

Franklin County Human Services Information & Referral

51 S. Main St. Chambersburg, Pa. 17201

Phone: 717-261-2561 Fax: 717-267-0812 Email: ir@co.franklin.pa.us



E V E N T S

July 2010

JULY Agency Happenings

Bridges Out of Poverty

Plan to attend one of the upcoming *Bridges Out of Poverty* workshops on July 9th or 10th from 9 AM – 2 PM at the Brethren Fellowship, 339 Lincoln Way East, Chambersburg. The workshop will enable participants to more fully understand general characteristics of poverty and is designed to better equip professionals and community members who serve, employ, or supervise people who experience generational poverty. The event is also a great opportunity for those interested in Circles™. To register, go to www.circlesfranklincounty.org/events.html or call Jon Raber at 263.5060 ext. 320. Lunch will be provided.

Reality Tour

If you could purchase insurance to protect your child against the risk of drug and alcohol abuse, would you? Parents can increase the substance abuse protection factor by 75% if they have ongoing discussions about drugs and alcohol with their child. The Reality Tour gives you the background needed to start those important discussions. Pre-registration is required. Registration forms are available on the county's website at www.co.franklin.pa.us. The Reality Tour is sponsored by the Franklin/Fulton Drug and Alcohol Prevention Program. For more info, call 263.1256 or email the tour director, Lauri Ryder, at lryder@co.franklin.pa.us.

Vascular Screening Event

Are you at risk of cardiovascular disease? Vascular screenings can identify your risks in just 10 minutes. Vascular disorders include: Stroke, Peripheral Arterial Disease (PAD), and Abdominal Aortic Aneurysm. They can happen silently and end tragically. A vascular screening will be held Saturday, August 28th at South Central Surgical Associates, Summit Health Center, Suite 104, 757 Norland Ave., Chambersburg, from 9 AM – 2 PM. Cost is \$25 per screen, \$75 for all three. Pre-registration is required, space is limited. Call 217.6800. Take time to save your life.

Diakon Kathryn's Klostet

By establishing and maintaining direct connections between corporate donors and a network of partner, non-profit organizations, Diakon Kathryn's Klostet collects, stores, and distributes new and unused products to non-profit organizations which in turn distribute the goods, free of charge, to people in need in their communities. To arrange for a donation, please call 1.866.962.1972 or visit www.diakon.org/kathrynsklostet. Agencies, churches, and schools may also receive donations.



Do you have information for next month's Events?

Email ir@co.franklin.pa.us.

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You can get great Information & Referral resources online at www.co.franklin.pa.us

“Success is the sum of small efforts, repeated day in and day out.”

~ Robert Collier

Sleep Disorders Support Group

How does drowsiness affect your performance behind the wheel? *Dangers of Drowsiness & Driving* will be presented on July 8th from 6 – 7:30 PM at the Chambersburg Hospital Lecture Center. Please RSVP to 709.4746. This is open to the public. Light refreshments will be provided.

Homelessness Prevention & Rapid Re-Housing Program (HPRP) Information Session

This session will provide information on the new federal stimulus grant, HPRP, in Franklin County. Session will be held July 8th at 10 AM in the Franklin County Human Service Building, 425 Franklin Farms Lane, Chambersburg. Attend to learn about eligibility requirements and how these funds are being used to prevent homelessness. Please RSVP to Kim Lucas, 267.3507.

Fundraising Events

Cottage Open Golf Tournament To Benefit Hennessey Home

The Cottage Open Golf Tournament will take place Sunday, August 1, at Whitetail Golf Course, 11573 Blairs Valley Road, Mercersburg. The tournament will begin with a Shotgun Tee Off at 7:30 AM. Lunch will follow. Proceeds benefit Chambersburg Hospital's Hennessey Home. The Cottage Restaurant has raised over \$38,000 for the Hennessey Home since 2000. The Hennessey Home, donated to Chambersburg Hospital by Mary Barbara Hennessey in 1999, provides temporary, affordable lodging for patients receiving cancer care at Summit Cancer and Hematology Services. To participate in The Cottage Open Golf Tournament as a golfer or sponsor, contact Tom Boock at 264.8543. Registration deadline is July 23.

