



Pennsylvania State Rep. Stephen Kinsey (201st Legislative District) presented a special award to DBHIDS for its work on promoting the resiliency of individuals living with intellectual disabilities during the Points of Transformation Awards event last fall.

Celebrating the Abilities of All

On Wednesday, March 21, our dedicated and caring staff within the [Intellectual disAbility Services unit](#) will hold the **26th annual My City, My Place Brighter Futures Awards**, a daylong event where the success and resiliency of those living with intellectual disabilities will be recognized. This year's event theme is, "Transitions: Steps in a Meaningful Life," and will consist of panel discussions, workshops, and an awards luncheon. The event will also feature a keynote address by Lisa Tesler, director of PA Family Network. A variety of individuals and organizations have been nominated for Brighter Future Awards that will be presented during the luncheon. Nominees include the Jewish Relief Agency, the School District of Philadelphia, Olney Charter High School, ACME Markets and the Philadelphia Eagles. For information on how you can attend this event, please email IDS' Public Awareness and ChildFind Coordinator [Wendy Williams](#) or call 215-685-4680.

This month marks the 31st anniversary of the very first **National Intellectual Disabilities Awareness Month**. In his proclamation designating the month as such, President Ronald Reagan invited "all individuals, agencies, and organizations ... to observe this month with appropriate observances and activities directed toward increasing public awareness of the needs and the potential of Americans with [intellectual] disabilities. The proclamation which states, "For many of these people with developmental disabilities there is now the prospect of a brighter future and greater opportunity. Americans are becoming increasingly aware that such disabilities need not keep individuals from realizing their full potential in school, at work

or at home, as members of their families and of their communities.” When President Reagan signed the proclamation in 1987 the estimation of the number of individuals in the U.S. with developmental disabilities was 4 million. Today, it is estimated that there are more than 7 million individuals with intellectual and/or developmental disabilities in the U.S.

Have the Conversation: Increasing Awareness Around Gambling Addictions

In 2017, Pennsylvania Gov. Tom Wolf issued a proclamation declaring March as Problem Gambling Awareness Month (PGAM). DBHIDS and the Commonwealth have recognized with the increased accessibility to and online advertisement of gambling, there is an increased risk of addiction. One of the biggest challenges is that gambling has become more socially acceptable in workplace and classroom settings. Prevention and treatment services are needed to support individuals either affected or at risk of gambling addiction.

Problem gambling is a public health concern that impacts Pennsylvanians of all ages, races, and ethnic backgrounds. Therefore, it’s important that we advocate for prevention and treatment services addressing concerns related to problem gambling not only during PGAM but all year long.

If you or someone you know has a gambling problem, call the anonymous hotline, 800-GAMBLER. For further information for resources, list of trainings, and services please visit the [Council on Compulsive Gambling of PA, Inc.](#) or the [National Council on Problem Gambling](#) online.

A New Face in Immigrant Affairs and Language Access Services

The [Immigrant Affairs and Language Access Services Unit](#) is proud to welcome intern **Reem AlRabiah**, a third-year psychology major at the University of Pennsylvania. Reem has been passionate about behavioral health since she was a young child growing up Riyadh, Saudi Arabia. Her interests in the psychology of trauma and war brought her to work in the refugee camps of Lesbos, Greece. Her passion for this work moved her to help establish Penn Undergraduates for Refugee Empowerment, a refugee and immigrant advocacy group. Reem will assist and support the unit with community engagement, research and assessment, and development of resource and information for immigrant communities. She is located at 1101 Market Street on the eighth floor and can be reached at Reem.AlRabiah@phila.gov or 215-685-5449. Please stop by and welcome Reem to the family!

DBHIDS IN THE NEWS

The Philadelphia Citizen: [Everything You Need to Know About Safe Injection Sites](#)

Billy Penn: [Why a North Philly Meeting About Injection Sites Erupted Into a Shouting Match](#)
6 ABC: [Are Folks Becoming Desensitized to Mass Shootings](#)
The Inquirer: [Philly's Approach to Opioids Must Be Different](#)

March is...

