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The Center Connection

A Community of One



Photo credit: The Daily Star

The Catskill Center for Independence recently held a competition on Facebook for assistance with creating a new agency logo. The Center also created a flier and posted it around Oneonta including both college campuses. The grand prize for the winning logo was \$75 plus bragging rights.

Teresa Denz, a senior from Hartwick College saw the competition posted in Hartwick's Art Department and came up with the winning design. Her logo was chosen from 19 submissions.

We wanted something representing multiple disability groups. The Center works with the entire community, promoting awareness for every disability which is represented by the various ribbons. The new tag line, "Community of One" and logo capture everything CCFI does without saying a word.

CCFI wants to thank Teresa for her hard work and creativity in designing the new logo!

Students Against Destructive Decisions (SADD)



The Catskill Center for Independence is proud to partner with Otsego County Stop DWI and the Students Against Destructive Decisions (SADD) for the 2015 SADD 5K Run/Walk at the Oneonta Sr. High School April 19, 2015. The Catskill Center will bring their "Community of One" philosophy to this excellent community awareness event. In addition to the Run/Walk and Health Fair the always popular "Battle of the Belts" will take place in conjunction with the Catskill Center's Field Day Events...with fun challenges like the "Blind Waiter", "Wheelchair Basketball Shootout" and finally the "Wheelchair Relay Race". Cash and prizes will be awarded to the winning teams within these events.

The intention of the 2015 SADD 5K Run/Walk and Health Fair is to connect community; to stay active and healthy, and to support our youth in making good choices. The money raised by this event provides financial support for local SADD Chapters.

As a "Community of One" we believe that everyone is entitled to their independence, and as a community we can strive together to make it happen.



GO GREEN!

If you would prefer to stay environmentally conscious and receive your newsletter electronically, please feel free to contact us at (607) 432-8000 or send an email request to ccfi@ccfi.us.

SUCCESS

Open enrollment has been a huge success! Navigators from the Catskill Center for Independence have been assisting individuals and families enroll in an affordable health care plan since November 15, 2014. As word of our free service spreads throughout the county, we are seeing more and more people at our four locations in Schoharie County.

It is so amazing to be able to help people enroll in health care that they can afford, some for the very first time in their lives. The stories we hear and the people we meet during the course of our work only reinforce how much of a positive impact the Affordable Care Act and our Catskill Center for Independence Navigators are making in the local communities. Everyone we help tells us that they could never have navigated the web site without our help, so we know we are offering a very valuable service to our Schoharie County Consumers.

We hope to continue reaching new consumers and assisting them in finding a health care plan that meets their needs. For more information, or to schedule an appointment, please call 607-432-8000.

Debra Martin, IPA/Lead Navigator

Don't forget to check us out on:

Web: www.ccfi.us

Facebook: <https://www.facebook.com/CatskillCenter23>

Twitter: <https://twitter.com/CatskillCenter1>

YouTube: <https://www.youtube.com/user/catskillcenter1>



May is Mental Health Awareness Month

(Reprinted from MentalHealth.gov and SAMHSA.gov)

National Mental Health Month raises awareness about mental illness and related issues in the United States.

Approximately 1 in 5 American adults and 1 in 10 young people have experienced a mental health issue. Furthermore, one in 20 Americans has lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression (MentalHealth.gov 2011). Often people are afraid or ashamed to talk about mental disorders because of the stigma and myths surrounding this subject. Learning the facts can help stop discrimination of people with mental illness. Everyone has the right to be treated with respect and dignity!

Abbreviated Mental Health Resource Guide

People often don't get the mental health services they need because they don't know where to start. Use the information below to find mental health services and resources in Chenango, Delaware, Otsego and Schoharie Counties.

