

The Newsletter of the Members and Staff of Union Station Clubhouse

Fort Necessity & Ohio Pyle

On Saturday June 10th we took a trio to destination places in the Laurel Highlands.

These places consisted of Fort Necessity and Ohio Pyle. Fort Necessity is a location of a battle that occurred, in 1754, at the start of the French and Indian War, which ended in French power removal from North America. Ohio Pyle is a vast array of land, in the Laurel Highlands, that serves as a gateway to the National Forest. At Ohio Pyle, we toured the Allegheny Passage, observed the Cucumber Falls, and viewed the Falls City town attractions.

I rather enjoyed the experience that was very interesting. I learned about the essence of the wildlife, battles, and general engagements of the attractions. I was able to speak with a Ranger and associate my experiences with the past efforts for the History of the United States.

Finally, I would like to comment and support the fact that the food scene at the locations was, to say the least, succulent. I enjoyed some hearty chili and some French fries. Overall, I liked the experience.

The Clubhouse went on a Saturday outing to Fort Necessity. Its was my first time there ever. It was interesting and fun we learned about the war between the French and English. We were shown where the Fort was built. We looked around in the building at the different facts about the mid- late 1900s. Outside I stuck my head in a hole of a standing cutout lady dressed in the 1900s dress.

~Rebekah M.



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About the Photo

Dustin M. took this photo of the Ohio Pyle Falls from the overlook at the Main Falls Area of Ohio Pyle State Park during the Fort Necessity / Ohio Pyle Outing

Standard of the Issue:

7. The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.

Mental Health Links & Resources

- [Mental Health in PA](#)
- [PA Mental Health Consumers Association](#)
- [PA Mental Health Guide](#)
- [PA Recovery](#)
- [PA Health Law Project](#)
- [PA 211 Southwest Hotline](#)
- [Carelon Health Fayette County](#)
- [The Coalition for Community Living](#)
- [Wellness Recovery Action Plan](#)
- [Fayette County Behavioral Health Administration](#)
- [Mental Health Association in Fayette County](#)

Community Supports Program (CSP) in Fayette County [Partners For Recovery]

A CSP is a community support program that helps to improve opportunities and services for adults with mental illnesses. The goal is to move people back into the community and to feel welcome. A CSP helps with resources, education and finding support. The focus is on potential and experiences through their own journey. Stopping stigma and discrimination is one of the main goals. CSP is about the recovery process while seeking self-growth. There are local, regional, and state meetings. For the last 8 or so years I have been appointed the facilitator of our county's Community Support Program or CSP. CSP has had its establishment in Pennsylvania since the 1980s and for what I know has been in existence for over the past two decades. It initially met at the old Oak House Drop In Center in the Colonial Building on Connellsville Street before being mobilized throughout the programs, including the Clubhouse.

About 15 years ago, many peer stakeholders that had not only lived experience, but also involvement with individuals within the system worked with the Fayette County Behavioral Health Administration in rebirthing of the CSP and as such the name Fayette County Partners for Recovery was born.

In 2014, FCBHA through the utilization of a Staunton Farms grant and speaking with several stakeholders, it was discovered to take the role of advocacy duties in the county system from being county led to peer led, being held under the auspices of the Mental Health Association. As such administrative oversight was turned to them and representatives of the different advocacy groups are appointed to serve on a governance committee that meets with MHA for technical assistance and support with additional oversight from FCBHA. Partners too transitioned the move of their meeting place to the new MHA offices and Oak House Drop-in Center on New Salem Road in 2015 and continued to meet there until the onset of the COVID-19 Pandemic, although attendance waned over the years, we stayed strong to some degree.

Since the pandemic, we have met virtually as that works for the stakeholders as we are in a rural county and there are indeed barriers with transportation to and from the meetings. We generally meet the last Monday of the month at 10:30 AM and go over the advocacy work of the mental health needs of the county.

There are four regional CSPs: Central, Northeastern, Southeastern and Western. They meet to report local updates, work on grants and share ideas. In Western PA, the regional CSP has 23 counties in the northern and southern areas and meets monthly. The meetings include consumers, families, and professionals. Local CSPs are held at various times, but the Western Region CSP is conducted the second Friday of each month in a central region location. They meet in person, as well as a Zoom link is available.

Part of my role as facilitator is that I get to attend hybrid meetings on the state level twice a year and as such chose to sit on a committee in redrawing the maps as the CSP regions are being redrawn from four regions to six, thus creating a more equitable voice among the stakeholders at the regional and state level. There are also other new responsibilities such as gathering and reporting concerns with the mental health system. We are evolving to bettering the mental health system in Fayette County.

~Dustin M.

Milton's Eat-Out Night Experience
On Friday, June 16th, I went on the monthly Eat-Out Night trip to Texas Roadhouse. 7 of us went together and we arrived there around 3:00. It was a fun environment. The restaurant was decorated with country music and sports memorabilia. The workers would start line dancing when the music turned up!

Our waitress was very nice and took our orders accurately and brought our food out promptly. I had steak, baked potato, salad, and a tea to drink. The food was delicious and prepared exactly how I liked. I was completely full by the time I finished my meal! More importantly, I got to share the experience with my Clubhouse friends.

We had a great time at the Texas Roadhouse, and I would definitely go again!

Milton F.

What Is Social determinants of Health (SDOH)

Social determinants of Health (SDOH) are non-medical factors that can work against your wellbeing. They are the factors in which people are born, grow, work, live, and age. It is looking at the whole person instead of single risk factors

Examples are:

- **Genetics:** Passed down from each generation such as heart disease and diabetes. You cannot change genetics, but with information and resources, it can help you with lifestyle changes.
- **Behavior:** How do you react and respond? Having a stress free life style. How do you cope?
- **Environment and physical issues:** Is the air quality good? Do you have good drinking water? Do you have safe housing, neighborhoods and transportation services
- **Medical and mental health care:** Do you have access to good care? Is it easy to get? Can you get help with mental health?
- **Social:** Safe from racism, stigma, discrimination and violence. Access to quality education. Language and reading skills. Lack of money. Family support.

