

Upcoming Events and Observances

SEPTEMBER

Freedom from Smoking

Tuesdays, September 5 – October 24 6:30 – 8 p.m.

Gettysburg Hospital

Tobacco Prevention Task Force

Free eight-session course designed to help people quit smoking

Call Jen at 717-338-3259.

“Medical Access for Citizens and Immigrants: What are the Options?” with speaker Attorney John Whitelaw

September 6, 2 – 3:30 p.m.

Gettysburg Hospital

Latino Services Task Force

Call Annalyn at 717-337-4264, x.6.

Smoking Cessation Support Group

First Thursday of the month, starting

September 7, 6:30 – 7:30 p.m.

Gettysburg Hospital

Tobacco Prevention Task Force

Call Jen at 717-338-3259.

2nd Annual Color Your Night Pink

1960's Sock Hop

September 30, 6 p.m.

American Legion in Gettysburg

\$40 per person

Adams County Breast Cancer Coalition

Call Laura at 717-339-2018.

OCTOBER

Puberty Talk for Boys, part of “Let's Talk Month”

October 4, 6:30 – 8:30 p.m.

Gettysburg Hospital

Adams Coalition to Prevent Teen Pregnancy

Call Laura at 717-339-2018.

Women of Color...Breast Health

October 12, 5:30 p.m. Dinner,

6:30 p.m. Program

Free informational program with speaker

Marijka A. Grey, M.D.

Adams County Breast Cancer Coalition

Call Laura at 717-339-2018.

Inspirational Dinner with Lillie Shockney, R.N., Breast Cancer Survivor

October 17, 5:30 p.m.

Carroll Valley Resort

\$5 per person

Adams County Breast Cancer Coalition

Call Laura at 717-339-2018.

Activities that Teach Day-Long Training for Educators & Parents

October 19, 8 a.m. – 3 p.m.

Gettysburg Hotel

\$50 per person

Adams Coalition to Prevent Teen Pregnancy

Call Laura at 717-339-2018.

Puberty Talk for Girls, part of “Let's Talk Month”

October 26, 6:30 – 8:30 p.m.

Gettysburg Hospital

Adams Coalition to Prevent Teen Pregnancy

Call Laura at 717-339-2018.

HEALTHY COMMUNITIES

THE OFFICIAL NEWSLETTER OF HEALTHY ADAMS COUNTY

August/September 2006

VISION STATEMENT:

Healthy Adams County seeks

to create a higher quality of

life throughout our community

by improving physical, mental,

and social well-being.

MISSION STATEMENT:

Healthy Adams County is a

collaborative partnership of

community members dedicated

to continuing assessment,

development and promotion

of efforts toward improving

physical, mental and social

wellbeing.

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Reach Workcamp

Providing free home repairs for disadvantaged families and seniors

Reach Workcamp is coming to Adams County July 8 - 14, 2007 to make repairs on homes owned by low-income families and seniors. High school students and adult leaders from churches around the country will volunteer their time to help those who cannot afford home repairs. Projects include basic weatherization, painting, roofing, drywalling, repair and construction of porches, steps and wheelchair ramps. All repairs are made at no cost to the residents.

Reach Workcamp, a non-profit organization, supports Christian churches and organizations by offering quality work camp experiences for youth. Providing free home repairs is one way to help the disadvantaged live in a safe home environment. The group's goal is through volunteerism, Reach work crews will adopt a life style of serving those in need.

While in Adams County, the campers will reside in the Gettysburg Middle School and work for four and a half days at the residents' home. Each home will have a team of five to six high school students supervised by professional carpenters and experienced Reach staff to ensure quality work. Work begins on July 9 and ends July 13.

Sixty homes are needed to bring the Reach Workcamp to Adams County. Thirty of those homes must be identified by October 2006 to secure the Adams County location for next summer. For an information sheet and application for home repair in Adams County during July 9 - 14, contact Healthy Adams County at 337-4137 or jwilliams5@wellspan.org. To find out more about Reach Workcamp visit their website at www.reacwc.org.

2nd Annual Apple Awards presented

Kathy Gaskin, Executive Director, Healthy Adams County (left) presents the 2nd annual Apple Leadership Awards on June 28, 2006 to Johnnie Lansford, School Nurse, Adams County Head Start, recipient of the Green Apple New Member Award for her work with the Oral Health & Children's Health Task Force; Louise Mains, community leader, recipient of the Golden Apple Unsung Hero Award for her work with the Domestic Violence Taskforce; and Amelia

Contreras, Generacion Diez, recipient of the Adams Apple Leadership Award for her work with the Latino Services Task Force.

The "Apple Awards" were

established in 2005 to recognize and honor outstanding volunteer leadership among the 600 volunteers who serve on more than 30 task forces to improve on the health in our community.



A message from the executive director

The past, the present and the future of Healthy Adams County have been at the forefront of my thought processes during the past few months. It has been wonderful to see how far the organization has come since its inception. I have been amazed at the level of dedication I've seen as I've visited several of the task forces over the past months. It is truly inspiring to witness all of the hard work being done by each of our volunteer task force members.

The Apple Awards took place at our task force leader's quarterly meeting in June. It was another chance to celebrate the work of Healthy Adams County and in particular three outstanding task force members who have gone above and beyond in serving their community. I want to thank all of the recipients, Louise Mains, Johnnie Lansford and Amelia Contreras for being exceptional and for their nominators who took the time to recognize them.

I also want to thank all of the task force leaders who shared their accomplishments from last year and their action plans for this year. It was an amazing experience to find out just how active all of our task forces have been and how directed and grounded they are for the future.

