

# Allegheny County Coalition for Recovery

## Child and Family, Recovery & Resiliency Committee

Date: March 27, 2008

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**Co-Chair(s):** Sherry Shaffer and Denise Weis

**Note taker:** Meg Park

**Attendees:** Doreen Barkowitz, Roy Faloskey, Lindsay Gasparovich, Verna L. Johnson, Wes Sowers, Ryan Turner

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### Announcements:

1. Nominations are being accepted for the position of note-taker. Verna Johnson said she knows someone who may be interested.
2. Meg asked that everyone supply their desired contact information as the ACCR membership rolls are being updated as well as the distribution list for emailing minutes and agendas.

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**Agenda Item:** Budget issues, Fiscal years '07-'08 and '08-'09

**Committee Goal Being Addressed:** Spending the last of this fiscal year's money and goals for next year's.

### Discussion:

1. 1000 Recovery/Resiliency Crosswalk Brochures have been ordered from the printer.
2. We looked over several pages from Mary Ellen Copeland's website (<http://www.mentalhealthrecovery.com/shop/index.php>). We will be ordering 200 of the "A WRAP Workbook for Kids". The workbook is her *Wellness Recovery Action Plan* for 7 to 12 year olds. The price is \$12.00 each. These will be included in the toolkit specifically for providers of services to children and families. They will not be included in the Toolkits that we will be distributing to families and a more general audience.
3. We will order 2 copies of the "WRAP for Your Computer". The CD has two files: one is a WRAP for adults and the other is one for teens and adults who might want a simpler version of the original. The format can be printed and filled out by hand or filled out and stored on a personal computer. The age range it is intended for is 12 to 20. The price for this CD is \$19.95 each. Ms. Copeland also sells a workbook designed for the 12 to 20 year old cohort for \$24.95 called "Recovering from Depression: A Workbook for Teens. The committee is hopeful that the CD would be more helpful.
4. Doreen volunteered to research recovery workbooks for transition age youth
5. Lindsay suggested creating a pod cast version of recovery stories for youth to listen to with privacy.
6. We looked at folders to hold the tool kits and decided to get one 9X12 Black "Viewfolio" Folder with Display Window (\$2.00/ea.). This folio has and 8 ½ x 11 display window as the front. Inside pocket on one

side holds a business card and the other side hole a CD.

<http://www.jampaper.com/Folders/BlackViewfolioFolderwithDisplayWindow>

<b>Action Item</b>	<b>Person Responsible</b>	<b>Target Date</b>
Sherry will order one Viewfolio for us to see	Sherry	4/24
Order 200 WRAP workbooks for Kids and 2 WRAP for your computer	Meg	4/24
Research availability of other workbooks for recovery for transition age youth	Doreen	4/24

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**Agenda Item:** ACCR’s Consumer –Provider Collaborative project with the Child and Family Committee  
**Committee Goal Being Addressed:** Educating providers on resiliency principles and general improvement of communication between family and providers

**Discussion:**

1. Ryan announced the dialogue would be for transition age youth (16-24 roughly).
2. At the same place and time there would be a parallel dialogue with family members of transition age youth to dialogue with providers of those services. No participant will be in a dialogue with any individual from whom they receive services.
3. The two committees will work to find 8-10 youth, 8-10 adults, and 8-10 providers. This would be for 2 concurrent groups of 4 to5 youth and 4 to 5 providers in one group and 4 to 5 adults with 4 to 5 providers in the other group. Each group would have 2 facilitators.
4. Target dates for the event are in late September to the middle of October

<b>Action Item – Child and Family Committee</b>	<b>Person Responsible</b>	<b>Target Date</b>
Continue to provide support, information, planning and recruitment for C-PC	Ryan, Chris, Denise, Doreen	9/27 or 10/4 - 10/18

**Next Meeting Date, Location, and Time:** Thursday April 24, 2008 at 2:30 to 4:00 at the Mental Health America Offices at 1945 Fifth Avenue, Pittsburgh.