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Community Connections of New York

# Get Connected!

A COMMUNITY CONNECTIONS OF NEW YORK NEWSLETTER

## Family First Vendor Search Engine

*This new and improved Family First is available online. It has great new features for Vendor Supervisors and Care Coordinators alike!*

The Family Voices Network and CCNY are excited to bring you the latest version of Family First. The Family First Workgroup provided feedback that would benefit Families, Care Coordinators', and Vendor Supervisors.

For the first time in Family First history, Vendor Supervisors are gaining access to this online tool. They will be

able to keep their vendors as up to date as possible. Along with this access, comes the ability to have an online only "3.1 form" for both tracking and submitting to CCNY.

Care Coordination Staff will be excited to know that the app no longer requires, the downloading and syncing of previous versions. This will allow you to

always be up-to-date with your vendor information.

Some of the exciting new features for Care Coordinators' include:

- Mobile accessibility
- The ability to search for vendors without a URF
- Vendor pictures
- Vendor bio's
- Expanded safety concerns section of the URF
- The ability to manager URF's by household
- The ability to print out vendor bios and information before meeting with a family
- And more!

At this time the Vendor Supervisors are active in Family First and have been trained on their new role in the software. Care Coordinators' will be receiving their training throughout September at their staff meetings.

CCNY would like to the Family First Workgroup for their commitment time and effort in improving Family First.



**FAMILY FIRST:  
VENDOR SEARCH  
ENGINE**

### Family First Login

Username

Password

This is a screen shot of the login page for the new Family First.



# 2013 Out of the Darkness Community Walks

*September 14, 2013 is the Out of the Darkness Walk to Prevent Suicide located in Delaware Park..*

In the United States, a person dies by suicide every 13.7 minutes, claiming more than 38,000 lives each year.

The American Foundation for Suicide Prevention (AFSP) is the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and by reaching out to people with mental health disorders and those impacted by suicide.

Suicide is a public health issue that does not discriminate by age, gender, ethnicity, or socio-economic status, and it takes an enormous toll on family, friends, co-workers, and the entire community. AFSP provides opportunities for survivors of suicide loss to get involved through a wide variety of educational, outreach, awareness, advocacy and fundraising programs.

### Buffalo Community Walk Info

Where: Delaware Park Zoo

Date: Sept. 14, 2013

Check in: 8:30–10:30am

Starts: 10:30am

Ends: 1:00pm

Contact:

Lisa Boehringer, LCSW

Carissa Uschold, LCSW-R

Phone: 585-202-2783

Email: [afsbuffalowalk@yahoo.com](mailto:afsbuffalowalk@yahoo.com)

The Out of the Darkness Community Walks are 3-5 mile walks taking place in hundreds of communities across the country this year, with the proceeds benefiting the American Foundation for Suicide Prevention (AFSP).

By walking in the *Out of the Darkness* Community Walks, you will be walking with thousands of other walkers nationwide to raise money for AFSP's vital research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide, and provide support for survivors of suicide loss. In deciding to walk you taking us a step closer to making suicide prevention a national priority.

This year's Buffalo Community Walk will be held on September 14, 2013 in Delaware Park.

For more information on registra-

tion and how to donate please visit the AFSP website [www.afsp.org](http://www.afsp.org).



Photo Courtesy of Kemp Photography.



# Triple-P America Program being used in FVN

*Triple P America is great parenting program, which will be used in Erie County's Children's System of Care.*

Laura Skotarczak, Director of Genesis Community Support Services at Summit Educational Resources is providing the Triple-P Positive Parenting Program® to families in FVN through Vendor Services.

Laura is a trained in the Triple-P program in both Standard (Level 4) and Standard Stepping Stones (Level 4).

The Standard program is typically used with normally developing children and the Stepping Stones program is for children with a disability. Both of these programs are for use with individual families with children ages 0-12, and are 10-12 sessions (up to 90 minutes). There is pre and post testing completed with each family to assess change.

The Triple-P program is used by Laura, and so many others, because of its public health approach, and it is an evidence based practice. The Triple-P Positive Parenting Program® is one if the world's most effective parenting programs.

It is one if the few based on evidence from ongoing scientific research, with

more than 90 trials and studies around the world showing it works— regardless of a family's culture, country, or situation.

Triple-P works by giving parents the skills to raise confident, healthy children and teenagers, and to build stronger family relationships. It also helps parents

manage misbehavior and prevent problems occurring in the first place.