Lee Crawford Memorial Golf Classic

The Lee Crawford Memorial Golf Classic will be held on Wednesday, August 11th, at Penn National Golf Club, Founders Course, 3720 Club House Drive, Fayetteville. The tournament will begin with a Shotgun Tee Off at 1:30 PM. A light lunch will be available from 12 – 1:15 PM. All proceeds from the tournament will benefit Summit Health. To participate as a golfer or sponsor, contact David Beegle, Penn National Golf Club, at 352.3000, ext. 6. Player applications are available online at www.penngolf.com. Registration deadline is August 6.

Ephrata Performing Arts Center: "RENT" Benefit Performance

On Wednesday, July 7th, (performance starts at 8 PM) join the Aids Community Alliance for a benefit hosted by Terry Bigler. The evening includes a special preview performance of RENT, door prizes, a light buffet and more. Door prizes include two roundtrip tickets on American Airlines to any destination in the continental US. Food is provided by Lily's on Main, Lincoln House, Isaac's and the Hilltop Inn. Tickets are just \$30. Order your ticket today by calling Terry Bigler at 733.7025 (evening) or 299.8943 (day). Tickets will also be available that evening at the Ephrata Performing Arts Center. 100% of your ticket purchase supports the services and programs of AIDS Community Alliance provided throughout South Central Pennsylvania.

Local Volunteer Opportunities

Heartland Hospice Volunteer Training

Volunteers are needed to spend time with individuals who have a limited life expectancy. Volunteers bring a little of the outside world to those who may no longer be connected with their community. Visit as your schedule permits. Complete training is provided. For more info, call Pauline Goulet at 240.0018.



Circles™

Mission: The Circles™ Mission is to transform Franklin County by building relationships that inspire and equip people to end poverty. The Vision of Circles™ is for everyone to have enough meaning, relationships, and resources in his or her life to thrive.

How They Help: Circles™ is a community group of volunteers building intentional relationships across class lines. Groups are helping local families move out of poverty and into a healthy new future, while also learning what it will take for our community to end poverty.

How YOU can make a difference:

- Become an Ally. Families are matched into a Circle of 3 – 4 Allies who provide relational support, bring a fresh perspective on how to overcome barriers, and provide a larger network of connections. Allies meet once a month with the family for a two hours
- Join the Guiding Coalition, the leadership group of volunteers that meets once a month, looking for innovative solutions to the complexities of poverty
- Provide dinner or childcare for a Circles™ meeting
- Donate money to the Circles™ initiative
- Donate a car to help a family with transportation needs.

Contact Information:

Jonathan Raber, Circles Coordinator

SCCAP, 533 S. Main Street, Chambersburg, PA 17201

Phone: 263.5060 ext. 320 **Email:** jonraber@sccap.org **Website:** www.circlesfranklincounty.org

Each month a different agency seeking volunteer assistance will be featured in “Volunteer Corner”. You can also find volunteer opportunities on the Franklin County website at www.co.franklin.pa.us. The volunteer information was organized as a project through Leadership Franklin County and will be maintained by Information & Referral. Please contact Information & Referral if you’d like your agency added.

Funding Opportunities

Community Access to Child Health (CATCH) Planning Funds Program

The Community Access to Child Health (CATCH) Program, a national program of the American Academy of Pediatrics, is designed to improve access to healthcare by supporting pediatricians that are involved in community-based efforts to enhance the health of children. Go to www.aap.org/catch/planninggrants.htm.

AstraZeneca HealthCare Foundation: Connections for Cardiovascular Health

The mission of *Connections for Cardiovascular Health* is to improve cardiovascular health within the United States. Foundation grants are awarded to U.S.-based nonprofit organizations for initiatives that address patient cardiovascular health issues, work to address unmet needs related to cardiovascular health in the community, respond to the urgency around cardiovascular health issues, and improve the quality of patients’ and caregivers’ lives in connection with the services provided and work done. The application deadline is July 31st. Visit www.astrazeneca-us.com/foundation.

