

HPR II HAPPENINGS

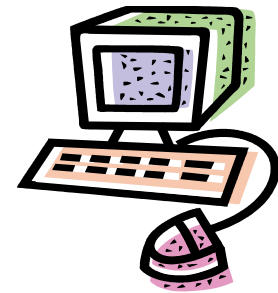
Volume 1, Issue 2
Winter/Spring 2010

NVRPO WEBSITE IS UP AND RUNNING!

You asked for it and we delivered! The Northern Virginia Regional Project Office's website has been established and is available for all to peruse for information pertaining to our region's ongoing projects. In addition to our contact information, a brief description of all regional projects is listed. Also, regular regional meeting dates and minutes are posted and updated regularly. The website can be accessed at:

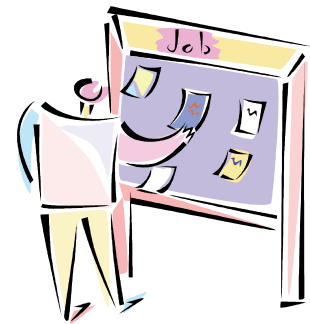
<http://www.fairfaxcounty.gov/csb/region/>

Any feedback would be welcomed and a special thanks goes out to Justin Lux for his hard work in making this website a reality!



FOR YOUR INFORMATION

- To sign up for LMEC's mailing list please go to www.lmec.org. There is a wealth of information available for those interested—too much for our office to continue to distribute. K. Kaiser has information on just about everything imaginable related to employment services, support groups, computer training, etc. so please don't overlook this wonderful opportunity to connect with LMEC!



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PRS works with Young Adults Living with Asperger's Disorder

PRS Partners with VA DRS:

Through a partnership with the Virginia Department of Rehabilitative Services, PRS, Inc. has initiated a project working with young adults living with Asperger's Disorder in Loudoun County. PRS staff, housed in DRS Loudoun offices, are providing Employment Services to these young adults to help them work toward independent living.

Services offered to these clients include: helping them choose, get and keep jobs; providing situational assessments; enhancing job development skills; offering Work Adjustment Training (WAT); and providing long-term employment supports. This project builds on PRS' existing efforts to serve transitional youth across Northern Virginia and incorporates community-based, supported volunteering in the WAT program. PRS has identified transitional youth as an underserved group in our community and expects to be increasing services to this population in coming months.

PRS Partners with the LTCCC in Fairfax County

PRS, Inc. is participating in a pilot project in Fairfax County in partnership with Fairfax Long Term Care Coordinating Council (LTCCC) to better serve residents living with Asperger's Disorder in our community.

Through this project, PRS is providing two clients from this population with intensive, individualized behavioral supports to enable them to benefit from traditional employment services. These supports are intended to assist the clients, their families and their service providers in addressing problems with social skills, organizational skills and coping strategies for dealing with job-related anxiety and stress. Behavioral supports can include training in communication skills, use of public transportation, independent living skills, time management and problem-solving skills. In addition, these clients receive individualized behavioral supports around leisure and social activities to enhance their independent living skills.

Ultimately, the aim of this pilot project is to help people living with Asperger's Disorder receive the supports they need to live productive lives in their communities, to find competitive jobs and to receive the coaching they need to remain employed.

Alexandria CSB—Crisis Intervention Team

In partnership with the Alexandria CSB's Emergency Services, the Alexandria Police Department and Office of Sheriff developed a Crisis Intervention Team (CIT). A CIT is a group of law enforcement professionals who receive training in recognizing and responding appropriately to persons showing signs of psychiatric disorders. Team members practice role playing exercises based on real-life scenarios, visit mental health and substance abuse treatment programs for one-on-one dialogue, and learn about community resources available for support.

CIT programs across the country have been shown to improve outcomes in police interactions with people with mental illness, decrease the arrest rate and reported injuries among those with mental illness,

increase referrals of persons with mental illness into treatment, and decrease the rate of officer injury.

During 2010, a CIT Team of at least 20 police officers and deputies will be created. At least one CIT official will be on duty at all times. The CIT is part of a larger Jail Diversion Program to reduce the incarceration of people with mental illness and help them to get treatment and live law-abiding lives in the community. For more information, visit Jail Diversion at www.alexandriava.gov/mhmrta.



THE STORY OF TRILLIUM DROP-IN CENTER

(SUBMITTED BY CYNTHIA DUDLEY)



It was February of 2008. We'd been open 5 months and we had some issues that needed to be addressed as soon as possible.