All of these play a role in the life of an individual. Public health organizations, educational institutions, insurance companies and agencies are looking at how these play a role in a person's life. For example, a person may develop diabetes because of the lack of good quality food available.

They may not have transportation to a grocery store, no funds and lack of medical care. A person that dropped out of school and does not have a high school diploma may have trouble finding and keeping a job and may be losing their home. By addressing the education factor, this may help them find a higher paying job and find better housing. These are just a few of the overall examples that effects a person's overall life.

Community Based Care Management (CBCM) assists Fayette County Residents who have a mental health diagnosis and/or substance use disorder with securing access to their identified Social Determinants of Health. A social determinant of health includes: safe and secure housing, employment, clothing, food, child care, utility assistance, access to physical health care, transportation, and financial strain. The CBCM team will assess, refer, and mitigate obstacles to fundamental Social Determinants of Health.

Fayette County's CBCM team is comprised of professional and community members with a variety of expertise and experience in the human service field. Fayette County Behavioral Health Administration, Fayette County Community Action Agency, Mental Health Associate in Fayette County, and The East End United Community Center work together to secure resources to meet the needs for Fayette County residents. If you have any questions about Community Based Care Management or have a referral, please call (724) 430-1370.

RECIPE CORNER

Southern Fried Chicken Strips

Joe R.



Ingredients

- ◆ 30 saltine crackers
- ◆ 2 tablespoons dry potato flakes
- ◆ 1 teaspoon seasoned salt
- ◆ ½ teaspoon ground black pepper
- ◆ 1 egg
- ◆ ½ cup all-purpose flour
- ◆ 3 skinless, boneless chicken breast halves, cut into 1-inch strips
- ◆ ¼ cup vegetable oil, or as needed

Directions

1. Place crackers in a resealable plastic bag; crush into coarse crumbs. Mix cracker crumbs, potato flakes, seasoned salt, and black pepper together in a shallow bowl. Beat egg in a separate small bowl. Place flour in a third shallow bowl.
2. Coat chicken pieces in flour, beaten egg, and cracker mixture, respectively.
3. Heat vegetable oil in a large skillet over medium heat. Pan-fry chicken strips until no longer pink in the center and coating is golden brown, 15 to 20 minutes.

Nutrition Facts

Servings Per Recipe	4
Calories	284
Total Fat	7g
Saturated Fat	2g
Cholesterol	95mg
Sodium	532mg
Total Carbohydrate	30g
Dietary Fiber	1g
Total Sugars	0g
Protein	23g
Vitamin C	1mg
Calcium	39mg
Iron	3mg
Potassium	240mg

Shrimp Alfredo Pasta

Jesse B.

Ingredients

- ◆ 30 saltine crackers
- ◆ 2 tablespoons dry potato flakes
- ◆ 1 teaspoon seasoned salt
- ◆ ½ teaspoon ground black pepper
- ◆ 1 egg
- ◆ ½ cup all-purpose flour
- ◆ 3 skinless, boneless chicken breast halves, cut into 1-inch strips
- ◆ ¼ cup vegetable oil, or as needed

Directions

1. In a saucepan over low-temperature, heat the Alfredo sauce. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 minutes or until al dente; drain.
2. Boil shrimp in a large pot of water until they turn orange. Then place in bowl with melted butter. Let shrimp marinate for 15 to 30 minutes; remove. In a large skillet over medium heat, saute the green pepper and onion in a small amount of oil.
3. Mix together the cooked pasta, shrimp, pepper-onion mixture and Alfredo sauce. Season with garlic powder and cumin.

Nutrition Facts

Servings Per Recipe	8
Calories	621
Total Fat	42g
Saturated Fat	21g
Cholesterol	257mg
Sodium	1038mg
Total Carbohydrate	35g
Dietary Fiber	2g
Total Sugars	3g
Protein	28g
Vitamin C	6mg
Calcium	44mg
Iron	4mg
Potassium	299mg



Mission Statement

Union Station Clubhouse provides job skills training, job placement opportunities, and educational services to Clubhouse members who are Fayette County residents.



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A program of Goodwill Southwestern Pennsylvania
100 Corporate Crossing Road
Uniontown, PA 15401-3347
Tel: (724) 439-9311
[Website](#) | [Email](#)

Current COVID-19 Information & Resources

- ⇒ [Federal Government Response:](#)
- ⇒ [PA Department of Health Information](#)
- ⇒ [Fayette County, PA COVID-19 Information](#)
- ⇒ [COVID-19 Information on our website](#)
- ⇒ Clubhouse Calendars:
 - ⇒ [Public Events](#)
 - ⇒ [Food Distributions](#)

Support Groups (Virtual & In-Person)

- ⇒ [NAMI Virtual Support Groups in Pennsylvania](#)
- ⇒ [Advocacy & Support Webpage on our Website](#)

Need Help?

- ⇒ Fayette County Crisis Line: 724-437-1003 **OR 988**
- ⇒ [Suicide & Crisis Lifeline: 988](#)
- ⇒ [Crisis Text Line](#): Text "PA" to **741-741**
- ⇒ Pennsylvania Sexual Assault Helpline: **1-888-772-7227**
- ⇒ National Domestic Violence Helpline: **1-800-799-7233**
- ⇒ Persevere PA (COVID-19 Crisis Counseling Program) - **1-855-284-2494**
- ⇒ Clubhouse Helps: [Warmlines](#) and [Helplines](#)