

**ALLEGHENY COUNTY COALITION FOR RECOVERY**  
**Child and Family Recovery and Resiliency Committee**  
**Minutes**  
**April 23, 2009**

**Co-Chairs:** Sherry Shaffer and Denise Weis

**Note Taker:** Meg Park

**Attendees:** Justin Austin, Nathan Eber, Debbie Ferraro, Sarah Goldstein, Rachel Kallem, Meg Park, Sherry Shaffer, Wes Sowers

**ANNOUNCEMENTS:**

- Meg is the contact person for all information that is posted on the web. Announcements for events, conferences and other recovery-oriented events plus materials for person-centered and recovery-oriented services designed for consumer/survivor, family and/or clinical staff. Please send an e-mail with details to [Margaret.Park@AlleghenyCounty.US](mailto:Margaret.Park@AlleghenyCounty.US).
- Annual PMHCA Conference is June 9 through 12 in Harrisburg

**Agenda Item 1:** Update from Rachel Kallem on Youth Panel on *Life with Bipolar Disorder*

**Committee Goal Being Addressed:** Building community understanding of recovery and mental illness.

**Discussion:** May 12 there will be a live, call-in broadcast 3:00 to 4:30 at PC-TV Cable 21 The call in number is 412-231-2288.

- Wes will be the moderator for a discussion featuring several youth. It will be a 3-part presentation/discussion. 1)Wes will explain the medical definition of the diagnosis, 2) Young people will talk about their personal experiences with the bipolar symptoms and diagnosis, 3) it will conclude with young people relating their successes with recovery
- This broadcast will explain the Bipolar Disorder diagnosis while simultaneously putting a face on this disorder by introducing several successful individuals who are in recovery. The themes to be discussed revolve around three topics: the participants' personal experiences with Bipolar Disorder, a discussion about the stigma surrounding mental illness, and will serve as a forum to share stories of recovery. It is hoped that this broadcast will show audiences that while mental illness affects many individuals, it does not stop them from leading successful lives!
- Rachel Kallem is the organizer. She is accepting people to be involved until **5/6/09**. Please call Rachel at 412-454-7157 or email her at [kallemre@ccbh.com](mailto:kallemre@ccbh.com)

Action Item	Person(s) Responsible	Target Date
Recruit more high school age youth	All committee members	5/6/09

**Agenda Item 2:** Budget Report to the SC

**Committee Goal Being Addressed:** Promoting recovery and resiliency in children and families

**Discussion:** We have a balance of \$2325. 00 for FY '08-'09

- We are planning on buying CD (PowerPoint & audio of Family and Youth panels) and their cases, plus getting printing of ACCR cards down and paying assemblers by July 1, 2009 for the end of the current fiscal year.
- For FY '09-'10 we will get more solid information for presentation expenses, We may need travel or mailing expenses which will be minimal. Greatest majority of toolkits will be presented at local meetings and conferences. (BHRS, RTF Managers' meeting, Family Based Providers' meeting, Blended Case Managers' meeting, School Based Providers' meeting, CAPS Children's Advisory Board)
- We would like to buy more coloring books

Action Item	Person(s) Responsible	Target Date
Advertising for toolkit distribution	Committee	July 2009

on various web sites & email lists		
Identify mailing options (envelops vs boxes) and costs	Sherry	May 2009
Investigate opportunities to present at Conferences & costs associated	All	May through July and beyond
AHCI Conference for families specifically	Nathan	June 2009

**Agenda Item 3:** Finalizing our PowerPoint

**Committee Goal Being Addressed:** Presenting a training tool for direct care and supervisory providers of children and family BH services

**Discussion:**

Action Item	Person(s) Responsible	Target Date
Picture of 112 year old artist, former multi-decade state hospital resident	Meg to send to Nathan to put on age span slide	April 2009
Nathan to implement changes according to committee discussion and add one song	Nathan	May 28, 2009m meeting

**Next Meeting Date, Location, and Time:**

Thursday, May 28, 2009.

We should have our usual meeting room back at the MHA 3<sup>rd</sup> floor meeting room. Please check your email and the web site calendar for confirmation in case we have a problem with the room again.

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