A handful of us were in the kitchen playing spades and chatting. The neighbors were doing their thing next door and you could, as always, hear every word. When they were there it was always lots of yelling and carrying on. We sometimes closed the kitchen and conference room doors in order to block it out on Saturday mornings. But this particular night we were in the kitchen tolerating it and having a good time playing spades. Ann, seemingly out of the blue, said "Wouldn't it be great if we could just open these doors and expand our space to next door, too?"

She mentions it again and decides to find out who owns the property next door. She put three of us in motion and we all came back with the information on the same day. We had the name of the owner and Ann was ready to make a call. Just to inquire. And she did. The owner of the property said he would love to rent to us and the office condo would be available in April!

The next cool thing is around that same time we heard about a little bit more funding available for "bricks and mortar" for established mental health consumer-operated programs. We were going to get busy writing yet another grant.

At the same time one of the other issues that we were having was transportation. A lot of mental health consumers don't or can't drive, and this county doesn't have the best bus service around. Even though we were sure to be on the bus line when we initially opened, it still wasn't enough.

In this grant we were going to ask for money to expand next door and to purchase a van and pay a driver, gas and maintenance. We put our noses to the

grindstone once again and rushed to get this thing written while crunching numbers to make sure we'd get it right. It's stressful but we have a vision. We have programs to run and services are needed for our most vulnerable citizens in the county.

Our hard work, thankfully, paid off on that grant, too. We included a pool table and a ping pong table in that grant.

The next issue on our plate to address was the confusion in our name. We named our center Prince William Drop-In Center from the beginning and even had the legal right to the name but no one bothered to mention that there was ALREADY a place called Prince William Drop-In Center in the county. And we didn't really think about how people would confuse us with a government program with the words "Prince William" in our name.

We're a private non-profit and people were thinking we were run by the county. Some people were hearing about us and ending up at the homeless shelter when they were trying to visit us. It was confusing and a little concerning so we started thinking. And if you know Ann, you know what I mean when I tell you she got her thinking cap on and came up with Trillium.

It was perfect. Trillium is a three petal flower found in the wild, symbolizing the three women who founded PWDIC. It clearly illustrates the healing power of their friendship which has blossomed in the midst of challenging personal experiences over the last several years. One call to the lawyer, and he filed the dba (doing business as). It's official, we are now (and have been for awhile) Trillium Drop-In Center. As you know, Trillium's roots are firmly in the Manassas support group Ann started many years ago and the natural move was to have support groups here. Ann was leading a support group every other Friday. It didn't take long for

people to ask for a weekly support group, so we did. Kevin stepped up and led the group on some Fridays. We needed a group in the daytime, and Barbara was the natural candidate. We quickly needed some training and Ann put herself to task once again, this time to locate Wendy Resnick, the founder of DRADA (Depression and Related Disorders Association), which was unfortunately no longer in existence. It took Ann a little time but she hunted Wendy down and what a blessing that she was able to. Wendy came down from Maryland on a Saturday morning and in her gentle way taught our staff how to lead a support group. She taught us techniques to use and things to look out for when running a group.

And then there was crisis training. We're working with mental health consumers here at Trillium, and I don't need to tell you that crises come up. When they do we knew we had to be ready and know how to handle them. Mary Azoy of CrisisLink signed up to come help us out and give us much needed training.

Now we're all set. We're larger than when we opened, providing transportation, feeding hungry people, trained to lead groups and manage crises, and seeing an average of over 30 people a day. We're busy. And tired.

Ok, so maybe we aren't all set at this point. We all got tired running around every day and we desperately needed more staff. Its been a busy 2+ years. We put the word out, found and hired the perfect people, and NOW we're all set. All set doing what we set out to do. What our hearts led us to do. Hopefully, we're having some success helping people with mental illness in Prince William County. And there's still a lot more to do.



WORRIED ABOUT YOUR CHILD? (submitted by Betsy Greer)



Arlington Public Schools' Department of Student Services,
Arlington Department of Human Services, NAMI-Arlington and the
Arlington Partnership for Children, Youth and Families present....

Arlington Public Schools
Education Center
Board Room
1426 N. Quincy Street
Arlington, VA

Worried About Your Child?

Is it depression, substance abuse, or something else?