But it doesn't tell people how to parent. Rather it gives them simple and practical strategies they can adapt to suit their own values, beliefs and needs.

Triple-P is also different because it is not "one size fits all." It is a system that offers increasing levels of support to meet parents' different needs. This allows parents to choose from one-off public seminars or self-help books to more detailed group courses or individual sessions.

Triple-P is now used in more than 24 countries including the USA, England, Scotland, Ireland, Wales, Canada, Australia, New Zealand, Belgium, Sweden, Germany, Japan, Iran, Hong Kong, Singapore, the Netherlands, Curacao, Switzerland and Romania. It has been translated into 17 languages.

For more information on Triple -P please visit [triplep-america.com](http://triplep-america.com) . To contact Laura, please email her at [lskotaczak@summitted.org](mailto:lskotaczak@summitted.org).



Laura Skotarczak, Triple-P Level 4 Trained Provider.

## CCNY Changes

CCNY would like to congratulate Andrea Minor, Six Sigma Black Belt, on her move from Quality Improvement Coordinator to her new position as the Supervisor of Research and Evaluation.

In Andrea's new position she will be responsible for project management and new project development for the evaluation team in Western New York.

Andrea would like to say that "It has been a pleasure working in the QI department, thank you to everyone. I appreciate the recent promotion to supervisor and am pleased to be working with the Evaluation team, it's a great opportunity. I look forward to the new challenges and growth that occasions for this position will afford me."

## Mental Health Self-Care Tips

As someone in the Mental Health field you may find that you are naturally drawn to leisurely activities that still entrench you in the mental health world. Think about your friends. Are they also in the field?

Do you find yourself talking incessantly with them regarding work and difficult work dynamics? How about books you chose? Movies you see? Are they littered with themes of mental illness, addiction, and dysfunction? If this is the case then you are never truly leaving work at the office. Instead you have manipulated yourself into thinking you have.

So give yourself a real break. Switch things up for just a week. Instead of a book about a manic depressive's daily struggles, try a new

genre. Turn off "Hoarders" or "Intervention" and watch a romantic comedy. If you are going to spend sometime with your friends this week change the topic of conversation. Or, if you find you need to process some work dynamics (which is also important in decompression) put a time limit on it.

After a week see how you feel. If you find it incredibly difficult to change then it might be time to really assess your level of burn out. If it was a nice change, than incorporate a break into your life more often. You may find other aspects of your life lighten up as well.

Good luck and be safe out there.

-Katie Miller, LMHC,  
CCNY Clinical Specialist



# Training Corner

*CCNY is offering two new special topic trainings this fall.*

This Fall, CCNY will be offering two new trainings that are free to the Erie County Children's System of Care. The first offering is The Sexually Abusive Adolescent, presented by Peter Leising, CSW-R, SW-2 of the Mobil Mental Health Team, Western New York Children's Psychiatric Center.

This training will be held on Friday September 20, 2013 from 9am-4pm at the United Way of Buffalo. It is broken into two sections, basic assumptions and theories of the sexually abusive adolescent, and a review of specialized sex offender risk assessment.

The second offering is Creative Trauma Informed Care with Youth at Risk for Delin-

quency & Gang Involvement, presented by Duncan Bethel, MEd, and Elizabeth Davis, LCAT, ART-BC.

This training will be held on October 18, 2013 from 9am-4pm at the United Way of Buffalo. After completing this training, participants will have gained awareness and understanding of the following:

- Risk and protective factors related to delinquency and gang involvement
- Mental Health Diagnoses found within the Juvenile Justice Population
- Emerging interventions such as SIT-CAP-ART
- And more!

This training is also open to community members for a small fee of \$30.

Both of these trainings are open to 30 participants on a first come first serve basis. For more information on these new training options and to register please go to [Comconnectionsny.org/training](http://Comconnectionsny.org/training).

## BEST PRACTICE RESOURCE: SUMMER 2013



[CGF Free Learning](http://www.gcflearnfree.org/) is a free high quality interactive lesson website. There are over 90 Topics and 1000 lessons on daily living challenges, from using an ATM, grocery shopping and internet safety to reading and math basics.

A Spanish Language version of this website is also available at the bottom of the home page. This a great resource for teaching and learning valuable life skills.

<http://www.gcflearnfree.org/everydaylife>



Community Connections  
Of New York, Inc.

567 Exchange Street, Suite 201  
Buffalo, New York 14210