



Shawn Aleong, a participant in the 2017 IDS Brighter Futures Awards, has been named to the City of Philadelphia's Police Advisory Commission. Here, he is pictured with U.S. Sen. Bob Casey (left) and his mother, Joyce.

IDS Participant Named to City's Police Advisory Commission

On Aug. 25, the City announced the 13 members of the Policy Advisory Commission, including [Shawn Aleong](#). Shawn is a young man living with an intellectual disability while advocating for civil rights and disability rights in his community. He has made a great impact in many ways including participating in our Intellectual disaBility Services division. Shawn, who is studying pre-law at Temple University, was a cast member in "A Fierce Kind of Love," a play performed by participants of The Institute on Disabilities at Temple University during the 2017 IDS Brighter Futures Awards last March. Additionally, Shawn has spoken at Philadelphia City Hall during a press conference with Mayor Kenney and U.S. Sen. Bob Casey and in front of the U.S. Supreme Court in Washington. Shawn is involved in Temple Student Government, the Black Law Association, NAACP, and various other organizations. Congratulations, Shawn!

Big Additions to EPIC Pages

The Evidence-based Practice and Innovation Center (EPIC) team is gearing up to officially launch their brand new [EBP web course](#). This web course was created in conjunction with the Training and Education team at DBHIDS, and [will live on EPIC's pages on DBHIDS.org](#). This introductory course is a wonderful way for providers and individuals alike to receive a consistent message for the introduction of EBPs.

This course covers topics such as:

- What is an EBP
- How a practice becomes evidence based
- How to talk about EBPs with the communities you serve
- Important features of an EBP
- Ideas for exploring implementing an EBP

In addition, EPIC recently released their [summer 2017 Newsletter](#).

IN THE NEWS

Philly Tribune Interviews DBHIDS Commissioner

Commissioner David T. Jones was recently profiled by the Philadelphia Tribune. The article, "[Behavioral Health Commissioner Discusses Mental Health Challenges](#)," discusses the Commissioner's history with DBHIDS, his recent appointment by Mayor Kenney, and the challenges faced by the opioid epidemic facing the city.

Commissioner Jones Appears on iHeartRadio

Commissioner David T. Jones was a featured guest on iHeart Radio's public affairs program, Insight, on Sunday, Aug. 27. During the interview with Loraine Ballard Morrill, Commissioner Jones talked about the department's cutting edge approach to offering services and efforts to raise awareness about mental health. To listen to the interview, click [here](#).

Fox29 Hits the Streets with DBHIDS Employees

DBHIDS employees Derrick Ford and Ramon Cruz had some of their outreach efforts highlighted in Fox29's recent report, "[Hitting the Streets in Philadelphia Opioid Epidemic 'Ground Zero'](#)." The story showed the amazing "force for change" and wonderful resource for assisting those in need in spite of the amazing challenge that this epidemic embodies.

International Behavioral Health Leaders Gather in Philadelphia

DBHIDS was pleased to host I-Circle, the International City and Urban Regional Collaborative, on a two-city tour of the United States on Monday, September 11 in Philadelphia. CBS Philly interviewed some of the attendees, "[Philadelphia Hosts 3rd Annual Internal Initiative For Mental Health Leadership Gathering](#)." The initiative is designed to foster conversation among behavioral health leaders from urban cities across the world and improve services to support mental health and well-being within large cities, helping individuals who live in the cities thrive.

Planning and Innovation Staff Update: Welcome, Iris Lozada!



Iris is the new Manager of the Community-Based Services Development. She has more than 25 years of experience working in the public and private sectors to improve the wellbeing of individuals. Her experience includes work on the federal and city levels in education, banking and community relations. Iris holds a MBA from Holy Family University as well as various certificates in governmental and human services.

Iris will oversee innovative strategies to reduce behavioral health stigma in communities through community engagement. Additionally, she will be responsible for providing oversight to several initiatives aligned with DBHIDS system priorities with a focus on the needs of underserved and at-risk populations.

Iris looks forward to bringing her knowledge, skills, and passion for serving individuals and communities to this position. She is located at 1101 Market Street on the seventh floor and

can be reached at iris.lozada@phila.gov or 215-685-5468. Please stop by and welcome Iris to the family!

UPCOMING EVENTS

September Is Recovery Month

Recovery Month had an early start with the 2017 Recovery Idol Finale taking place on Aug. 25. The Philadelphia Recovery Coalition celebrated the talents of people with lived experience at the Dell Music Center that evening and Joseph Boatwright was named the 2017 Recovery Idol winner. In addition to a great show, the evening included a fashion show and performances by past contestants, the Recovery Choir, and the Recovery Idol House Band. Awards were presented to Jose Benitez, Ervin Warfield, Richard Chappelle, and Marce'e Gravette their work to fight stigma and champion the talents of people in recovery.

