



Unity Family Services

Newsletter

Fall 2018

Raising the bar in mental health services™

Issue 5

What's New at Unity!

Unity Family Services has been providing community-based mental-health services since 2000. We currently operate two free-standing in-home family based mental health programs with one in Leechburg and another location in Indiana. The in-home family-based services are state licensed and cover Armstrong, Indiana, Westmoreland and Butler counties.

Unity also provides certified peer support services in Armstrong and Indiana counties with each county having its own free-standing state license to operate.

Unity has always maintained a small clinical private practice working with all ages of children,

adolescents, couples, adults and geriatrics. All insurances are accepted including all Medicaid and Medicare members.

What you may not know is that Unity operates an independent Recovery Program located in downtown Kittanning on Market Street. Unity Home Partners has a designated building for its ¾ Recovery House. This is a Pennsylvania state approved West Parr approved Recovery Housing Program with a 16-bed capacity.



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Christopher's Light Back to School Clothing Drive

On Thursday August 9th, 2018, Unity Family Services partnered with Christopher's Light 501(c)(3) to host a back to school clothing drive for children in need.

Christopher's Light is a local non-profit organization which provides clothing to children in need in both Westmoreland and Armstrong counties. The event was held at the Northmoreland Park Activity Center and included a bake sale, basket raffles, and other activities for families. Clothing was collected as

well as over 50 backpacks to help children get ready to go back to school.

To learn more about Christopher's Light, go to christopherslight.com.



Christopher's Light

Unity's Recovery Housing Program - UHP

The Unity Recovery Program has assisted over 50 individuals with addiction disorders over the past two years. Our success rates and recovery success can be acknowledged within the D&A community itself as well as the local ARC Manor facility offering the treatments these folks need.

UHP is based on the Recovery Principles: Active Involvement, Right to Self-Determination, and Right to Your Choice of Services!

The UHP program is guided by the belief that people with substance abuse disorders including drugs and alcohol need opportunities to identify and choose a role for themselves. These roles include healthy living choices, working in the community, and HELPING OTHERS. For this reason, it is essential that the client not only agree to and participate in the program, but they must also take an active lead in the process of treatment.

The Recovery Program will empower members/participants with substance use disorders to achieve goals, and cope with the stressors and barriers encountered during the recovery process.

Our Program does the following:

1. Links individuals to community resources such as D.P.W., 12 Step Meetings health care providers, D&A commission, Community Action, Career Link, mental health services, food banks, etc.
2. Supports individuals in the recovery process by connecting them to the Recovery Community and empowering them to build their own natural supports.
3. Provides monthly one-on-one house meetings for all member residents.
4. Provides one-on-one support from our own C.R.S. for approximately one hour per week with frequent and random testing. Each member is also

connected to the outside CRS for addiction supports.

5. All members have access to the Unity Recourse Center for use of computers and access to the available resources in the community including:

- Unity coffee center
- The Empowerment Center
- YMCA

6. All members will have relapse prevention each week.

Our Recovery Housing Program Amenities include:

- Utilities (gas, electric, water, cable tv, and internet.)
- Clean Bedding
- Equipped Kitchen and Bathroom
- Fully furnished
- New laundry facility
- And most importantly, a CRS/Recover Coach with over 17 years clean who is a stellar member of the Recovery Community in Kittanning.



Member participants have expectations as well including chores, curfew and house rules.

The Unity ¾ Recovery House is located strategically so the members/participants can attend 12-step meetings daily. 90 in 90 is the goal!! The Department of Public Welfare, Drug and Alcohol Commission, Post Office, Social Security Office, Probation Office as well as ARC Manor, Family Counseling Center, and Westly Family Services are all within walking distance.

Many local businesses have employed our members and they are working towards managing their own lives.

Unity Home Partner's Recovery Housing Program has a purpose and our mission is clear.... "Our Purpose is to provide temporary, safe, sober, and affordable housing that meets the needs of individuals with a substance use disorder by providing a structured and stable living environment with supports."

Our Recovery Home is designed to promote healthy sober living with the emphasis on ...

- Relapse prevention
- Development of personal recovery tools.
- Continuous clean time
- Harm reduction
- Empowerment
- Employment or meaningful activity
- Increase self-esteem and self-worth

Please visit the website at www.unityhomepartners.com

For more information contact Christina Griffin CRS, Housing Manager.

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Email:

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Employee Spotlight - Chuck Shultz

Last month I was planning on writing a Spotlight article on Mr. Charles Shultz, our agency's computer software engineer with over 20 years of experience at AT&T in New Jersey and a computer engineering degree from Stanford University. Mr. Shultz was hired approximately 5 years ago. He significantly added value to Unity Family Services in countless ways through the development of our very own computer software programs. Mr. Shultz developed several regulation code-specific software

programs for our in-home family base programs in Leechburg and Indiana, as well as our peer support programs in Kittanning and Indiana. He also developed coding for our Unity Home Partners Division so that our Recovery Housing Program could blossom. Mr. Shultz was a valuable member to our management team and was one of the smartest men I have ever known. He was also a friend.

