



wesley
family
services®

TRANSFORMATIONAL TIMES

Volume 10, Issue 1

January, 2023

INSIDE THIS ISSUE:

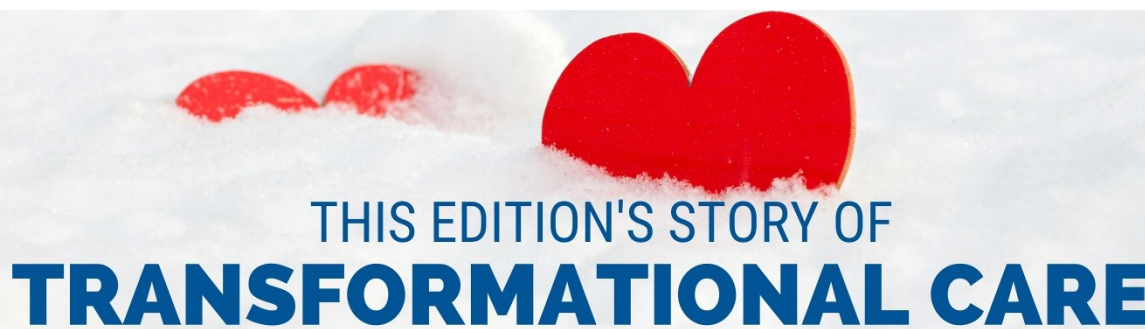
News & Announcements	3
Employment Opportunities	6
Creative Arts News & Announcements	9
WonderKids™ Corner	17
Employee Recognition	18
New Employees	19
Educational Article	20
Creativity Corner	22
Resources	23
Fun Stuff To Do With Kids	30
Just For Fun	31
Contact Information	32

WESLEY FAMILY SERVICES'

MISSION:

TO EMPOWER CHILDREN,
ADULTS & FAMILIES
BY PROVIDING
TRANSFORMATIONAL
CARE.

NEWSLETTER DEVELOPED
BY: KATIE HARRILL



THIS EDITION'S STORY OF TRANSFORMATIONAL CARE

Oliver has always loved music. He is so creative, imaginative and moves to the beat of his own heart. Prior to his autism spectrum disorder diagnosis in April of 2022, we had tried a few local programs to give Oliver the opportunity to be exposed to the creative arts. After politely being asked to leave another program, we could not have been more excited to learn about the creative arts program at Wesley. It was exactly what we needed. When we reached out to learn more about the program, the staff could not have been kinder or more welcoming to our family. Oliver began individual lessons once a week with Ms. Erin in September. He loved it so much, we expanded to group lessons every other week shortly after starting. If it was up to Oliver, we would go every day! The way that the creative arts program has allowed him to have an outlet for his creativity while also forming special bonds with his teachers and new friends has been nothing short of amazing. Seeing his little face walking out of the door from class smiling because he is proud of what he accomplished and happy to be there is priceless. We cannot wait to continue our journey in the program. With the help of the incredible staff, we know that Oliver will accomplish all of his creative goals.



We will be

CLOSED

**Monday, January 16th
in recognition of the
Martin Luther King Jr day.**

Be sure to check with your therapists to see how this closing may affect your child's regularly scheduled sessions and to see if make-up sessions are available.

**TO RESCHEDULE MISSED SESSIONS IN:
WONDERKIDS™, CREATIVE ARTS, OUTPATIENT, PCIT OR IBHS,
PLEASE CONTACT YOUR OFFICE AND/OR THERAPIST.**