This summer, the Access Committee of Healthy Adams County will be presented with the results of a study done by Drexel University on the uninsured, underinsured and special populations in Adams County. Many of you participated at different levels of the study and upon review of the findings by the committee a report will be available in the fall of this year.

I am excited about the future planning that the study will initiate and the continued dedication of our task forces to assessing, developing and promoting efforts towards improving the health of our community. I look forward to a new year of directing and formulating these plans with all of our task forces and continuing to see growth and expansion of our mission in the community.

Kathy Gaskin

Suicide prevention focus of upcoming forum

Over the last year the Suicide Prevention sub-committee of the Behavioral Health Task Force has worked to provide education and awareness in the community regarding the issue of suicide prevention and ways to decrease the incidence in Adams County.

One of the committee's goals for the year included hosting a county-wide forum to provide public awareness to the community and education to professionals. A suicide prevention forum has been scheduled for Thursday, September 14, from 3 – 7 p.m. at the EMS Training Center, 230 Greenamyre Lane, Gettysburg.

The forum will feature keynote speaker Dr. Paula McCommons. Dr. McCommons has an extensive background in psychology and education and is a nationally certified counselor with specialties in school and career counseling. She is currently a mental health liaison for STAR (Services for Teens at Risk) Center, University of Pittsburgh.

Following the keynote is Dr. Frank Daley who is a staff psychiatrist with Pennsylvania Counseling Center in Gettysburg. Several other speakers and community agencies will take part in the forum as part of a panel discussion. Some of the topics will include mental health, grief and loss, prevention and treatment.

The public is invited to the free forum and refreshments will be offered during the dinner hour. For more information, contact Joanna Myers at Pa. Department of Health at 717-787-8092 or Betty Holsopple at Special Kids Network at 717- 531-0984.

New support groups offered for community

In an effort to offer up-to-date information and support, the Mental Health Association of York and Adams Counties and the Behavioral Health Task Force, an affiliate of Healthy Adams County, are hosting two support groups for the community. Both groups meet at the Mental Health Association of York and Adams Counties, 304 York Street, Suite F, Gettysburg. Registration is not required. Additional information can be obtained by calling (717) 339-0511.

Depression/Anxiety Support Group

Meets the fourth Wednesday of the month, 6:45-8 p.m. Those who feel sad and depressed or suffer extreme anxiety will have an opportunity to share their feelings and receive information on how to deal with personal concerns. Anyone experiencing depression and/or anxiety is welcome to join the support group.

Friends and Family Mental Health Support Group

Meets the third Wednesday of the month, 6:45-8 p.m. Families and friends of individuals with mental health problems come together in a non-threatening environment to talk about their experiences and learn how to handle various concerns.

Children's Advocacy Center opens

Serving the unique needs of abused children

"I wish I'd never told."

These are words tragically spoken by children who have disclosed being victims of child abuse. A children's advocacy center is a child-focused, facility-based program in which representatives from many disciplines work together, conduct joint forensic interviews and make team decisions about the investigation, treatment, management and prosecution of child abuse cases.

Before the establishment of children's advocacy centers, children who disclosed abuse would meet with numerous people and possibly go through multiple interviews, sometimes leading children to make statements regretting their disclosure, acting out, changing their story, or recanting altogether. Unfortunately, the systems put in place to help these children were actually harming them. A children's advocacy center is unique in that a child is interviewed only one time in a non-threatening environment.

In April 2005, a community task force of over 50 concerned caregivers from all disciplines in Adams County began meeting to find a better way to serve children and their families involved in child abuse investigations. After five months of information gathering and review, the group recommended establishing a center where teams would provide children and families coordinated services in a child-friendly setting.

In September 2005 a board of directors was established and on June 28, 2006, the Adams County Children's Advocacy Center held an open house.

According to Joddie Walker, executive director of the center, the mission statement of the Adams County Children's Advocacy Center is to meet the needs of children and families in our community by providing a community-based, child focused center that facilitates a compassionate, multidisciplinary approach to the prevention, identification, investigation, prosecution, and treatment of child abuse.

"Any child who has been a victim of sexual abuse or severe physical abuse, and is involved in an investigation either with law enforcement or Children and Youth Services can be seen at the Adams County Children's Advocacy Center," said Walker.



The center's medical exam room is decorated in a bright, child-friendly manner to provide a less stressful environment for children. The child-friendly décor is evident throughout the center.

"Referrals for services will be made either by the investigating law enforcement agency or Children and Youth Services."

Walker adds that details for the referral process are in the final stages.

The interview process at the center is conducted by Crystal Deitch, forensic interviewer, who obtains all the necessary facts for the investigation. Deitch is trained in an interviewing model that involves non-leading, fact finding questions. Law enforcement, Children and Youth Services, and the District Attorney's Office are on site and watch the interview via closed circuit television. Only the child and Deitch are in the interview room so as not to make the child feel pressured or uncomfortable, and to limit the possibility of questions about coaching arising during court proceedings.

The interview is videotaped and becomes the property of law enforcement in an effort to eliminate future questioning on details already discussed at the interview.

Once the interview is complete, Deitch, the non-offending caregiver and representatives of law enforcement, Children and Youth Services, the District Attorney's Office, and Victim Witness Services meet to discuss the findings of the interview and pending actions. If a medical exam is necessary (details for medical services are still being developed), an on-site medical room is equipped to conduct such exams.

"Development of a local children's advocacy center would not have been possible without the support of our local agencies, including Adams County Children and Youth Services, Adams County District Attorney's Office, Adams County Victim Witness, YWCA, Mid Penn Legal Services, Survivors Inc., United Way, Pa. State Police, Adams/York County Family Service Partners, and Adams County Family Group Decision Making" Walker said.

"All are committed to a vision of a community where children are safe, families are strong, and our child victims become children again."