



# CSA Insider

## Letter from our CSA Coordinator

Greetings!

I want to begin this letter by saying THANK YOU to all of our FAPT members and agency case managers for continuing to emphasize your commitments to strengthening families and promoting wellness for the youth in our community. Your loyalty to your duties is evident and is appreciated! I often have the opportunity to speak with family members and sometimes the children outside of the FAPT meetings and more and more frequently I am getting feedback that indicates to me that families feel welcome by the FAPT and not intimidated or embarrassed by having their personal and sensitive information presented in front of a group that include mostly strangers. I am excited to continue working with you all so that we can serve Campbell County youth and families most effectively.

Working in the field of human services can be challenging, overwhelming and quite stressful at times. So while I recognize the work of our team and colleagues, I would also like to remind everyone to take some time for your self to reenergize and rest. We are entering into the busy holiday season and often there are additional stressors introduced into our lives this time of year. We have the opportunity to model the importance of self-care for the families with whom we work. We will never be good enough at caring for others if we are unable to care for ourselves first.

Finally, I want to ask all of our stakeholders for feedback. We improve the most when we have the direction to guide us. Please share experiences and comments from FAPT meetings, with contracted vendors, or any CSA-related situation that you feel may help us to grow and better respond to the needs of youth and families in Campbell County.

Thank you!

*Summer*





## Happy Retirement to two long-standing CPMT members!

Pat Read has served on the Campbell County CPMT since its inception in 1995. As the Health Department representative, she has been a respected and reliable resource regarding trends that are seen in our Health District and the services necessary to address them.

Mike Daly was appointed to the CPMT, as a local government representative, in 2003, when he was hired to be the Director of Youth, Adult and Community Services. His service to Campbell County and involvement in regional and statewide organizations has allowed for our locality to be represented beyond the county lines.

Pat retires at the end of December and Mike will retire at the end of January. Thank you for your commitment to serving families and youth- Campbell County is a healthier place because of your work. We wish you both the best in your retirement!

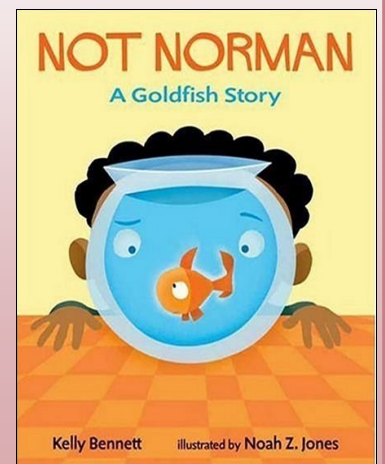


Jumpstart's *Read for the Record*® is a global campaign which generates public support for high-quality early learning by mobilizing millions of children and adults to take part in the world's largest shared reading experience. On **October 22, 2015**, Jumpstart celebrated the 10th anniversary of *Read for the Record* with the campaign book, *Not Norman: A Goldfish Story*, written by Kelly Bennett and illustrated by Noah Z. Jones. For more information: <http://www.jstart.org/campaigns/read-for-the-record>



On October 22, 2015 several Campbell County Employees participated in Read for the Record by volunteering their time to read "Not Norman" at all Campbell County Elementary Schools and the Head Start Program in Altavista. Thank You to those who volunteered!

<- Campbell County Administrator, Frank Rogers, joined in on the reading fun!



A Call for Volunteers



## Help Students Face "Reality"

4-H Looking for Volunteers for School Program  
Robbie Morrison, associate extension agent for 4-H Youth Development in Campbell County, is searching for volunteers who would like to help with Reality Store/ Career Check in the Campbell County schools. The dates and locations for the Reality Store/ Career Check events are as follows:

**Brookville High School, ninth grade, Nov.16**  
**Rustburg High School, 12th grade, Feb. 24, 2016**

### Brookville High School, 12th grade, Feb. 29, 2016

As a volunteer, you will be provided breakfast, lunch, coffee, snacks, and candy!

