



Parents and caregivers receive helpful information on how to identify and support children with behavioral health challenges during “Caring for Every Child’s Mental Health,” our National Children’s Mental Health Awareness event.

## **DBHIDS, School District of Philadelphia Partner to Place a Spotlight on Children’s Mental Health**

On Wednesday, May 9, the Department of Behavioral Health and Intellectual disAbility Services partnered with the School District of Philadelphia to host a panel discussion aimed to inform parents and caregivers about children’s mental health. **“Caring for Every Child’s Mental Health,”** was the first of DBHIDS’ two-day observance of National Children’s Mental Health Day, a day in which a national spotlight is placed on the importance of caring for every child’s mental health and reinforces that positive mental health is essential to a child’s healthy development. This year’s national observance focuses on the importance of an integrated health approach to supporting children, youth, and young adults with serious emotional disturbance who have experienced trauma. Our event, which was held at the School District of Philadelphia headquarters at 440 N. Broad Street, brought together a panel of experts who support the behavioral health of children in schools and within our communities. Moderated by **iHeartMedia Philadelphia personality Loraine Ballard Morrill**, the event featured **Iesha Brown-Pygatt**, Director of Trauma-Informed School Practices with the School District of Philadelphia; **Lauren DellaCava**, Clinical Director for Children’s Services at Community Behavioral Health (CBH); **Leonia Johnson**, Youth Public Health Program Analyst for DBHIDS’ Mental Health First Aid (MHFA) unit; **Aaron Kittreles**, a youth advocate with DBHIDS’ YouthMove initiative; **Serge Levin**, Emergency Services Coordinator for DBHIDS; and **Susan Yackel**, Program Analyst for DBHIDS’ Prevention

Unit. Prior to the panel discussion, attendees heard from our **Deputy Commissioner of Administration and Finance Dr. Jill Bowen** and **Philadelphia Mayor James Kenney**, who applauded DBHIDS for its innovative work in supporting children throughout the city.

Children's Mental Health Awareness continues **TODAY, May 10** with a rally for youth at Thomas Paine Plaza (outside the Municipal Services Building at 1401 JFK Boulevard) from 3-5 p.m. This event is designed especially for youth and will include a DJ, spoken word artists and prizes.



Dr. Jill Bowen, deputy commissioner of Administration and Finance, accepts a proclamation from Philadelphia Mayor James Kenney during the Children's Mental Health Awareness event on May 9. Representing the School District of Philadelphia is Lori Lancer Paster, deputy chief of Prevention and Intervention with the School District of Philadelphia.

## Philadelphia Phillies to Host Mental Health Awareness Night on Monday, May 21

May is National Mental Health Awareness Month and the Department of Behavioral Health and Intellectual disAbility Services is pleased to have the Philadelphia Phillies host [Mental Health Awareness Night on Monday, May 21](#), as the Phillies take on the Atlanta Braves!



Join us at Citizens Bank Park and receive information on how you, and your family, friends, and colleagues can get access to services and resources designed to help all Philadelphians have stronger emotional well-being. Since 1949, May has been observed as Mental Health Awareness Month, a time where organizations such as DBHIDS and its partners conduct many activities to increase awareness and reduce stigma associated with mental health challenges.

Studies show that approximately 18 percent of Americans are living with depression, schizophrenia, and bipolar disorder. Many mental health challenges can be avoided by

taking positive lifestyle choices in how we act and think before they can manifest. Events like Mental Health Awareness Night strive to help people combat the negative attitudes and debunk misconceptions surrounding mental illnesses.

