



Congratulations to our Mental Health First Aid Team for facilitating Mental Health First Aid trainings for more than 25,000 people.

DBHIDS Staff Make MLK, Jr. Day of Service a Day On

DBHIDS continued its tradition of community service during the Greater Philadelphia 23rd annual Martin Luther King Day of Service on Jan. 15 at Girard College. Members of the DBHIDS Planning and Innovation division, including Deputy Commissioner Roland Lamb and Special Advisor Anthony McLaughlin, joined thousands of Philadelphians with over 150 projects, workshops, trainings, job fairs, and other events.

DBHIDS Joins City Leaders at Local Summit

El Barrio Es Nuestro (The Neighborhood Is Ours) Year Summit was held Jan. 20 at the [The Salvation Army Philadelphia Tabernacle Corps Community Center](#). DBHIDS, the City Managing Director's Office, community members, elected officials, and the Drug Enforcement Administration gathered to address the needs of the Fairhill and West Kensington communities. The summit provided a recap of efforts made in 2017 and information on new initiatives for 2018. Joanna Otero-Cruz, Deputy Managing Director Community Services, stated the focus will remain on community engagement to address the prescription opioid epidemic, the impact on homelessness, and overall quality of life. The community meeting included a presentation on the opioid epidemic, homelessness, community safety, and engagements

followed by breakout sessions on Narcan®, Philly311, and Fire Prevention. For more information contact [Iris Lozada](#).

Recovery Idol Returns: Now Seeking Participants for 2018 Competition

The Philadelphia Recovery Coalition invites you to witness recovery in action at each round of this year's competition. Recovery Idol is a one-of-a-kind musical competition showcasing individuals who demonstrate resiliency through recovery. The deadline to enter the competition is Feb. 28. [Click here](#) for more details, photos, and a schedule of upcoming events. For more information, contact [Derrick Ford](#).

Homeless Outreach Volunteers Wanted

DBHIDS staff are very involved with outreach efforts to support individuals who are experiencing homelessness. As always, extra hands are needed to carry out this important work to help improve the lives of the communities and peoples that we serve!

The **Winter Volunteer Orientation** is scheduled for 6 p.m. on Wednesday, Feb. 21, at Project HOME, located at [1515 Fairmount Avenue, Philadelphia, PA 19130](#). If you are unable to attend an orientation in person, please contact Volunteer Coordinator [Taylor Chenevert](#). During the one-hour Volunteer Orientation, you will learn more about Project HOME and all the great ways you can get involved with our work.

Additional 2018 Orientation dates:

April 25, 6 – 7 p.m.

July 25, 6-7 p.m.

October 24, 6 – 7 p.m.

To view current volunteer opportunities, please visit projecthome.volunteerhub.com. All volunteer opportunities will appear as Reserved on the portal until you receive a "Join Code." Please note that you will be unable to sign up for volunteer opportunities if you do not have a "Join Code." To receive the "Join Code" to unlock volunteer opportunities, you must attend a General Volunteer Orientation meeting once (there will be four throughout the year). After completing the General Volunteer Orientation, you will receive the "Join Code," which will unlock and enable you to sign up for any available volunteer events within the Project HOME community. If you have already attended a Volunteer Orientation with Project HOME in the past, you do not have to re-attend volunteer orientation. Please contact Taylor Chenevert, Volunteer and In-Kind Gifts Coordinator, directly at vcoordinator@projecthome.org with the subject line "Volunteer Orientation" and you will receive a "Join Code" so that you may continue volunteering.

Individuals interested in volunteering at the new Hub of Hope, must attend a special Hub of Hope Orientation to receive the Hub of Hope “Join Code.” Please contact Hospitality Coordinator [Emily Hopkins](#).

Peer Culture and Community Inclusion Welcomes Nerissa Mixon



There's a new face at DBHIDS! Nerrissa Mixon is joining the Planning and Innovation division of DBHIDS as Program Analysis Supervisor in the Peer Culture and Community Inclusion (PCCI) unit. Nerrissa brings over 30 years of experience working in behavioral health systems.