[Women's History Month](#)
[Gambling Awareness Month](#)
[Developmental disAbilities Awareness Month](#)

UPCOMING EVENTS

LifeSharing: Meet and Greet

Friday, March 9

1 – 3 p.m.

Partnership for Community Supports, 9360 Ashton Road, Philadelphia, PA 19114

LifeSharing is an alternative living arrangement that places Philadelphians with intellectual disabilities in a caring family household designed to provide a supportive environment, facilitate community integration, and individual enrichment. Meet LifeSharing provider agencies including, Barberm BARC, Catholic Social Services, Elwyn, Horizon House, Ken-Crest, PA Mentor Network, and SPIN. For more information or to register, contact [Cheryl Armbrister](#) or call 215-685-4931.

The Philadelphia Autism Project Art Exhibit

Monday, March 12 - Tuesday, March 27

9 a.m. – 5 p.m.

Philadelphia City Hall, 4th and 5th Floors

The Philadelphia Autism Project housed at the A.J. Drexel Autism Institute will be hosting an art exhibit at Philadelphia City Hall to highlight individual experiences of Philadelphia and what this city means to them. The art show is also an opportunity to increase autism awareness and celebrate neurodiversity. This Art in City Hall exhibit - Philadelphia: A Spectrum of Experiences will be hosted in collaboration with the Department of Behavioral Health and Intellectual disAbilities Services (DBHIDS) through Community Behavioral Health (CBH), the Office of Councilman-At-Large Derek Green, and the City of Philadelphia's Office of Arts, Culture & the Creative Economy.

For more information about the Philadelphia Autism Project visit:

www.phillyautismproject.org, [Facebook](#), and [Twitter](#).

Information Services Academy Series

Wednesday, March 14, 1:30 p.m., 801 Market St, CBH 11th Floor 1154B

Friday, March 16, 10:00 a.m., 801 Market St, CBH 11th Floor 1154B

Wednesday, March 21, 1:30 a.m., 1101 Market St, 7th Floor Main Conference Room

The 2018 Information Service Academy series, consisting of three different sessions:

- Data Governance Framework (DGF) Strategic Plan – Principles and Goals
- DGF Implementation Plan – Roles and Responsibilities
- DBHIDS Information Architecture – Using Our Data Resources

Each presentation is 90 minutes (75-minute presentation and 15-minute Q&A session) and will be presented multiple times at various locations throughout the Department. While each presentation builds upon the earlier session(s), you do not have to attend all three or even in order. See the attached PDF for more information. To reserve your seat, email [Sonyata Griffin](#).

Communications Champions Meeting

Thursday, March, 15

12 – 1 p.m.

Intellectual disAbility Services, 701 Market Street, Philadelphia, PA 19107

Join the Communications Champions for a dynamic, hands-on, assistive technology devices event. Kathryn Helland of the Temple University Institute on Disabilities, will give a demonstration. Bring your lunch and come prepared for a brainstorming session. For more information call 215-685-4631 or email [Cheryl Armbrister](#).

26th Annual My City, My Place, Brighter Futures Awards

Wednesday, March 21

8 a.m. – 2 p.m.

Sheraton Hotel - Philadelphia Downtown, 201 N. 17th St., Philadelphia, PA 19103

Help Intellectual disAbility Services celebrate 26 years of honoring community members who make a difference in the lives of others. This year's theme is, "Transitions: Steps in a Meaningful Life." The day will be full of activities, including panel discussions, entertainment, an awards ceremony and a keynote address from Lisa Tesler, Director of PA Family Network. To register, email [Wendy Williams](#).

Network of Neighbors Responding to Violence Lunch and Learn

Thursday, March 21 and 23

8:30 a.m. – 1 p.m.

Community Behavioral Health, 801 Market St., Philadelphia, PA 19107

This two-and-a-half-day training will equip attendees to support individuals and communities after incidents of violence and trauma and help them learn how they can sign up as trauma responders with the Network of Neighbors Responding to Violence program. The training is open to anybody but we are looking primarily for community leaders to attend the training. There is limited space available for DBHIDS employees. To register email [Yolanda Hughes](#).



To have information about your area included in the April 2018 issue of ***At Your Best: DBHIDS News***, please email us by Wednesday, March 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](#)