Department of Health and Human Services: Basic Center Program

Application deadline is July 19th. This program provides support to establish or strengthen community-based programs that address the immediate needs of runaway and homeless youth and their families. Support is also provided for the acquisition and renovation of existing structures. Go to www.acf.hhs.gov.

BI-LO Charities Children, Education, and Hunger Relief Grants

Deadline is July 31st. BI-LO Charities is providing grants to nonprofit organizations with a focus to support children, education, and hunger relief. BI-LO gives preference to organizations that seek community partnership that leverage additional support and meet identified needs in their community. For additional information, please visit www.bi-locharities.org/giving-and-grants/grant-information.

Federal Funding Opportunity

The Department of Health & Human Services is making available \$1.25 million for five grants of \$225,000 each to help develop community programs designed to help families of the developmentally disabled. Letter of intent is due by July 19th. Those eligible include: governments, institutions of higher education, nonprofits, tribes and public housing authorities. For more info, visit www.acf.hhs.gov/grants/open/foa/view/HHS-2010-ACF-ADD-DN-0031.

Grants Enhance Programs for Rural Seniors

Cooperative Development Foundation: Mutual Service Cooperative Fund

The Mutual Service Cooperative Fund, administered by the Cooperative Development Foundation, focuses on cooperative development programs that enhance the quality of life for seniors living in rural America. Grants are made on an annual basis and range from \$2,000 to \$45,000. Any cooperative or cooperative-related organization, as well as other nonprofit organizations that address the Fund's priorities, may apply for a grant. The application deadline is August 6. Visit www.cdf.coop/AboutMSCFund or contact equinn@cdf.coop for more information and grant application forms.

Department of Health and Human Services: Street Outreach Program

Application deadline is July 19. This program provides support to outreach services that encourage runaway, homeless, and street youth to leave the streets and to make other healthy personal choices regarding where they live and how they behave. Visit www.acf.hhs.gov/grants/open/foa/view/HHS-2010-ACF-ACYF-YO-0042.

Other News/Resources

Health/Mental Health

Resources on Substance Abuse

SAMHSA—the Substance Abuse and Mental Health Services Administration, www.samhsa.gov. They now have a Facebook page and a Twitter feed you can sign up for.

National Institute on Alcohol Abuse and Alcoholism (within the National Institutes of Health): www.niaaa.nih.gov

National Institute on Drug Abuse, www.drugabuse.gov

Monitoring the Future (adolescent substance use and abuse), www.monitoringthefuture.org

Harvard School of Public Health, College Alcohol Study, (adolescent and young adult binge drinking in college), www.hsph.harvard.edu/cas

UNC Carolina Population Center (National Longitudinal Survey of Adolescent Health), www.cpc.unc.edu/projects/addhealth

Childhood Mental Health Problems Create Long-Term Economic Losses

RAND just released a report on the effects of mental health problems on children. The findings illustrate what the enormous potential might be of identifying and treating mental health problems early in life. Find the news release at www.rand.org/news/press/2010/05/13.

Child Mental Health Resources

The National Institute of Mental Health has free audios and videos available on their website. Topics include Autism Spectrum Disorders, ADHD, depression, anxiety disorders and more. Go to www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml.

Miscellaneous

Web Sites for Young Adults

- A new site, www.whatadifference.samhsa.gov, supports the Substance Abuse and Mental Health Services Administration's (SAMHSA) Mental Health Campaign for Mental Health Recovery to encourage, educate, and inspire people between 18 and 25 to support their friends who are experiencing mental health problems.
- A site for young adults designed specifically as an online social networking community for individuals ages 18 and 35 who are hard of hearing is available at www.HearingLossNation.org.

Truancy – A Call to Action

This report is now available on the Office of Children and Families in the Courts website at www.ocfcpacourts.us/assets/files/list-640/file-493.pdf. It focuses on national and PA specific truancy issues, PA truancy laws, statewide truancy data, workgroup recommendations and highlighted truancy programs, and includes information on the BEC on Compulsory Attendance and Truancy Elimination Plan issued by the Dept. of Ed., as well as magisterial district court county truancy data.