In her new role Nerissa, will be responsible for supporting the development and implementation of a variety of peer-related initiatives including, Certified Peer Specialist training, Recovery Advocates, and peer technical assistance. Nerrissa is located at 1101 Market Street on the 7th Floor. Please be sure to stop by and welcome her to the family!

City Announces Progress on Opioid Task Force Recommendations¹

On Tuesday, Jan. 23, Philadelphia officials provided status updates to The Mayor’s Drug and Alcohol Executive Commission of the 18 recommendations made by The Mayor’s Task Force to Combat the Opioid Epidemic in May 2017 during a press conference at the Municipal Services Building. Led by the Philadelphia Department of Public Health and the Department of Behavioral Health and Intellectual disAbility Services, the City is currently implementing many of the recommendations presented by the Task Force.

These include, but are not limited to:

- Increasing outreach and access to [Medication-Assisted Treatment](#)
- Developing “warm hand-offs” from Emergency Departments and the EMS system so that someone whose recent overdose was reversed with Narcan is connected as quickly as possible to treatment
- Distributing the opioid overdose antidote naloxone to first responders, people who use drugs and community members as well as overdose rescue training
- Providing “low-barrier” housing options that do not require sobriety
- Working with residents to mitigate the quality of life issues that have arisen in neighborhoods close to the epicenter of the opioid epidemic

During the January 23rd press conference City officials also announced that the City would be encouraging private-sector development for the opening of one or more **Comprehensive User Engagement Sites (CUES)** for individuals experiencing a substance use disorder related to opioids. CUES are risk mitigating environments that allow persons who are injecting an

opportunity to receive assistance and access to health care and treatment for substance use disorders; a setting in which essential services are provided to reduce substance use, the harms associated with substance use, and fatal overdose.

The development by a private-sector entity of one or more CUES is a harm reduction strategy, and taken together with multiple other strategies will move the City forward in addressing the opioid crisis by saving lives and reducing the public disorder caused by open air drug use. For more information on the Task Force recommendations, visit phila.gov/opioids.

Volunteers Needed for Brighter Futures Awards

Help us celebrate the 26th anniversary of *My City, My Place Brighter Futures Awards* by volunteering on March 21. This annual event acknowledges community members who exemplify the Intellectual disAbility Services motto: It's All About Community! The celebration will be held at the Sheraton Philadelphia Downtown from 8:30 a.m. to 12:00 p.m. All volunteers will receive free admission. Please contact [Wendy Williams](#) to sign up.

Dana Careless Transitions to New Role



Dana Careless, former Director of Health Promotion, has been selected as the Executive Coordinator of Operations and Leadership. In this new role, she will work closely with the Executive Management Team to develop internal policies and protocols, provide support on employee retention and succession planning initiatives, and assist with operational and strategic planning on internal and external projects and initiatives.

February is National Heart Health Month

Join DBHIDS as we celebrate Heart Health Month to raise awareness about women and heart disease. Heart disease is the leading cause of death for men and women in the United States, causing one in four deaths each year. [Click here](#) for more information on women and heart disease.

Throughout the month of February, we'll provide tips and information to help you and the ones you love lead happier, heart healthy lives.

Narcan Trainings Return for 2018

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.

Narcan Overdose Prevention Training participants will learn, harm-reduction approaches, protocols for effectively administering naloxone (Narcan), and the importance of the Good Samaritan Act 139 and the Commonwealth of Pennsylvania's Standing Order for Naloxone (Narcan). [Click here](#) for more information.

Immigrant Affairs Research Presentation by Carol Bangura

Join us for Carol Bangura's research presentation on Thursday, Feb. 15, at 1 p.m., in the OAS Conference Room, located on the 8th floor of 1101 Market Street.

Carol is a research fellow for DBHIDS's Planning and Innovation's Immigrant Affairs and Language Access Services Unit. In the last 15 months, Carol has conducted research and helped develop a language access e-course and Mental Health First Aid training for immigrants and refugees. At her presentation, Carol will share her research findings and recommendations for the Department.

This year, Carol will receive a doctoral degree in public health from Neumann University. The work she has completed will be a great benefit for the city, particularly for the immigrant communities.