Wednesday, March 17, 2010

7:00pm – 8:30pm (Doors open at 6:30pm for information mini-fair)

Featuring: **Dr. Adelaide Robb, Associate Professor Child and
Adolescent Psychiatry and Pediatrics,
Children's National Medical Center**

Does your child or teen struggle with making healthy choices? Does he or she experience emotional distress or difficulties with mood regulation? Perhaps there are concerns about drugs or alcohol? This presentation will discuss signs of underlying issues that may affect your child's behavior. The presenter is Adelaide Robb, MD, Principal Investigator at the Children's Research Institute of the Children's National Medical Center and Associate Professor of Psychiatry and Behavioral Sciences at the George Washington University School of Medicine. There will be a "Mini Resource Fair" prior to the beginning of the presentation, from 6:30p.m. - 7:00p.m.

Although walk-ins are welcome, **kindly register** to ensure adequate handouts are available. To register and receive further information, please contact the Special Education Parent Resource Center (PRC) by phone at 703.228.7239, or via email: epwral@arlington.k12.va.us

You may also register online: www.arlingtonadulted.org

Parking is available behind the Education Center, and in the adjacent I-66 garage.

Simultaneous Spanish language translation will be available.

Please circulate among staff and any other interested parties!





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*Serving Alexandria, Arlington, Fairfax-Falls Church,
Loudoun and Prince William CSBs*

The Northern Virginia Regional Projects Office programs:

Local Inpatient Purchase of Services (LIPOS): Staff from Emergency Services of the five CSBs place at-risk consumers with no financial resources into these beds when appropriate. Discharge planners from the five CSBs monitor their stay and provide discharge planning and/or transfer to NVMHI as needed.

Regional Discharge Assistance Plans (RDAP): Creative plans using RDAP funding are jointly authorized by Aftercare Managers from the five CSBs. These plans have been pivotal in transitioning multiple consumers from NVMHI into the community.

Crisis Stabilization Units (CSUs): Two CSUs provide a total capacity of 22 beds. Staff from Emergency Services of the five CSBs place at-risk voluntary consumers with no financial resources into these beds when these consumers do not need the structure of a hospital setting. These beds are also used for step down from NVMHI as a consumer transitions back into the community.

Clinical Response Team (CRT): A team of multidisciplinary professionals with expertise in dual diagnosis (ID/MI) responds in the community within 48 hours to support individuals who are in crisis and are at risk for hospitalization.

Geriatric Mental Health Services Program: The RAFT program consists of a team of multidisciplinary professionals with expertise in geriatric issues to provide services to nursing homes and Assisted Living Facilities so these facilities will have increased capacity for per-

The Laurie Mitchell Employment Center

Announces

An Empower-Mental Seminar

Kirsten Kaiser's

"On the Road to Recovery"

Hosted by LMEC's Own Kirsten Helene Kaiser, Certified Peer Specialist, Program Assistant, and

Author of Bondage of Self Saturday, March 6th from 11 AM to 1:30 PM

A Poignant, Very Personal Story

Our Location is at

6295 Edsall Road, Suite 175

Alexandria, VA 22312

E-mail: Kkaiser@lmecc.org

For Directions Call: 703 461 3886

Please RVSP: 703 461 3886

Please also Let us know if you need an accommodation

All of our services are ***Free of Charge!***



2010

Laurie Mitchell
Employment
Center



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5:00 PM to 9:00 PM
& Saturday
10:00 AM to 3:00 PM

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AND DURING
INCLEMENT WEATHER