National Suicide Prevention Lifeline – 1-800-273-TALK (8255)

Emergency Medical Services – 911-If you think someone is in immediate danger, do not leave him or her alone—stay there and call 911

Mobile Crisis Assessment Team (MCAT) 1-877-369-6699 or 1-844-732-6228

Otsego County Community Services
Otsego County Mental Health Clinic
242 Main Street
Oneonta, NY 13820
607-433-2343

Bassett Medical Center
Outpatient Psychiatry Clinic
One Atwell Road-Clinic Building
Cooperstown, NY 13326
607-547-3500

Bassett Medical Center
Inpatient Psychiatry:
One Atwell Road, 2nd Floor
Cooperstown, NY 13326
607-547-3525

Delaware County Mental Health Dept.
1 Hospital Road
Walton NY 13856
607-865-6522

Chenango County Community Services Board
Alcohol and Drug Abuse Services
105 Leilanis Way
Norwich, NY 13815
607-337-1600

Schoharie County Mental Health Services
113 Park Place
Schoharie, NY 12157
518-295-8336

Myth: People with mental health problems are violent and unpredictable.

Fact: The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3%-5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population. You probably know someone with a mental health problem and don't even realize it, because many people with mental health problems are highly active and productive members of our communities. (MentalHealth.gov)

Myth: Mental illnesses are brought on by a weakness of character.

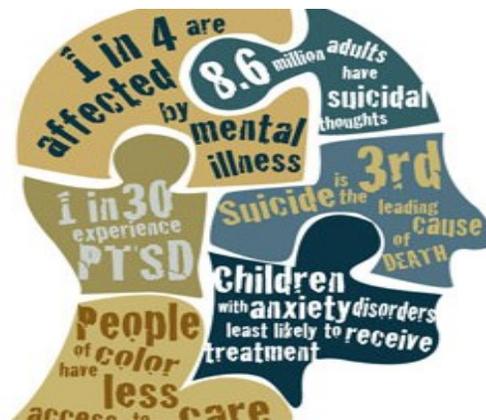
Fact: Mental illnesses are a product of the interaction of biological, psychological, and social factors. Research has shown genetic and biological factors are associated with schizophrenia, depression, and alcoholism. Social influences, such as loss of a loved one or a job, can also contribute to the development of various disorders. (SAMHSA - Substance Abuse & Mental Health Services Administration)

Myth: I can't do anything for a person with a mental health problem.

Fact: Friends and loved ones can make a big difference. Only 38% of adults with diagnosable mental health problems and less than 20% of children and adolescents receive needed treatment (MentalHealth.gov). Friends and family can be an important influence in helping someone get the treatment and services they need by reaching out and letting them know you are available to help.

Myth: People with mental illnesses cannot tolerate the stress of holding down a job.

Fact: In essence, all jobs are stressful to some extent. Productivity is maximized when there is a good match between the employee's needs and working conditions, whether or not the individual has mental health needs (SAMHSA).



Employment Specialists from the Assistive Competitive Employment Services (A.C.E.S) program work with Schoharie County residents who are experiencing a diverse range of mental health issues enter or re-enter the workforce. Each participant takes the lead in developing their own short and long term objectives and goals. Specialists offer assistance with job readiness skills, resume writing, effectively processing constructive criticism and much more. If you are interested in obtaining more information about A.C.E.S, please contact Saralee Keegan (518-234-4254 ext. 2011), Bruce Niles (518-234-4254 ext. 2024) of Jason Gaughan (607-222-7832). We look forward to working with you!

There is ALWAYS Hope!

Sometimes we may be trying to encourage a loved one, friend or relative who has serious mental health concerns, but they don't seem to hear us as we try to help. The person may be acting oddly or continue to make harmful choices that are ruining their life. The odds are that they have heard it from many others also. It hurts us to see someone that we care about continue to have such a hard and disruptive life. We need to look at if the person is in denial or if part of their mental illness is something known as Anosognosia.

Anosognosia is a neuropsychological disorder causing a severe and persistent lack of insight which lasts for years or permanently. The belief that "I'm not sick" is fixed and doesn't change even when the person is confronted with overwhelming evidence that they are wrong. The important thing to remember is no matter if the cause is neuropsychological or just denial the question is: *How can you help this person accept treatment?* We must realize the enemy is the brain dysfunctioning and not the frustration we experience when the person says "I'm not sick" and "I don't need help". We must lower our level of frustration while trying to help the person and form a collaborative relationship to help the person reach some of the goals they have for themselves. Never give up the hope that the person can make gains in their life.