Focus Group Proposed for University Administrators

The Family Science section of the National Council on Family Relations (NCFR) seeks the involvement of university administrators, department heads, deans, and program coordinators in a new focus group. University administrators are facing numerous challenges in this trying economic context. In order to provide a forum for discussion and problem solving, the proposed focus group would convene during the NCFR Annual Conference in November. If interested in becoming a member of the focus group, taking a leadership role, and/or assisting with the development of the focus group proposal, please email Tammy Harpel at harpel@latech.edu by July 10. Include your level of interest for the focus group (member, leader, proposal assistance) and your name, position, and contact information.

Veteran Information

Trauma Faced by Children of Military Families: What Every Policymaker Should Know

Active duty military personnel and National Guard and reservists experience multiple deployments as a result of the conflicts that comprise the War on Terror. After nearly a decade of war, a growing area of research shows the negative impact on children, youth and families of U.S. military personnel. Children of military families often experience multiple stressors before and during their parent's deployment and when they come home. Without appropriate mental health support systems, children of military personnel may be at a significant disadvantage compared with their peers in non-military families. Download the full brief at www.nccp.org/publications/pdf/text_938.pdf.

New Hotline For Homeless Veterans: 1.877.424.3838

The Secretary for Veterans Affairs announced a new hotline to provide emergency support and resources for homeless veterans. Family members, community agencies, and non-VA providers may also call the hotline to find out about the many programs and services available to assist homeless vets.

Resources For Persons with Disabilities

The Caregiver Experience

What are the problems that caregivers face? The Christopher Reeve Foundation offers a YouTube video that describes the challenges. Go to http://www.ncfr.com/about/news_read.asp?id=1823 to watch the video.

Family Life Resources

Protect Your Family From Summer Heat

The Centers for Disease Control (CDC) website has general information for people of all ages online. Read *Extreme Heat: A Prevention Guide to Promote Your Personal Health and Safety* at www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp.

Summer Listening for Kids & Families

Summer is here and for many families that means time spent in the car. Why not try listening together? Whether you choose a picture book read-a-long, a middle grade mystery, or a young adult fantasy, the AudioFile website at www.audiofilemagazine.com/abotg10.html, can provide a listing of stories the whole family will enjoy.

Fathers as Family and Community Resources

A recent article in American Humane's *Protecting Children* describes the impact of fathers in the lives of families involved with the child welfare system, as well as ways to support and promote positive father involvement. Visit American Humane's website for details at www.americanhumane.org/protecting-children/resources/protecting-children-journal/volumes-and-sample-articles.html.

Involving Dads in Family Group Decision-Making

Family Group Decision-Making (FGDM) emphasizes the importance of reaching out to and including all members of a child's family and can be a powerful tool for improving the engagement of fathers and paternal relatives in the lives of children involved with the child welfare system. View an issue brief from the American Humane website at www.americanhumane.org/assets/docs/protecting-children/PC-FGDM-dads-paternal-relatives.pdf.

Resources For Foster Parents Caring for Traumatized Children

The National Child Traumatic Stress Network (NCTSN) offers an online curriculum to help foster parents and other resource parents better understand how trauma can affect children's behavior and feelings and how the parents can promote healing. *Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents* is available at www.nctsn.org/nccts/nav.do?pid=ctr_rsched_rpc_guide.

Autism Spectrum Disorders: Diagnosis, Prevalence, and Services for Children and Families

The most recent issue of the Society for Research in Child Development's Social Policy Report provides a summary of selected recent studies on Autism Spectrum Disorder (ASD) diagnosis, prevalence, and intervention and is available at <http://paprom.convio.net/site/R?i=djWqW6SluJMFdvZP0gKjnQ>.

Infants Take Self-Regulation Into Their Own Hands

Language serves as a mental tool set for self-regulation, allowing us to reflect on and modify our own behavior. Can preverbal children use infant signs as self-talk for the purpose of self-regulation? To view an article on observations from a child development center using the Baby Signs® Program, visit the Zero To Three website at http://main.zerotothree.org/site/DocServer/29-1_Valloetton.pdf?docID=11421.