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(703) 461-3886



www.lmec.org
Fax: (703) 461-8088



Monday	Tuesday	Wednesday	Thursday	Saturday
<p>1 6:00-7:00 Access 2007 1 of 8</p> <p>7:15-8:30 Word 2007 1 of 34</p> <p>Jerry</p>	<p>2 6 PM “<u>Let Me Introduce Myself</u>” Workshop</p> <p>6:00-7:00 Access 2007 2 of 8</p> <p>7:15-8:30 Word 2007 2 of 34</p> <p>Troy-Ann/Jerry</p>	<p>3 4:30 PM <i>Peer Support Group</i> 6:00-7:00 Access 2007 3 of 8</p> <p>7 PM <i>Family Support Group</i></p> <p>7:15-8:30 Word 2007 3 of 34</p> <p>Troy-Ann/Jerry</p>	<p>4 6:00-7:00 Access 2007 4 of 8</p> <p>7:15-8:30 Word ‘07 4 of 34</p> <p>Troy-Ann</p>	<p>6 11:00 “<u>On the Road to Recovery</u>” Seminar 10:30-11:30 Access 2007 1 of 2</p> <p>1:30 PM <i>Peer Support Group</i> 1:00-2:00 Word 2007 1 of 8 Danny is Teacher Jerry</p>
<p>8 6:00-7:00 Access 2007 5 of 8</p> <p>7:15-8:30 Word 2007 5 of 34</p> <p>Jerry</p>	<p>9 6:00-7:00 Access 2007 6 of 8</p> <p>7:15-8:30 Word 2007 6 of 34</p> <p>Troy-Ann/Jerry</p>	<p>10 4:30 PM <i>Peer Support Group</i> 6:00-7:00 Access 2007 7 of 8</p> <p>7 PM <i>Family Support Group</i></p> <p>7:15-8:30 Word 2007 7 of 34</p> <p>Troy-Ann/Jerry</p>	<p>11 6:00-7:00 Access 2007 8 of 8</p> <p>7:15-8:30 Word ‘07 8 of 34</p> <p>Troy-Ann</p>	<p>13 10:30-11:30 Access 2007 2 of 2</p> <p>12 Noon <i>Peer Support Group</i> 1:00-2:00 Word 2007 2 of 8 Stephanie is Teacher Troy-Ann</p>
<p>15 6:00-7:00 Outlook 2007 1 of 10</p> <p>7:15-8:30 Word 2007 9 of 34</p> <p>Jerry</p>	<p>16 6:00-7:00 Outlook 2007 2 of 10</p> <p>7:15-8:30 Word 2007 10 of 34</p> <p>Troy-Ann/Jerry</p>	<p>17 4:30 PM <i>Peer Support Group</i> 6:00-7:00 Outlook 2007 3 of 10</p> <p>7 PM <i>Family Support Group</i></p> <p>7:15-8:30 Word 2007 11 of 34</p> <p>Troy-Ann/Jerry</p>	<p>18 6:00-7:00 Outlook 2007 4 of 10</p> <p>7:15-8:30 Word ‘07 12 of 34</p> <p>Troy-Ann</p>	<p>20 10:30-11:30 Outlook 2007 1 of 2</p> <p>12 Noon <i>Peer Support Group</i> 1:00-2:00 Word 2007 3 of 8 Danny is Teacher Jerry</p>
<p>22 6:00-7:00 Outlook 2007 5 of 10</p> <p>7:15-8:30 Word ‘07 13 of 34</p> <p>Jerry</p>	<p>23 5:30 PM “<u>Job Problems for the Consumer</u>” Workshop</p> <p>6:00-7:00 Outlook 2007 6 of 10</p> <p>7:15-8:30 Word 2007 14 of 34</p> <p>Troy-Ann/Jerry</p>	<p>24 4:30 PM <i>Peer Support Group</i> 6:00-7:00 Outlook 2007 7 of 10</p> <p>7 PM <i>Family Support Group</i></p> <p>7:15-8:30 Word 2007 15 of 34</p> <p>Troy-Ann/Jerry</p>	<p>25 CLOSED Monthly Staff Meeting</p>	<p>27 10:30-11:30 Outlook 2007 2 of 2</p> <p>12 Noon <i>Peer Support Group</i> 1:00-2:00 Word 2007 4 of 8 Stephanie is Teacher Troy-Ann</p>
<p>29 6:00-7:00 Outlook 2007 8 of 10</p> <p>7:15-8:30 Word ‘07 16 of 34</p> <p>Jerry</p>	<p>30 6:00-7:00 Outlook 2007 9 of 10</p> <p>7:15-8:30 Word 2007 17 of 34</p> <p>Troy-Ann/Jerry</p>	<p>31 4:30 PM <i>Peer Support Group</i> 6:00-7:00 Outlook 2007 10 of 10</p> <p>7 PM <i>Family Support Group</i></p> <p>7:15-8:30 Word 2007 18 of 34</p> <p>Troy-Ann/Jerry</p>	<p>“<u>Let Me Introduce Myself</u>” Workshop Tuesday, March 2, 2010 at 6 PM Presented by Jerry Brown and Sarah Snipas</p> <p>“<u>The Road to Recovery</u>” Seminar w/Lunch Saturday, March 6, 2010 11 AM to 1:30 PM by Kirsten Kaiser author of <u>Bondage of Self</u></p> <p>“<u>Job Problems for the Consumer</u>” Workshop Tuesday, March 23, 2010 at 5:30 PM Presented by Jerry Brown</p>	



2010

Laurie Mitchell
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Monday—Thursday
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10:00 AM to 3:00 PM

