



There were smiles on many faces at the 2018 Brighter Futures Awards. Pictured, from left to right, are Commissioner David T. Jones, Loraine Ballard Morrill, Denise Taylor-Patterson, Mayor James Kenny, Thad Campbell, Wendy Williams, State Rep. Stephen Kinsey.

Living a Meaningful Life: 2018 Brighter Futures Awards Celebration

An unexpected snowstorm couldn't stop our [Intellectual disAbility Services](#) division from sharing the accomplishments of children and adults living with intellectual disabilities or recognizing businesses and organizations that support our work. More than 500 people gathered for the **26th annual Brighter Futures Awards and Celebration** on March 28, a week after the postponement of the original date due to the City of Philadelphia closing because of inclement weather.

The event, once again taking place at the Sheraton Philadelphia Downtown, included a keynote address by Lisa Tesler, director of the PA Family Network for Vision for Equality, a series of workshops addressing the ways in which youth are transitioning to meaningful lives, especially in the areas of education and employment.

During the awards luncheon, guests heard from leaders such as Mayor James Kenney, Philadelphia City Councilman At-Large Derek Green, and Pennsylvania State Rep. Stephen Kinsey before emcee and radio personality Loraine Ballard Morrill presented awards to individuals and organizations whose work supports people throughout the intellectual disability community through advocacy and engaging programs. For photos of the event, [Click here](#).

Continuing the Conversation: City Leaders to Host Forums on Response to the Opioid Crisis

In response to the opioid epidemic that caused an estimated 1,200 deaths in 2017, the Mayor's Task Force to Combat the Opioid Epidemic in Philadelphia began implementing recommendations designed to save lives and educate people about the dangers of opioids. Last month, a series of community meetings were held for residents to learn more about the city's work, how the city is implementing the recommendations, and how the City will work to decrease overdose deaths through its support of Comprehensive User Engagement Sites (CUES). The conversations about CUES and other strategies to end what has become a public health crisis will continue this month with additional community conversations. The following is a list of upcoming events:

Tuesday, APRIL 24

6:30 - 8:00 p.m.

Community Center at Visitation
2646 Kensington Ave.
Philadelphia, PA 19125

Thursday, APRIL 26

6:30 - 8:00 p.m.

Kirkbride Center
111 N. 49th St., Auditorium
Philadelphia, PA 19139

Parking: Market & Haverford on 49th Street

Monday, APRIL 30

6:30 - 8:00 p.m.

South Philadelphia High School
2101 S Broad St.
Philadelphia, PA 19148

This is an excellent way for the public to hear directly from city leaders about the work that is taking place to make communities throughout Philadelphia and the people who live in them healthy and strong. [Register now](#) and be sure to [share this information](#) with people in your network.



Rippling Moon Mural Places Spotlight on Trauma-Informed Care

DBHIDS leaders were joined by Mayor James Kenney and others for the dedication of the Porch Light program's latest project, ***Rippling Moon: An Urban Fairytale*** on Tuesday, April 10. The mural, located at the Children's Crisis Treatment Center on the border of the Northern Liberties and Fishtown

neighborhoods at 1080 Delaware Avenue, highlights how healing can begin with a single point of focus, and then ripple through a community. The project, created by renowned artist Meg Saligman, is a part of DBHIDS' Porch Light partnership with Mural Arts Philadelphia. Porch Light's mission is to address issues of behavioral health and wellness through the creation and installation of public art. The mural design is centered on key principles of trauma-informed care. It illustrates how youth and families experiencing trauma can be empowered to explore the collective power of imagination and creativity to build an open network of support. This mural shows how public art and trauma-informed care can intersect, advancing the goal to make Philadelphia a trauma-informed city.

Rippling Moon is part of a yearlong initiative for DBHIDS to educate the public about trauma and resilience. The project featured four town halls about trauma for the medical community, faith-based groups, arts educators, millennials, and more, on how to approach their work with better tools and strong awareness around these issues. The mural was the centerpiece of a project that integrated theatrical and visual storytelling into the mural-making process. Theater-based workshops for children and their families, as well as performances, fostered additional opportunities for learning and support. For more information about the Porch Light program, please contact [Anthony McLaughlin](#).



