

FAMILY CONNECTION

*News for Families from the West Virginia Department of Health and Human Resources,
Bureau for Behavioral Health's
Office of Children, Youth and Families*

*Family Connections
Issue V*

The weather is cold, and it is time to stay warm and cozy with warm beverages, sweaters, and sitting by the fireplace. The holidays are here. We hope you can spend quality time with your family doing something fun. Happy Holidays.



Positive Behavioral Support (PBS) is a package of evidence-based strategies to improve quality of life and decrease challenging behaviors. It teaches people new skills and alternative responses to replace challenging behaviors. This approach is positive, proactive and focuses on preventing challenges behaviors before they occur. (Continued on next page)

PBS Project,

Continued

Client Services:

- **Brainstorming** A one-hour telehealth session to discuss specific ways to implement PBS strategies.
- **Person-Centered Planning** Fun, interactive process that focuses on the individual's dream and what they want for their future. Helps develop goals and create an action plan to increase their quality of life.
- **Intensive PBS Services** Staff will conduct a functional behavior assessment, create a Positive Behavior Support Plan (PBSP) with the person and their team and then train the team on the PBSP. This service is conducted for youth in West Virginia who are at risk of out of home placement. Services are conducted with the youth and their team within a 6-month timeframe.

For more information and to make a referral:

<http://pbs.cedwvu.org/client-services/>

We also offer Technical Assistance to PBS

Practitioners: <http://pbs.cedwvu.org/technical-assistance-and-mentoring/>

Trainings Offered:

Live webinars that are regularly offered:

- Implementing Trauma Informed Positive Behavior Support (Trauma Informed PBS)
- Trauma 101
- De-escalation Techniques for First Responders (Continued on next page)

SELF CARE CORNER

Holiday Self-Care Tips



PBS Project, Continued

- Increasing Quality of Life
- MAPs (Making Action Plans) Webinar
- New Trainings in 2022
- Creating Intervention Workshop
- Anger Management for Youth

PBS for Parents 1-hour self-paced online training:
An overview of positive behavior support philosophies, including behavior. <https://sole.hsc.wvu.edu/Public/SelfEnroll/5430>

Sign up for our training announcements: <http://www.pbs.trainings/sign-up-for-pbs-training-announcements/>

Resources and Quarterly Support Report

Check out past issues of our Support Report here:
<http://pbs.cedwvu.org/support-report/>

Research on the Needs of people with co-existing intellectual developmental disabilities and mental illness in WV: <http://pbs.cedwvu.org/media/4005/wv-co-existing-needs-infograph.pdf>

Submitted by Anastasia Riley



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A PARENT'S PERSONAL STORY

I believe in taking care of your mental health. I was in a situation where I wondered whether I was strong enough to go on without addressing mental health concerns. My husband suddenly passed away in April, and it was devastating. At first, I thought that as a black woman, I was strong enough. I thought I was strong enough to withhold tears. I thought I was strong enough to go to work and complete daily tasks. I tried to hold it all in, but that made it worse. Luckily, I remembered the help I received for my daughter from the Wraparound services at Pretera. I remembered there are people out there who can assist in situations like this. I remembered I did not have to face it all alone. My situation motivated me to share my experience with Pretera, Regional Youth Service Centers and with others. Everyone's experience is different, but it is better to allow the experts to guide you through these situations. I know what it feels like to feel as though you are all on your own. Let them help. Allowing someone to help and the ability to take care of your mental health is part of healthy living and part of being strong.

By Portia Smith

A PARENT'S PERSPECTIVE ON THE NURTURING PARENTING PROGRAM

I was introduced to the Nurturing Parenting program through my participation with the Family Advisory group. I was particularly intrigued by four attributes of the program: that it is free, that enrollment is easy, that it can be attended virtually, and that it offers education and support to parents (in a group setting), who want to be at their best for their children. As a mother of many children, several of them under age 10, I can always use new ideas relating to communication, discipline, and self-care. I signed up for the Nurturing Parenting program through Pretera, and shortly thereafter started weekly, virtual, one-hour sessions with Rachel Henderson. She is the Family Coordinator, licensed clinical social worker, a mother, and an enthusiastic group leader. She brought to each of the 10 sessions engaging, fun PowerPoint presentations, great ideas, and a positive attitude about children, parenting, and life. Attending the weekly courses was, in itself, a form of refreshment and overdue self-care for me and I know that I am more patient, loving, and engaged with my children as a result.

By Pam Kaehler

REGIONAL FAMILY COORDINATORS

If you enjoyed the stories from the parents on the previous page and you would like to access the services that were referred to in their stories or other services, you can contact the Family Coordinator in your area. Click on this [link](#) to find a Family Coordinator in your area.



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FAMILY AND COMMUNITY SUPPORT GRANT PROGRAM

The Family and Community Support Program assists West Virginia citizens with intellectual and developmental disabilities (I/DD) who reside in a natural or adoptive home environment and is designed to meet essential needs necessary to maintain basic health and safety when those needs cannot be met using readily available local resources. Examples include clothing, adaptive equipment, health-related issues, home/environmental modifications, respite, transportation, training, and utilities/rent/mortgages. Funding for this program is limited. Participant eligibility limits are dependent upon on the county of residence. Grants will be awarded on a first come, first-served basis, and application may be made for more than one service category.

The Family Support coordinator for the region the family lives in receives an application. Once it is received, the I/DD diagnosis will be verified at that time.

The application and full details of where to send the completed application and required documentation can be obtained at the following website:

<https://dhhr.wv.gov/BBH/about/Adult%20Services/Pages/default.aspx>

Any questions you can contact the staff members at West Virginia Department of Health and Human Resources, Bureau for Behavioral Health

Steve Brady: 304-352-5559 or stephen.a.brady@wv.gov

Pamela Ingram: 304-352-5593 or pamela.a.ingram@wv.gov



For additional information or to share ideas for future newsletters, or comments, contact Roxanne.K.Chaney@wv.gov



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Family and Community Support [Program](#)
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