Throughout this month, a number of Recovery Month events and programs will take place, including:

Real Talk: A Town Hall Meeting

Wednesday, Sept. 20

4 - 6 p.m.

Lonnie Young Recreation Center, 1100 E. Chelton Avenue

The DBHIDS Engaging Males of Color Initiative invites you to "Real Talk" a town hall meeting. Get insight on youth's response to violence, how to address bullying, and how young people can maintain their wellness. For more information email [Gabriel Bryant](mailto:Gabriel.Bryant@phila.gov).

Empowering the DBHIDS Community: A Population Health Response to the Heroin/Opioid Crisis in Philadelphia

Wednesday, Sept. 20

Community Behavioral Health, 801 Market Street, 11th Floor (Room 1154A)

10 a.m. - 12 p.m.

In an effort to increase awareness and enhance overall knowledge of the opioid epidemic's impact on our region, DBHIDS, in partnership with Prevention Point Philadelphia, is offering the Narcan Overdose Prevention Training again! Join us for an informative session and learn how you can become a trained ambassador of overdose prevention methods.

[Register now!](#)

2017 Recovery Walk

Saturday, Sept. 23

7 a.m. – 1:30 p.m.

Penn's Landing – Great Plaza

PRO-ACT National Recovery Walks! celebrates 16 years of recovery and efforts to end the stigma around drug and alcohol addiction. The Honor Guard, individuals with more than ten years of sobriety, will lead over 25,000 supporters through Philadelphia's historic Old City to Penn's Landing Great Plaza. [Register for Team DBHIDS](#), [purchase a t-shirt](#), and [donate](#) today.



National Suicide Prevention Week Is Sept. 10-16

DBHIDS joins the International Association for Suicide Prevention, the World Health Organization, and the World Federation for Mental Health, in recognition of Suicide Prevention Day. This year's theme is "Take a Minute, Change a Life," and will focus on raising awareness that suicide is a major preventable cause of premature death on a global level.

As a kickoff to the upcoming Out of the Darkness Walk, DBHIDS is welcoming [Kevin Hines](#) to speak at the *Rally to Eradicate Suicide* on Friday, September 29. This is a great opportunity to learn more about Kevin Hines' inspirational story, how you can identify signs of those who may be at risk and what you can do to save the lives of those you love. [Register now for the rally.](#)

Please join team DBHIDS, the American Foundation for Suicide Prevention, friends, family and neighbors as we walk to eradicate suicide in Philadelphia and across our nation on Oct. 1. [Register here.](#)

Follow [@HealthyMindsPHL](#) and [@PhillyMHFA](#) on Twitter this week for warning signs of suicide and how to bring up conversations so you can check in with friends, family, and colleagues.

Sept. 29: [Rally to Eradicate Suicide: A Talk with Kevin Hines](#)

Oct. 1: Philadelphia [Out of the Darkness Walk](#) to Prevent Suicide



Peace Day and Global Migration

DBHIDS' Immigrant Affairs and Language Access Services and Engaging Males of Color have partnered with external stakeholders for a series of events this month. Learn about the lives of immigrants who came to Philadelphia from around the world and how our city and local organizations are addressing their unique needs and contributions. For more information or to participate click the links below or contact [Rorng Sorn](#).

September 14: [Refugee and Immigrant Workforce Rights Workshop](#)

September 19: [Global Migration Crises, Local Solutions](#)

September 21: [Philly Peace Day](#)

September 22: [Bringing Mindfulness into Everyday Life](#)

Visit PeaceDayPhilly.org/events for more Peace Day Philly and Philadelphia Welcoming Week events the week of September 17 - 23.

Points of Transformation Awards

Thursday, Sept. 28

10 a.m. – 12 p.m.

Community Behavioral Health, 801 Market Street, 11th Floor, Room 1154

The Philadelphia Intellectual disAbility Services' Public Awareness Committee will host its 17th annual Points of Transformation Awards. We invite you to celebrate the accomplishments of those who have committed their careers to supporting people with an intellectual disability.

For more information, email [Wendy Williams](#).

Examining the Role of Faith & Culture in Immigrant Communities

Tuesday, October 3

12 – 1:30 p.m.

DBHIDS, 1101 Market Street, 8th Floor, HCO Training Room

This Lunch and Learn event will address stressors and cultural beliefs that may contribute to mental health disorders and influence behaviors.

Carol Bangura will lead a discussion about immigrant communities and their relation to SAMSHA's Eight Dimensions of Wellness. Register [here](#).



To have information about your area included in the September 2017 issue of *At Your Best: DBHIDS News*, please [email us](#) by **Wednesday, September 20**. If you have questions about this publication or ideas for future issues, please contact [Monica Lewis-Wilborn](#) at 215-685-5475.

For DBHIDS resources visit bit.ly/DBHIDSResources
[DBHIDS Team Highlights Archive](#)