A New Face in Trauma Transformation

The [Trauma Transformation Unit](#) is proud to welcome intern Louis Klein, a graduate student and research assistant at Temple University. Before starting his studies at Temple and work as a research specialist at the school's Collaborative on Community Inclusion, Louis was a research assistant at the College of New Jersey. Louis is expected to earn his master's of public health in epidemiology later this year. His goal is to use social determinants of trafficking to gain a more complete understanding of how to approach and aid human-trafficking issues in Philadelphia. In his spare time, Louis enjoys music, running, and strategy games like chess.

During his internship here, Louis will assist with developing strategies and conclusions regarding human trafficking prevention and support and create and identify sources of data. He is located at 1101 Market Street on the eighth floor and can be reached at Louis.Klein@phila.gov or 215-685-5490. Please stop by and welcome Louis to our team.

Caring for Every Child's Mental Health

Each year, National Children's Mental Health Awareness Day seeks to raise awareness about the importance of children's mental health and show that positive mental health is essential to a child's healthy development. On **May 9**, DBHIDS will partner with the School District of Philadelphia to host an event to educate and inspire parents and providers who aim to see that all children receive the care and support needed to live healthy lives and succeed in school.

The event, **Caring for Every Child's Mental Health**, will take place at the School District of Philadelphia's headquarters at 440 N. Broad St. from 12-2 p.m. It will feature a panel discussion and resource tables and allow participants to hear from leaders in education, healthcare, and local government. The following day, DBHIDS will host a youth-focused event at Thomas Paine Plaza outside of the Municipal Services Building at 14th Street and JFK Boulevard. This event, taking place from 3-5 p.m. will feature spoken word artists, a DJ and other speakers to help young people learn how to best address their mental health as well as the mental health of their peers.

To volunteer for either event, [click here](#). For more information, contact [Deborah Ferrell](#).

DBHIDS Wants You on the Ride for Recovery

DBHIDS has partnered with Indego, Bicycle Coalition of Greater Philadelphia, the Strawberry Mansion Community Development Corporation, and others to host the inaugural **Recovery in Motion**, a 4.3-mile bike ride designed to raise awareness of support for those in recovery on **Saturday, May 5**, at 10 a.m.

The ride, which will start and end at the Dell Music Center, will have several stops along the course - the Hank Gathers Recreation Center, 22nd Police District headquarters, and Martin Luther King, Jr. Recreation Center. There are a limited number of Indego bikes available for those who wish to use them, but participants are strongly encouraged to have their own bikes. Register now! For additional information, please contact contact Derrick Ford or [visit Recovery in Motion's page on DBHIDS.org](#).

May Is Mental Health Awareness Month

One in five Americans is affected by mental health conditions. Stigma is toxic to their mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. The perception of mental illness won't change unless we act to change it. Here's some good news – stigma is 100% curable. Compassion, empathy, and education are the antidote. Spread the cure, join DBHIDS and [National Alliance](#)

[on Mental Illness](#). Together we can [#CureStigma](#). [Click here](#) for information on events taking place throughout Philadelphia for Mental Health Awareness Month.

DBHIDS IN THE NEWS

NBC 10: [Problem Gambling Awareness Month](#), Tamika Harvey, DBHIDS Gambling Coordinator

Philadelphia Tribune: [Opioids killing more Philly black than guns](#)

Philadelphia Tribune: [Safe injection site to get airing in Philly neighborhood most scarred by opioids](#)

Philadelphia Tribune: [I got trained to administer Narcan and so should you](#)

YouTube: [Flyers honor Anthony Cunningham of KenCrest Services as their latest Community Team Mate](#)

BillyPenn: [Kensington forum on opioids packs the house, but avoids fiery debate](#)

APRIL IS...

[Alcohol Awareness Month](#)

[Autism Awareness Month](#)

UPCOMING EVENTS

Narcan Overdose Training

Wednesday, April 18, 10:00 a.m. - 12:00 p.m.

Community Behavioral Health, 801 Market St., 7th Floor Conference Room, Phila., PA 19107

Join the Philadelphia Department of Behavioral health and Intellectual disAbility Services for an informative session and learn how to become an ambassador for overdose prevention methods. Adults and high school students are invited to learn harm-reduction approaches, high-risk behaviors, protocols for administering overdose prevention medication, the Good Samaritan Act 139, and Pennsylvania's Standing Order for Naloxone. To register [click here](#).