With the Reality Store lesson – the ninth grade variation is called Career Check – students face reality in different scenarios.

In the scenarios, the students are given a position in life, a job, a salary, possibly children, and other characteristics. Then they visit stations, set up to represent real-life institutions and situations like banks, real estate, homes or apartment rentals, apparel, car dealers, day care, entertainment, the grocery store, insurance, utilities, and more. The students have to make decisions for their families as they balance their checking account. During a follow-up, they assess their decisions. Teachers prepare youth in advance and also follow up, making the program much more impactful.

If you are interested and able to help, or if you have questions, contact Robbie at 434-332-9538 or [robbiem7@vt.edu](mailto:robbiem7@vt.edu) or Cherie Roberts at [cmrober@vt.edu](mailto:cmrober@vt.edu).

## Empty Bowls

The 6th annual Campbell County Empty Bowls will take place on Thursday, Dec. 10, 11 a.m. – 2 p.m. and 4 – 7 p.m. at the Rustburg Ruritan Club.



For a donation, you receive unlimited soup and bread. You can purchase a homemade bowl for \$10.

All proceeds raised will benefit the Rural Emergency Assistance Program (REAP) Food Pantry.

Event coordinators are looking for volunteers to provide crock pots of soup to serve that day. If you can help, please contact Mary Pascale in Recreation at extension 9570 or [mhpascale@campbellcountyva.gov](mailto:mhpascale@campbellcountyva.gov).

## LifeBridge Counseling, LLC Now Open In Roanoke

LifeBridge Counseling, LLC, An Intercept Partner, was established to offer a variety of therapeutic interventions by licensed and skilled providers of mental health and substance abuse services in a warm, welcoming and confidential environment.

LifeBridge Counseling provides outpatient counseling services for mental health and substance abuse issues to children, adolescents and adults as well as offering specialized psychosexual risk assessments and treatment in the Roanoke Valley.

Our therapists specialize in working with individuals of all ages by providing individualized treatment services that are evidence-based, guided by research and driven by the goal of positive health and well-being.

At LifeBridge Counseling we hope you will allow us to be agents in change and assist you in your journey to find. Hope. Healing. Health.

LifeBridge Counseling, LLC An Intercept Partner |  
540.523.8080 |  
| 5673 Airport Road, Roanoke VA  
All major insurance accepted to include Medicaid, Medicaid MCO, VA Premier, CSA Funding

**FYI:** In an effort to expand access to services, Horizon is rolling out extended hours for same day assessments at designated locations.

Starting on Monday, November 2, 2015, the Horizon Wellness Center at Courtland will extend its hours for same day assessments to 8:30 a.m. – 3 p.m. Monday through Friday. The Horizon Wellness Center at Bedford offers same day assessments on Mondays from 8:30 am until 11:45 am. However, on Monday, December 7, 2015, they will extend their Monday hours to 8:30 a.m.– 3:00 p.m.

Please call 434-477-5000 with any questions during normal business hours. If you or someone you love experiences a mental health emergency **AFTER HOURS** please call our emergency hotline at 434-522-8191.



*Did you know.....*that Centra's Autism & Developmental Services is now providing **Autism in-home services** in the Lynchburg area? In addition to our Autism diagnostic and treatment center on Leesville Road, we now have experienced staff utilizing ABA (Applied Behavior Analysis) while working in homes with clients, up to age 21, who have been diagnosed on the Autism spectrum.

The program features individualized support plans and evidence-based practices and emphasizes family interaction training. Highlights include:

- Behavior reduction and replacement behaviors
- Adaptive/independent living skills
- Functional communication training
- Social skills training
- Parent training
- Case coordination

Autism in-home services are currently reimbursed by Medicaid, but other insurers will be added in the next few months. Parents or providers can make referrals for this program, which offers flexible hours. For more information, please call 434-200-5149 or email:

[Elizabeth.Pfister@centrahealth.com](mailto:Elizabeth.Pfister@centrahealth.com)