So, [get your tickets and join us on Monday, May 21](#) as our Philadelphia Phillies take on the Atlanta Braves! We look forward to seeing you as we [#StrikeOutStigma!](#)

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## **Making a Difference Dinner Set for June 6**

On Wednesday, June 6, the Mayor's Drug and Alcohol Executive Commission and the Department of Behavioral Health and Intellectual disAbility Services will host the 21<sup>st</sup> annual Making a Difference Dinner at the Hilton Philadelphia City Avenue. The event is the commission's opportunity to publicly acknowledge the tireless efforts of organizations and individuals who work or volunteer to prevent and treat substance use challenges in Philadelphia. **Mayor James Kenney** will address attendees of the event, which will be emceed by **NBC10 reporter Harry Hairston**. The Mayor's Drug and Alcohol Executive Commission provides leadership and advocacy for the City of Philadelphia to promote recovery and reduce stigma. The Commission is dedicated to advising the Division of Behavioral Health within the Philadelphia Department of Behavioral Health and Intellectual disAbility Services (DBHIDS) on approaches to addressing substance abuse in Philadelphia. Commissioners include Chair James P. Baker, Jr.; Vice Chair Judith Porter; Jeannine Lisitski; Darlene V. Miller; George Mosee; Pascal Scoles; James Shepard; and Glenn Wilson. [Get your tickets today!](#)



Philadelphia Mayor James Kenney will deliver remarks during the 21<sup>st</sup> annual Making a Difference Dinner on June 8. NBC10 reporter Harry Hairston will serve as emcee.

## **City Leaders Continue Outreach Around Opioid Crisis Response**

Over the last few weeks, representatives from several city agencies have participated in Community Forums to make people aware of the work around the city's response to the opioid crisis. The sessions were held in several communities throughout the City of Philadelphia with the final session taking place this past Monday, May 7 at

Community Center at Visitation in Kensington. The forums were an opportunity for community members to ask questions about the work being done to save lives from opioid misuse, which accounted for more than 1,200 deaths in 2017, while giving a detailed overview of some of the city's strategies to reduce overdoses and deaths, including harm reduction efforts and support of the development of Comprehensive User Engagement Sites (CUES). For more information on the city's response to the crisis, [please click here](#).

### **DBHIDS Staffer recognized for Humanitarian Efforts**



On Saturday, April 21, Lisa J. Parks, Word Processing Specialist with DBHIDS' Financial Management Division received the United Nations Educational Scientific and Cultural Organization (UNESCO) Community Service Award at UNESCO's 2018 Education Solutions Stakeholders Awards Ceremony and Dinner in New York City. "This award re-affirms my commitment to the continuation of global and international education both spiritually and naturally, here and abroad," Ms.

Parks said on receiving the award from UNESCO, which since has worked to develop educational tools to help people live as global citizens free of hate and intolerance. By promoting cultural heritage and the equal dignity of all cultures, UNESCO strengthens bonds among cultures.

Since 2004, Lisa has worked with, and donated resources to, children in the US and Africa. Lisa, who is currently sponsoring the education of a young man in Kenya with intellectual disabilities, hopes her work will encourage recreational reading and cultural learning. Later this month, she will travel to Nigeria for the Joy of God Ministries' Royal Academy International Library dedication where she will speak at the ribbon cutting ceremony of a library in Warri, Delta State Nigeria. Congratulations, Lisa, and safe travels!

### **DBHIDS IN THE NEWS**

6 ABC: [Free overdose prevention training class offered in Philadelphia](#)

KYW News Radio: [City Event Aims To Combat Effects Of Racially Charged Incidents](#)

Tribune: [West Philly community comes together for youth trauma workshop](#)

NBC 10: [Drexel Program Aims to Prepare Autistic Students for Jobs](#)

### **Children's Mental Health Awareness media**

[CBS: Mayor Kenney spoke at District today about mental health among students](#)

[KYW: Mayor Kenney supports training educators on spotting trauma in students](#)

KYW Newsradio: [Giving parents, teachers tools to help students with mental health disorders](#)

## Upcoming Events

### Family Member Story Telling Training

Friday, May 11

10 a.m. – 3 p.m.

Pro-Act Training Center

444 N. Third Street, Suite 307

Philadelphia, PA 19123

The Department of Behavioral Health and Intellectual disAbility Services' Peer Culture and Community Inclusion Unit is hosting a training for family members of individuals who live with behavioral health challenges. Storytelling Training offers helpful tools which encourage the sharing of personal and challenging experiences to inspire others on their journey to health and wellness. Learn how to tell your story to help others in your community. [Click here for more information.](#)

### Recovery Idol Competition - Round 2

Friday, May 11

6 – 8 p.m.