Please join us as we celebrate Carol's achievement.

Inaugural Mind Your Holidays Generates Positive Response

Last month, Health Promotion closed their awareness campaign, Mind Your Holidays! This initiative was designed to encourage people to take the time to check-in on those around them who might be facing difficulties during the holiday season, as well as get a "[Check-Up from the Neck Up](#)" for themselves as needed. Health Promotion thanks everyone for their participation and eagerly announces that during the Mind Your Holidays campaign (Nov. 22, 2017, through Jan. 8, 2018) and in-person event (Dec. 15, 2017), 22 individuals received a behavioral health screening, over 100 individuals were engaged during the event, six were connected to services via Homeless Outreach Support and Acute Services, and over 100 individuals pledged to check-in during the event and online! In addition to our outreach efforts, Philadelphia City Council officially recognized Dec. 15 as Mind Your Holidays Day! It is through these initiatives that we strive to continue supporting wellness for all Philadelphians!

UPCOMING EVENTS

Network of Neighbors Responding to Violence Lunch & Learn

Thursday, Feb. 15, 12 – 1 p.m.

Community Behavioral Health, 801 Market Street, Philadelphia, PA 19107

The Network of Neighbors Responding to Violence (NNRV) invites you to a Lunch and Learn to inform the DBHIDS community and its organizational partners about the NNRV's activities over the past year and its plans for 2018. Attendees will get an overview of the program's objectives, its structure, and how they can join the effort to support communities across Philadelphia impacted by trauma and violence. To register [click here](#).

Community Engagement Workshop

Friday, Feb. 16, 10 a.m. - 12 p.m.

Community Behavioral Health, 801 Market Street, Philadelphia, PA 19107

The Community Based Development Services Unit is hosting a community engagement workshop. Staff who host DBHIDS resource tables or attend community events are strongly encouraged to sign up. This workshop is mandatory for future participation. Light Refreshments will be served. [Click here to register](#).

Narcan: Opioid Overdose Prevention Training

Wednesday, Feb. 21, 10 a.m. - 12 p.m.

Community Behavioral Health, 801 Market Street, Philadelphia, PA 19107

To increase awareness and enhance overall knowledge of the opioid epidemic's impact on our region, DBHIDS is offering monthly lifesaving Naloxone (Narcan) Overdose Prevention and Rescue Training. For more information contact [Pam McClenton](#).

Women's Health Lunch & Learn

Wednesday, Feb. 21, 12 - 2 p.m.

1101 Market Street, 7th Floor, Main Conference Room, Philadelphia, PA 19107

In celebration of Heart Awareness Month, DBHIDS' Faith and Spiritual Affairs has partnered with the Philadelphia Department of Public Health to sponsor an open discussion for DBHIDS staff on women's health. Bring your lunch to this health presentation lead by Dr. Asta Mehta, obstetrician/gynecologist with Pennsylvania Hospital. This Lunch and Learn will provide simple tips to increase awareness around women's health, and provide tips on how to maintain a healthy lifestyle. To register [click here](#). For more information contact [Mary L. Harper](#).

February Is...

[Heart Health Month](#)

DBHIDS IN THE NEWS

Billy Penn: [Philly will 'actively encourage' a safe-injection site](#)

Philly.com: [Philadelphia sues opioid drugmakers over role in 'public health nightmare'](#)

NPR: [Could Prescription Heroin And Safe Injection Sites Slow The Opioid Crisis?](#)



To have information about your area included in the March 2018 issue of At Your Best: DBHIDS News, please email us by **Wednesday, February 21**. If you have questions about this publication or ideas for future issues, please contact [Monica Lewis-Wilborn](#) at 215-685-5475.

Need help planning and promoting an event/awareness day? [Start Here](#). To request a Recovery Advocate's assistance [click here](#).

Take a behavioral health screening, register for Mental Health First Aid training or invite DBHIDS to a community event at [HealthyMindsPhilly.org](#).

For DBHIDS resources, like brochures and our resource guide, visit [DBHIDS.org/contact/resources](#).

[DBHIDS Team Highlights Archive](#)