2010 Pennsylvania Fair Guide Available

The 2010 Pennsylvania Fair Guide is now available in print or online at www.agriculture.state.pa.us.

5 Truths About Children Who Drown & Other Safety Resources

You *think* that it could never happen to your family, but each year more than 800 children drown. These incidents are not only preventable but predictable. Read about prevention at www.safekids.org/safety-basics/safety-spotlight/pool-water-safety.

New Report on Kindergarten Readiness Available

Child Trends just released a report entitled *A Review of School Readiness Practices in the States: Early Learning Guidelines and Assessments*. Read the report at www.childtrends.org/Files/Child_Trends-2010_06_18_ECH_SchoolReadiness.pdf.

Local Events

July

7/9: 2011–2012 Integrated Children’s Services Plan Systems Review And Plan

Development Discussion from 10:30 AM – 12:30 PM at the Human Services Building, 425 Franklin Farms Lane, Chambersburg. The purpose of this meeting is to review services, learn what new children/family initiatives are being used or developed, discuss gaps in the services continuum, compare what is working/what is not, and discuss the process of serving youth and their families. The input of any youth and family members who have utilized services are especially needed. Please direct any questions to Barbara Johncour, CASSP Coordinator, at 709.3307 or bjohncour@co.franklin.pa.us.

7/12: Community Coalition for the Prevention of Substance Use and Abuse meeting from 9 AM – 11 AM at the Agricultural Heritage Building, 181 Franklin Farm Lane, Chambersburg. RSVP to Linda Jones, Drug and Alcohol Program Administrative Officer, at ldjones@co.franklin.pa.us or 263.1256, Ext. 0.

7/13: Family Caregiver Support Group: In-Home Care Rights and Responsibilities from 10 AM – 12 PM at the Area Agency on Aging, 600 Norland Avenue, Chambersburg. For more info, call 263.2513.

7/13: Practical Applications of Confidentiality and Pennsylvania Client Placement Criteria (PCPC)

To be held from 9 AM – 4 PM at the Franklin County Administration Annex Building, 218 N. Second Street, Chambersburg; the Instructor is Sari Trachtenberg. Contact Linda Jones at ldjones@co.franklin.pa.us to register or for more information.

7/14: Webinar: FREE GrantStation/Innovation Network Tour

Nonprofit organizations nationwide are invited to join Cynthia M. Adams, CEO of GrantStation, and Simone Parrish, Knowledge Manager and Webmaster of Innovation Network, to learn how to develop credibility with grantmakers by

applying evaluation concepts to your grant writing. The no-cost tools and resources available at Innovation Network's Point K Learning Center will be reviewed. The tour will include a detailed walkthrough of the Logic Model Builder, which helps users produce a clear description of their programs to share with funders and other stakeholders. Register at <https://cc.readytalk.com/cc/schedule/display.do?udc=joe1qxkmk2m2>.

7/15: Controlling Your Blood Pressure at 10 AM at The Fleck Center at Luther Ridge Retirement Community, 2998 Luther Drive, Chambersburg. The program is free of charge and open to anyone in the community. No registration is required.

August

8/10: Family Caregiver Support Group: Caring For Your Parents from 10 AM – 12 PM at the Area Agency on Aging, 600 Norland Avenue, Chambersburg. For more info, call 263.2513.

September

9/9: Sleep Disorders Support Group: Sleep As We Grow Older from 6 – 7:30 PM at the Chambersburg Hospital Lecture Center. What changes occur as we age? How much sleep do we need? Please RSVP to 709.4746. This is open to the public. Light refreshments will be provided.

9/16: Human Service Expo from 10 AM – 2 PM at the Franklin Fire Hall, Chambersburg. Human service vendors are needed. Call 267.3507 for more information.

9/13: Chambersburg Reads To Inspire Service from 9/13 – 11/14. Go to www.chambersburgreads.org.