Wells Recovery Center,

2432 W Lehigh Avenue

Philadelphia, PA 19132

The latest round of competitions is underway! Come out and see recovery at its best! Visit [the Recovery Idol website](#) for more details.

### Cognitive Behavioral Therapy for Medical Conditions

Monday, May 14

8:45 a.m. – 4:00 p.m.

Beck Institute for Cognitive Behavior Therapy, 1 Belmont Avenue, Suite 700

Bala Cynwyd, PA 19004

Learn how to apply Cognitive Behavioral Therapy (CBT) to clients with chronic medical conditions. Francine Broder, PsyD, a Beck Institute faculty member, will briefly review the Stages of Change model and discuss its application to chronic illness. You'll learn how to modify barriers to behavior change: by identifying clients' key values, setting goals, responding to dysfunctional beliefs, teaching skills, and solving problems. Then you'll learn specifically about the application of CBT to diabetes, obesity, and chronic pain—and interventions to promote positive health behaviors. This interactive workshop includes case discussions and experiential exercises. This workshop is a good fit for mental health and health professionals and allied health practitioners who treat patients struggling with chronic health conditions. [Click here for more](#)

[information.](#)

**BEyond Expectations: Refugee and Immigrant Males of Color**

Thursday, May 17

6:30 – 8:30 p.m.

Olney Charter High School, 100 E. Duncannon Avenue  
Philadelphia, PA 19120

Join our Engaging Males of Color (EMOC) initiative and [First Person Arts](#) for an intimate and impactful **BEyond Expectations: “Refugee and Immigrant Males of Color.”** We will be joined by keynote speaker Pedro Rodriguez, Director of the City of Philadelphia's Office of Human Resources, and storytellers from Latin American, African, Asian, and Middle Eastern countries.

This is a FREE event you won't want to miss! For more information, contact EMOC Coordinator [Gabriel Bryant](#). Register TODAY.

**Mental Health First Aid: *On Our Way to 50K* Kickoff**

Wednesday, May 30

12:30 p.m.

Kiva Auditorium – Temple University Ritter Hall Annex  
1301 Cecil B. Moore Avenue  
Philadelphia, PA 19122

Our Health Promotion Unit is on its way to training 50,000 people in Mental Health First Aid Training by 2020 and will officially kick off the campaign during a special event featuring Jordan Burnham, a young man who attempted suicide several years ago and is now a public speaker aiming to help those who may be suffering from depression. For more information, [please contact Maria Boswell.](#)

**It Takes a Team - 2nd Annual Conference on Hoarding Disorder**

Friday, June 18

8:00 a.m. - 4:15 p.m.

Community Behavioral Health  
801 Market Street (11th Floor Conference Room)  
Philadelphia, PA 19107

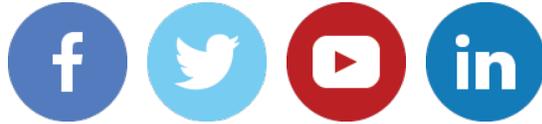
The [Philadelphia Hoarding Task Force](#) is bringing national experts to help you advocate for individuals, explore legal issues impacting hoarding disorder, address hoarding disorder as a mental health challenge, and share resources. The conference will feature two national experts, Judith Kolberg, Founder of the National Institute for Challenging Disorganization, and Jesse Edsell-Vetter, Hoarding Intervention Program Manager for the Metropolitan Boston Housing Partnership.

DBHIDS is offering free registration for a limited number of staff. Continuing Education Unit credits are available. For more information, [click here](#) or contact [Glen Bastas](#).

City of Philadelphia



DEPARTMENT of BEHAVIORAL HEALTH  
and INTELLECTUAL disABILITY SERVICES



To have information included in the June 2018 issue of At Your Best: DBHIDS News, please email us by Wednesday, May 23. 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 support or 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](http://HealthyMindsPhilly.org).  
For DBHIDS resources visit [bit.ly/DBHIDSResources](http://bit.ly/DBHIDSResources).

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