BEyond Expectations: Women of Color

Saturday, April 21, 5 – 7 p.m.

African American Museum in Philadelphia, 701 Arch St., Phila., PA 19106

DBHIDS' Engaging Males of Color (EMOC), in conjunction with First Person Arts and the African American Museum in Philadelphia, invite you to join us for an intimate and impactful **Beyond Expectations: "Women of Color."** During this event, women of color from various

backgrounds will share powerful stories about their lives and relationships with men of color. Presenters include Aja Dantzer, one half of the music group Kindred the Family Soul, WURD 900 AM personality Stephanie Reene, and Nikki Lopez, executive director of Galaei, a social justice organization focusing on queer Latina social justice. This is a FREE event you won't want to miss! For more information, contact EMOC Coordinator [Gabriel Bryant](#).

Health and Information Fair

Saturday, April 21, 9:30 a.m. – 2:00 p.m.

St. John Neumann Center, 1019 N 5th St., Phila., PA 19123

Join the Philadelphia Corporation for Aging for a health and information fair for the aging and immigrant populations. The event will include lunch and information on Medicare updates, affordable housing, and Alzheimer's diseases. For more information, call Dr. Rivera at 610-888-6905 or Purita Acosta at 215-500-1868

12th Annual Faith & Spiritual Affairs Conference

Friday, April 28, 8 a.m. – 3 p.m.

Pennsylvania Convention Center, 1300 Arch St., First Floor, Phila., PA 19107

The Department of Behavioral Health and Intellectual disAbility Services' Planning and Innovation Unit invites you to register for the 12th Annual Faith & Spiritual Affairs Conference, "Thriving Together: Children, Families and Community!"

This year, the conference aims to increase awareness of programs and services for children, families and communities in Philadelphia to support their ability to thrive in the areas of behavioral health, trauma-based services, respite care, health care, education, access to healthy food and community programs. Workshops will be facilitated by subject-matter experts in traditional and non-traditional services for children, youth, and adolescents. We'll also feature a Youth Mental Health First Aid training! The conference will demonstrate how community sectors can work together effectively to achieve better outcomes for families and communities while cultivating a faith and/or spiritual life. [Click here to register](#).

Family Recognition Celebration Luncheon

Saturday, April 28, 12 – 3 p.m.

Community Behavioral Health, 801 Market St., Room 1154A, Phila., PA 19107

This annual event brings together family members to honor their caring and leadership efforts, provide information and resources, and offer an opportunity for attendees to meet other families and advocates. The primary objective is to help people learn more about family inclusive efforts in Philadelphia. The Family Resource Network is a program that promotes

support and education to family members who support a loved one with mental health and/or addiction. [RSVP by Friday, April 20](#). Children under 16 are not allowed to attend.

Philly Black Pride: Power Hour Luncheon

Thursday, April 26, 2 - 4 p.m.

African American Museum in Philadelphia, 701 Arch St., Phila., PA 19106

DBHIDS supports the largest mobilization of LGBTQIA people of color in the Commonwealth of Pennsylvania. Join DBHIDS as we celebrate the purpose and power of Black Pride. This luncheon will explore local and national initiatives addressing the rates of HIV and connected social determinants for Black gay, bisexual, trans, same-gender loving men in Philadelphia. Presenter include: AIDS Healthcare Foundation, Impulse Group, and the University of Pennsylvania. For more information about [Philly Black Pride events](#) contact [Lee Thomas](#).

Changing the Conversation: Engaging Communities in Improving Outcomes for Individuals with Disabilities

Wednesday, May 2, 9:30 a.m. – 12:00 p.m.

Temple University, The Underground Student Center, 1755 N. 13th St., Phila., PA 19122

A “community conversation” is a unique, asset-based approach for engaging a cross-section of diverse citizens—including people from both within and (especially) beyond the service system—in making local change. This workshop is presented by Erik Carter, PhD, Cornelius Vanderbilt Professor of Special Education. For more information and registration, [click here](#).



To have information about your area included in the May 2018 issue of At Your Best: DBHIDS News, please email us by Wednesday, April 25. 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](#)