This information comes from a book by Xavier Amador, Phd., entitled "I Am Not Sick, I Don't Need Help." Dr. Amador created the LEAP program to help partner with those with mental illness including:

LEAP at www.LEAPInstitute.org

L- Listen, E- Empathize, A- Agree, P- Partner

Listen- Why would anyone want to listen to you if he didn't feel you had listened to him first?

Empathize- If you want someone to seriously consider your point of view, be certain he feels you have seriously considered his.

Agree- Find some common ground that you can build on. You may have to agree to disagree.

Partner- Forming a partnership to achieve shared goals (could be staying out of the hospital, getting a job, going back to school, getting an apartment).

Bruce Niles, Employment Specialist

Introducing Money Follows the Person

The Catskill Center for Independence is proud to announce the addition of the Money Follows the Person (MFP) program. This program is designed to assist individuals that have resided in an institution for at least 90 days, have Medicaid, and want to transition back to their desired communities.

The Center's Transition Specialist will work collaboratively with Nursing Homes and Community Residences in Otsego and Delaware Counties to ensure participants are provided up to date information and services.

Individuals wishing to move forward with transition must also become involved in either the Nursing Home Transition and Diversion (NHTD) or Traumatic Brain Injury (TBI) Waiver program(s) provided by the Department of Health or involved in service coordination with the Office of People with Developmental Disabilities (OPWDD). The Transition Specialist can assist residents in making an informed choice as to which Waiver program is most appropriate for them. The Transition Specialist and Medicaid Service Coordinator will then work closely with the resident to identify and access resources such as transportation, medical services and housing for the best opportunity for a successful community transition and return to independent living.

For more information on the MFP program, please contact us at 607-432-8000 or via email at ccfi@ccfi.us

Meghan Staring, Assistant Director

The Story of Lisa “Pinky”



I'd like you to meet Lisa “Pinky” K. Lisa has been living with, what's known as, an invisible disability for the past 43 years. At the age of 15 Lisa was riding her bike around town when her world suddenly changed. Lisa's jacket became caught in the spokes of her bike, she was slammed to the ground, and in that instant Lisa sustained a traumatic brain injury. She was immediately taken to the hospital where she was in and out of a coma for about 4 days. She gradually gained awareness, and on the 6th day Lisa was discharged home.

Back in 1972 when this occurred, little was known about brain injuries, and there was usually no treatment or cognitive therapy available. After her injury Lisa returned to school and back to her previous life. Although Lisa looked the same as she did before her accident, cognitively and emotionally, Lisa noticed many significant changes. Since the accident Lisa has had difficulty with her memory, difficulty focusing, and difficulty holding her attention. She has difficulty changing tasks and comprehending. Lisa can become easily mixed up, and has difficulty processing conversations when they are fast paced, complex, or between more than herself and one other individual. Like many people who have a TBI Lisa is an extremely intelligent woman who is very resourceful and creative. Over the years she has learned to compensate and, per Lisa, to “cover up” her struggles. Despite her efforts, these challenges continued to impact Lisa every single day. Although Lisa was managing, the continual process of compensating and covering up was thoroughly exhausting.

In 2008, Lisa learned about the Medicaid Waiver TBI program. Through the TBI Waiver Lisa was able to choose a Service Coordinator (SC). Lisa's SC helped her locate, apply for, and obtain specialized services. Lisa was able to receive services to help her develop strategies to address her cognitive struggles and to cope with the huge emotional toll living with a TBI can have on an individual.



Service Coordination was also able help Lisa locate community services, programs, and benefits she was eligible for. Lisa feels strongly that the TBI Waiver has been instrumental in helping her to overcome the obstacles she faces, to develop her strengths, and improve her independence, self-esteem and self-confidence. Lisa feels that the TBI Waiver has given her the support and assistance she needed to overcome her injury and to achieve her goals.

Today Lisa lives in her own home, has a part time job, and is involved in her community. Lisa manages her home and her health. She continues to receive service coordination to help her cope with any issues that may arise. Lisa is truly a remarkable lady who has shown great strength of character, determination, and commitment to overcoming obstacles. Lisa agreed to tell her story because she wants others to know that they are not alone. She states that **“sometimes asking for help is the key”**. Lisa states **“I want others to know that there is help out there, and it can make the difference between existing and living”**.

