth Suicide Prevention Task Force. In addition, suicide is on the rise in Pennsylvania. The Pennsylvania Department of Health states that the death rate for suicides increased in four out of the last five years reported.

For every person who dies by suicide, there are many more who think about, plan or attempt suicide. Fortunately, suicide is preventable. With the increase in reports of suicide in our community, the need for trained volunteers also increases. You can help prevent suicide by becoming a CONTACT Helpline volunteer.

### Answer Calls for Help

The CONTACT Helpline is a free, confidential telephone helpline service for people of all ages with a wide range of needs and concerns. Following training, volunteers are re-



sponsible for providing telephone assistance and responding to calls on both the local helpline and the National Suicide Prevention Lifeline.

CONTACT Helpline phone rooms are located in Bucks and Montgomery counties, and volunteers must be able to commit to a minimum of eight hours per month.

### Become a Volunteer

For more information or to register for training, contact Ellen Vinson, Director of Volunteer Services, at [volunteer@fsabc.org](mailto:volunteer@fsabc.org) or (215) 757-6916, ext. 202. Applications are also available online at [fsabc.org/volunteer](http://fsabc.org/volunteer).

## YOU CAN HELP

Your gift will help children, teens, adults and seniors in need move toward a brighter, more stable future.

Visit [fsabc.org/donate](http://fsabc.org/donate) or use the enclosed envelope to make a tax-deductible gift.

For more information, please contact Ernie Nocito, Director of Development, at [enocito@fsabc.org](mailto:enocito@fsabc.org) or 215.757.6916, ext. 208.

Please accept my donation of \$ \_\_\_\_\_

Check payable to Family Service Association of Bucks County

Credit Card (circle one)    Visa    MasterCard    Amex

Name on card \_\_\_\_\_ Expiration \_\_\_\_\_

Card number \_\_\_\_\_ Security code \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please return completed slip to:

Family Service Association of Bucks County  
4 Cornerstone Drive, Langhorne, PA 19047



The official registration and financial information of Family Service Association of Bucks County may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1.800.732.0999. Registration does not imply endorsement.

# 4 WAYS WE CAN HELP

Below are four eye-opening statistics regarding prominent issues in our community. Each quarter, we will explore one of these issues and share how we can help.

**1** 88% of adults age 65+ want to stay in their homes as they age.

**2** Suicide is the second leading cause of death for 25-34 year olds. Suicide is preventable.

**3** Every 9 1/2 minutes, someone becomes infected with HIV.

**4** Most studies indicate that 75-85% of adults with Asperger Syndrome do not hold a full-time job.



## 4. WE CAN HELP YOUNG ADULTS WITH ASD FIND JOBS

According to Marcia Scheiner, founder of Asperger Syndrome Training & Employment Partnership, 75-85% of adults with Asperger Syndrome do not hold a full-time job.

Tracks to Employment, part of our Autism Awareness, Community Education and Support (AACES) program, prepares young adults with Autism Spectrum Disorder (ASD) for competitive employment through vocational assessments, career development seminars, job coaching and employment consulting.

We recently began partnering with local businesses to provide participants with on-the-job training and support. 8 out of 12 participants now hold jobs, and the remaining 4 are actively seeking employment.

*Interested in becoming a business partner? Contact Deborah Hoelper, AACES Coordinator, at [dhoelper@fsabc.org](mailto:dhoelper@fsabc.org).*

## NEW BOARD MEMBERS

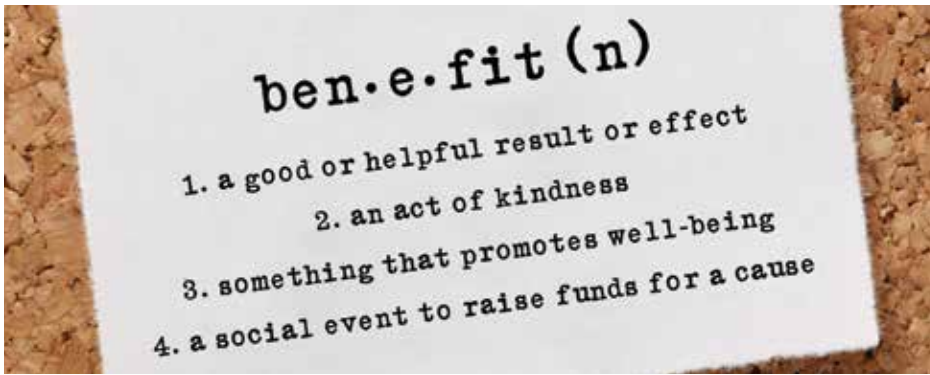
We are pleased to announce the addition of two members to the Board of Directors: Brad Phillips of Doylestown and Alice Cahill Gens of Yardley. Please join us in welcoming them to the Board.



Brad Phillips, a retired retail executive, attended Waynesburg University and worked for Pier 1 Imports, Inc. from 1976 to 1997 where he served as Vice President, Eastern Operations for more than a decade. In 1997, he joined Superpetz LLC as President and CEO until his retirement in 2011.



Alice Cahill Gens, Senior Director of Finance and Administration at Soroptimist International of the Americas, holds a masters degree in business administration from LaSalle University. She previously worked at Newtown Friends School and volunteered with the George School Parents Association and St. Ignatius of Antioch church in Yardley.



# MARK YOUR CALENDAR

Show your support of the Bucks County Emergency Homeless Shelter on **March 21, 2015** at The Fuge in Warminster, PA.

Please join us for a benefit to raise funds for the Bucks County Emergency Homeless Shelter, a program of Family Service. The shelter is a temporary residence for families and individuals who have lost safe and stable housing. Your support will help residents move from homelessness towards indepen-

dence and a brighter future. The benefit will feature live music, dinner and drinks, a call to action and more. Sponsorship and advertising opportunities are available.

*To purchase tickets or learn more, contact Ernie Nocito at 215.757.6916, ext. 208 or visit [fsabc.org/benefit](http://fsabc.org/benefit).*

Founded in 1953, Family Service Association of Bucks County is a private nonprofit, non-sectarian, human service agency providing services to individuals and families. Family Service is accredited by the Council on Accreditation for Children and Family Services, Inc. and is licensed by the Commonwealth of Pennsylvania to provide outpatient mental health and drug and alcohol assessment and treatment services.

**Family Service Association of Bucks County**  
4 Cornerstone Drive • Langhorne, PA 19047  
215.757.6916  
[www.fsabc.org](http://www.fsabc.org)

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