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Monday	Tuesday	Wednesday	Thursday	Saturday
<p>“On Line Job Search” Seminar w/Lunch Saturday, April 3, 2010 11 AM to 1:30 PM Presented by Carole Malachi</p> <p>“Dress for Success” Workshop Tuesday, April 6, 2010 at 6 PM Presented by Sarah Snipas</p> <p>“How to Stand Out, Get Ahead, and Get Noticed!” Workshop Tuesday, April 20, 2010 at 5:30 PM Presented by Jerry Brown</p>			<p>1 6:00-7:00 Windows XP 1 of 16</p> <p>7:15-8:30 Word ‘07 19 of 34</p> <p>Troy-Ann</p>	<p>3 11:00 “On Line Job Search” Seminar 10:30-11:30 Windows XP 1 of 4 1:30 PM Peer Support Group 1:00-2:00 Word 2007 5 of 8 Danny is Teacher</p> <p>Jerry</p>
<p>5 6:00-7:00 Windows XP 2 of 16</p> <p>7:15-8:30 Word 2007 20 of 34</p> <p>Jerry</p>	<p>6 6 PM “Dress for Success” Workshop 6:00-7:00 Windows XP Basics 3 of 16</p> <p>7:15-8:30 Word 2007 21 of 34</p> <p>Troy-Ann/Jerry</p>	<p>7 4:30 PM Peer Support Group 6:00-7:00 Windows XP Basics 4 of 16</p> <p>7 PM Family Support Group 7:15-8:30 Word 2007 22 of 34</p> <p>Troy-Ann/Jerry</p>	<p>8 6:00-7:00 Windows XP 5 of 16</p> <p>7:15-8:30 Word ‘07 23 of 34</p> <p>Troy-Ann</p>	<p>10 10:30-11:30 Windows XP Basics 2 of 4 12 Noon Peer Support Group 1:00-2:00 Word 2007 6 of 8 Stephanie is Teacher</p> <p>Troy-Ann</p>
<p>12 6:00-7:00 Windows XP 6 of 16</p> <p>7:15-8:30 Word 2007 24 of 34</p> <p>Jerry</p>	<p>13 6:00-7:00 Windows XP Basics 7 of 16</p> <p>7:15-8:30 Word 2007 25 of 34</p> <p>Troy-Ann/Jerry</p>	<p>14 4:30 PM Peer Support Group 6:00-7:00 Windows XP Basics 8 of 16</p> <p>7 PM Family Support Group 7:15-8:30 Word 2007 26 of 34</p> <p>Troy-Ann/Jerry</p>	<p>15 6:00-7:00 Windows XP 9 of 16</p> <p>7:15-8:30 Word ‘07 27 of 34</p> <p>Troy-Ann</p>	<p>17 10:30-11:30 Windows XP Basics 3 of 4 12 Noon Peer Support Group 1:00-2:00 Word 2007 7 of 8 Danny is Teacher</p> <p>Jerry</p>
<p>19 6:00-7:00 Windows XP Basics 10 of 16</p> <p>7:15-8:30 Word ‘07 28 of 34</p> <p>Jerry</p>	<p>20 5:30 “How to Stand Out” Workshop 6:00-7:00 Windows XP Basics 11 of 16</p> <p>7:15-8:30 Word 2007 29 of 34</p> <p>Troy-Ann/Jerry</p>	<p>21 4:30 PM Peer Support Group 6:00-7:00 Windows XP Basics 12 of 16</p> <p>7 PM Family Support Group 7:15-8:30 Word 2007 30 of 34</p> <p>Troy-Ann/Jerry</p>	<p>22 6:00-7:00 Windows XP 13 of 16</p> <p>7:15-8:30 Word ‘07 31 of 34</p> <p>Troy-Ann</p>	<p>24 10:30-11:30 Windows XP Basics 4 of 4 12 Noon Peer Support Group 1:00-2:00 Word 2007 8 of 8 Stephanie is Teacher</p> <p>Troy-Ann</p>
<p>26 6:00-7:00 Windows XP Basics 14 of 16</p> <p>7:15-8:30 Word ‘07 32 of 34</p> <p>Jerry</p>	<p>27 6:00-7:00 Windows XP Basics 15 of 16</p> <p>7:15-8:30 Word 2007 33 of 34</p> <p>Troy-Ann/Jerry</p>	<p>28 4:30 PM Peer Support Group 6:00-7:00 Windows XP Basics 16 of 16</p> <p>7 PM Family Support Group 7:15-8:30 Word 2007 34 of 34</p> <p>Troy-Ann/Jerry</p>	<p>29 CLOSED Monthly Staff Meeting</p> 