9/21 & 9/22: Cocaine & Heroin at the Admin Annex, 218 N. 2nd Street, Chambersburg, from 9 AM – 4 PM. Instructor is Bruce Shaffer, MA, BS. There is no cost to register; cost of the instructor is being funded by the Tuscarora Managed Care Alliance and is opened to all community agencies and their staff who are responsible for the treatment/counseling of individuals coping with addictions. Register by emailing ldjones@co.franklin.pa.us by September 8th.

9/25: Memory Walk to Benefit Alzheimer's Association

The Chambersburg Memory Walk to benefit the Alzheimer's Association, Greater Pennsylvania Chapter, will be held at Providence Place Retirement Community, Chambersburg. Teams and interested individuals may sign up online at www.alz.org/memorywalk. For more information, contact Angela Grimm at 651.5020 or angela.grimm@alz.org.

Not-So-Local Events

7/13-16: Early Childhood Positive Behavior Support Institute Sponsored by Pennsylvania Training and Technical Assistance Network (PaTTAN), Harrisburg. Visit www.pattan.net.

7/14: An Ounce of Prevention at the Holiday Inn Harrisburg East, Harrisburg, from 8 – 3:30. Mental health providers face complicated issues because of their special relationship with clients. How can you be a caring helper and still protect yourself from lawsuits and licensing board complaints? For more info, visit www.CrossCountryEducation.com.

7/14-18: Effective Practice and Performance for Children and Youth With Mental Health Challenges and Their Families at the National Technical Assistance Center for Children's Mental Health, Washington, DC. Go to <http://gucchd.georgetown.edu/training/88504.html>.

7/15: Overindulged Children and the Adults They Become from 8 AM – 3:30 PM at the Clarion Hotel and Conference Center, Hagerstown. Visit www.CrossCountryEducation.com.

7/16: Building One Pennsylvania Summit at Thaddeus Stevens College of Technology in Lancaster. Pennsylvania's manufacturing towns and older, suburban communities were once thriving, diverse and attractive places. But for many decades they have been victims of federal and state policies that have subsidized sprawl. Our aging communities are now experiencing crumbling infrastructure, abandoned main streets, loss of jobs, struggling schools, and excessive tax burdens...while newer communities are at risk for unbalanced growth. The featured keynote speaker at the Summit is Myron Orfield, a national expert on regional equity, land use, and municipal governance. Registration fee is \$15 and includes lunch. Register at www.thedatabank.com/dpg/419/mtgdetail.asp?formid=eventsalendar&caleventid=6779.

7/23: An Introduction to the Sanctuary Model: Organizational Transformation through Organizational Healing and Trauma Treatment from 10 AM – 4:30 PM at the Children's Home of York Main Campus, 77 Shoe House Road, York, PA. This one-day training event (with 6 Continuing Education Credits) will serve as an introduction to the trauma-informed model for mental health trauma treatment and widespread organizational change. For more info, contact Andi Ryan at 755.1033 x 257 or aryan@choyork.org.

7/21–23: 2010 Pennsylvania Community on Transition Conference, Empowerment in Action: A Unified Approach at the Penn Stater Conference Center & Hotel, State College, PA. On-line registration for this PaTTAN-sponsored event is available www.pattan.net. For more information on program content, contact Michael Stoehr, 800.446.5607 ext. 6864 or mstoehr@pattan.net. For registration information, contact Mary Gordon, 800.446.5607 ext. 6871 or mgordon@pattan.net.

8/3: Personality Disorders in Social Work & Health Care from 8 AM – 3:30 PM at Radisson Penn Harris Hotel and Convention Center, Camp Hill. Visit www.CrossCountryEducation.com for more info.

9/25: National Public Lands Day (NPLD) is the nation's largest hands-on volunteer effort to improve and enhance the public lands Americans enjoy. Public land managers, local conservation groups and "friend" organizations are encouraged to participate in this national event. NPLD will provide a variety of resources to site coordinators, including free promotional materials to publicize the NPLD event and recognition materials to thank volunteers; an opportunity to list your NPLD event and contact information on line; and A Manual for Site Managers to help organize the NPLD event. To register, visit www.neefusa.org or call 202.833.2933.