The Catskill Center for Independence provides service coordination for individuals on the TBI or the NHTD Waiver. Both Service Coordinators who work at the Catskill Center have extensive training, education, and years and years of experience helping people obtain the services they need and deserve. If you are interested in learning more about this program feel free to call the Center.

By Laurie Carter, Sr. Service Coordinator

Jade Pendolf Community Liaison

I am so excited to be here! I previously worked for the Center from 2004-2010 and am so happy to be part of this wonderful team again. For the last 4 years I worked for the Untied Way doing a variety of things from event planning, marketing, and being involved with other community action agencies. I live in Otego with my boyfriend, 2 little girls, and our darling kitten, Beatrice. In my free time, I enjoy spending time with my friends and family, feeding my movie obsession and reading.

Jason Gaughan Employment Navigator

I recently came to CCFI but I have worked with individuals with disabilities in the past. My concentration over the years has been in the management field.

Over the course of my life I have always held the philosophy to continue to learn no matter where you are in life. By adopting that philosophy it has opened up doors that never would have been opened and I have met people that I never would have met.

In my spare time I enjoy spending time with my husband and our four dogs. We currently have a house in Saint Johnsville, NY and both enjoy cooking, traveling and gardening.

Awareness Ribbons Guide

As you can see we have a new logo at the Catskill Center which is comprised of many awareness ribbons. Each ribbon represents different disability groups. We will be featuring these ribbons in our newsletters with the specific group each represents.



(Green)

- Bipolar Disorder
- Celiac Disease
- Cerebral Palsy
- Depression
- Fanconi's Syndrome
- Fibrodysplasia Ossificans Progressiva
- Glaucoma
- Kidney Disease
- Leukemia
- Literacy
- Manic Depression
- Mental Health
- Mitochondrial Disease
- Nephrotic Syndrome
- Neurofibromatosis
- Primary Sclerosing Cholangitis
- Spinal Cord Injury Research



(Black)

- Melanoma
- Narcolepsy
- Skin Cancer
- Sleep Apnea
- Sleep Disorders
- Trauma



(Blue)

- Acute Respiratory Distress Syndrome (ARDS)
- Ankylosing Spondylitis
- Arthritis
- Brachial Plexus Injuries
- Chronic Fatigue Syndrome
- Colitis
- Colorectal Cancer
- Crohn's Disease
- Dysautonomia
- Dystonia
- Erb's Palsy
- Familial Polyposis
- Guillian Barre Syndrome
- Huntington's Disease
- Langerhans Cell Histiocytosis
- Restless Legs Syndrome
- Reye's Syndrome
- Short Bowel Syndrome
- Steven Johnson Syndrome
- Transverse Myelitis
- Tuberous Sclerosis Complex (TSC)



(Gray)

- Allergies
- Antitrypsin Deficiency (Alpha-1)
- Aphasia
- Asthma
- Brain Cancer
- Brain Tumors
- Diabetes
- Mental Illness



(Blue, Yellow & Pink)

- Congenital Diaphragmatic Hernia (CDH) Awareness

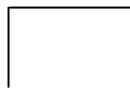


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Membership Drive

The Catskill Center for Independence believes that individuals with disabilities have the same basic rights as other members of society: The right to independently determine their own destiny; to participate freely and equally in all aspects of society; and to contribute to and share in community living. If you share in these beliefs we encourage you to become a dues-paying member of the Center. We need your knowledge, experience and input to assist us in developing Center programs and activities to better meet the needs of our community. To become a Center member, simply detach and return the form below along with you check for \$10.00 (annual dues) to us.

You do not need to become a dues-paying member of the Center to receive Center services!!!

o Yes, I wish to become a dues-paying member of the Center. Enclosed is my check for \$ _____ (annual dues)

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____ Telephone: _____

Please make checks payable to:
 Catskill Center for Independence (Membership)
 P.O. Box 1247
 Oneonta, NY 13820

*A copy of the Center's annual report may be obtained upon request from our organization or from the NYS Attorney General's Charities Bureau,
 Attn: FOIL Officer, 120 Broadway, New York, NY 10271*

***All contributions are tax deductible**