We lost Chuck Shultz unexpectedly on 10/01/2018. He passed away in his sleep due to a heart attack.

Mr. Shultz was a kind and committed man and Unity is a better company because he chose to work here. We all wish him peace and give his family our sympathy.

M. S. Gould
Executive Director



Pasta for a Purpose

On Thursday August 23rd, 2018, Unity Family Services partnered with the Alliance for Non-Profit Resources/Kittanning Drop-In Center to host Pasta for a Purpose. This event was held at the Salvation Army in downtown Kittanning. Dinner included pasta, meatballs, bread, and salad as well as a wide range of desert options.

All proceeds from the dinner went to the Community Needs Fund of Armstrong County. This fund provides support to individuals in Armstrong county in need of urgent, essential supports such as emergency food, utility bill assistance, and resources to prevent homelessness.

We would like to thank the following sponsors for a successful "Pasta with a Purpose" dinner.

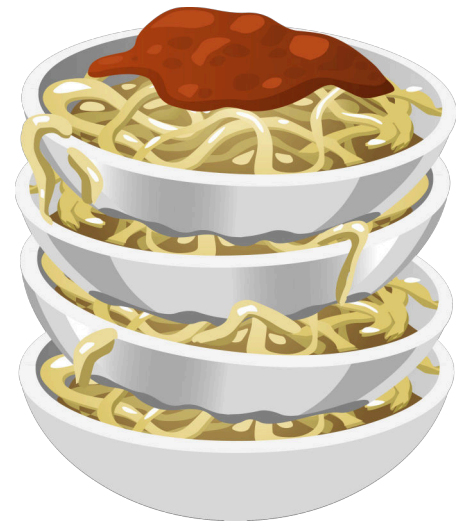
Gardas
Riverside
KFC
Shop N Save
Subway-Ford City
Family Dollar-Kittanning
Wendy's

Long John Silvers
Sam's Club-Butler
The Villa
McDonald's
The Kittanning Paper and Radio Station
Wal-Mart
Armstrong Beer Distributer
Sirena's
Vocelli Pizza
Mel's
Fox's

We would also like to thank The Empowerment Center and peers from Unity Family Services for volunteering their time. Thank you to the Salvation Army for use of the building.

Thank you to everyone who attended and made the fundraiser a success. We look forward to working with everyone next year.

For more information about this fund, you can contact Unity Family Services or the Kittanning Drop-In Center.



Remembering Adolescents

When I had to attend a clinical workshop in Las Vegas, I found myself relearning information that was first discovered back in my collage days in the early 1990's. But, how refreshing it was to learn that my son was actually normal. We all need to step back and look through a lens that pulls perspective back. If you can relate... read on....

Adolescence is so confusing... isn't it? A young person's ego and identity is a fragile thing. They are figuring out who they are and how they fit into this crazy world. Our young people, our kids, are dealing with so much. They are experiencing conflicting emotions and the ups and downs of everyday life. They cannot be diagnosed bipolar disorder for going through Eriksons Stages of Development.

Our kids are trying to figure out how to maintain self-control in a world that has lost control. I ask you to think about our "current government" to make my point. They are working through increasingly misunderstood sensations and impulses that seem unbearable to manage while they are figuring out whether they fit in to this world they were placed in.... The longing to be connected to their family, their peer group, and everything

around them... The craving for intimacy while they push everyone close away. The idealistic visions of utopia. The disillusionment with their parents. This is when the pain of parenting sets in.

Our children and their need to separate from us as parents and attach to a peer group is so normal but at the same time so painful. We need to do a better job allowing our kids to feel the pains of growing up so that when they are looking for their place in this world, they find it and can be ok with who they are.

We all want our kids to have a basic sense of trust. We want them to have a sense of initiative and a strong moral compass while they are building their own sense of self-esteem.

As their parents we want to make them feel whole and secure but as they mature through adolescence, they must learn to develop this sense of self-esteem on their own. Do we give them enough space to do this?? Sometimes I don't think so.

Our kids need to develop a belief in equality and a motivation for continued growth and new challenges. They need the ability to develop intimate

relationships, and yes, also the ability to have healthy sexual relationships. Wow...that was actually mentioned.

Let's challenge ourselves to treat adolescents like they need to be treated. And I am not talking about respect and dignity. Those are a given. I am talking about parenting and teaching techniques that require us to provide an empathic response to their resistance to us. We need to be consistent, fair, and we must maintain self-control to the best of our ability at all costs. And, we must understand that our kids will NEED to act out their inappropriate stage, BEFORE they can develop new capabilities and shine like the stars we know they are.

Michelle S. Gould LCSW, CSOTS
Executive Director
Unity Family Services



Family-Based Program

Peer Support Services

Outpatient Services

Serving Armstrong, Butler, Indiana, and Westmoreland Counties

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Leechburg, PA 15656

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Kittanning, PA 16201

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Indiana, PA 15701

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