WINTER WEATHER CANCELLATIONS

**PLEASE CONTACT US IF YOU ARE UNABLE
TO ATTEND A SESSION DUE TO WEATHER.**

**IF WE CLOSE DUE TO WEATHER,
TELEHEALTH SESSIONS WILL BE OFFERED**

CHECK WPXI

**for location-specific Wonder Kids™
& Creative Arts Closures**

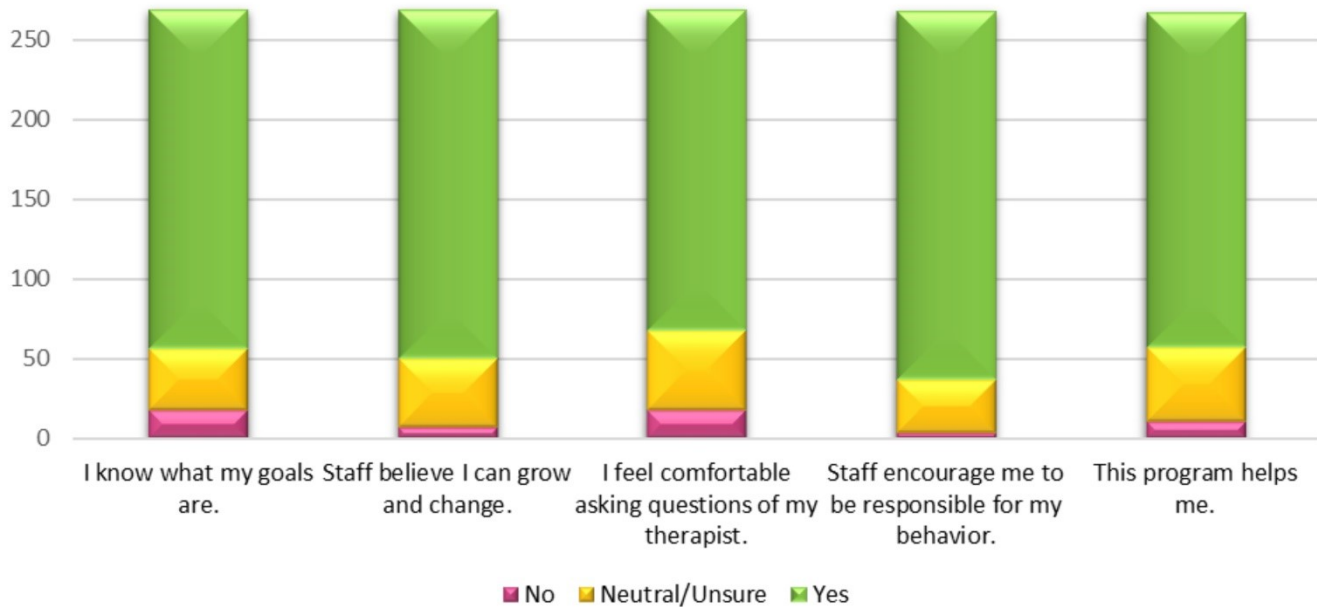


2022 SATISFACTION SURVEY RESULTS

Families and clients (18 and older) from Outpatient, WonderKids[™], Creative Arts, and IBHS participated in this survey.

Thank you to everyone who shared their feedback.

Youth Results



Adult (Parents/Caregivers/Program Participants) Feedback



IF YOU HAVE FEEDBACK ABOUT SERVICES, PLEASE FEEL WELCOME TO TALK WITH YOUR STAFF OR PROGRAM SUPERVISOR.



Caring Carol,
Transformational Tom,
& Excellence Ed
had so much fun while
visiting Wesley this
holiday season!

*Happy
Holidays*



Mi Casa es Su Casa

If you recently saw our advertisements on Port Authority buses and at local T stations, you were not dreaming! Our foster care team has been working very hard to generate awareness about the need for individuals to become foster parents.

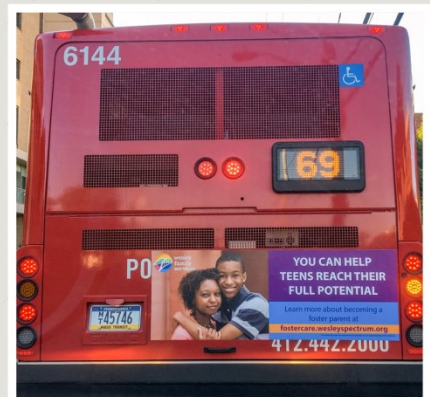
They are actively recruiting adults and families to serve as foster parents. Because of the ongoing COVID-19 pandemic, our foster care team has seen an increase in the need for foster families. Children and teenagers that are in foster care end up there at no fault of their own.

Sometimes their parents or caregivers pass away and there is no one in their family that can take care of them. Other times their parent or caregiver may have a mental health challenge, a substance abuse disorder, or a physical health ailment that impairs them from adequately providing a safe home for them to live in.

That is where our foster care team steps in. They work closely with the Allegheny County Department of Human Services to locate and identify individuals to serve as foster parents, and to open their hearts and homes to a child in need.

Our team is particularly focused on identifying individuals that can serve as foster parents to children and teenagers with special needs. It is very challenging to find individuals that are willing and capable to take in children and teenagers who are on the autism spectrum, have a cognitive challenge, or have a physical disability.

If you or someone you know would be interested in learning more about becoming a foster parent, please visit our website (wfspa.org) and contact Annette Gross, Manager of Placement Services at 412-342-2385 or Annette.Gross@wfspa.org.





WE'RE HIRING

JOB POSITION: BEHAVIORAL CONSULTANT/MOBILE THERAPIST

If you're a passionate Therapist looking to make a difference in the lives of children and their families, then this is the perfect opportunity for you! We offer many Benefits with our Total Rewards package.

POSITION SUMMARY:

The **Behavioral Consultant (BC)**, in collaboration with other members of the treatment team, designs and directs the implementation of a behavior modification intervention plan which is individualized to each child or adolescent and to family needs.

The **Mobile Therapist (MT)** provides intensive therapeutic services to a child and family in settings other than a provider agency or office.

BC QUALIFICATIONS:

EDUCATION AND EXPERIENCE (HAVE ONE OR MORE OF THE FOLLOWING):

- Licensed in the Commonwealth as a Behavior Specialist (BSL)
- Have certification as a BCBA or other graduate-level certification in Behavior Analysis that is accredited by the National Commission for Certifying Agencies or the American National Standards Institute.
- Have a graduate degree in ABA
- Have a graduate degree in psychology, social work, education, or counseling and a minimum of 1-year full-time experience in providing mental health direct services to children, youth, or young adults.
- Have a graduate degree in psychology, social work, education, counseling, or a related field and have completed a clinical or mental health direct services practicum.
- Licenses, Certifications, & Clearances: Act 33 & 34 clearances, FBI background clearance, Valid Driver's License

MT QUALIFICATIONS:

EDUCATION AND EXPERIENCE (HAVE ONE OR MORE OF THE FOLLOWING):

- Licensed in the Commonwealth as a psychologist, professional counselor, marriage and family therapist, or clinical social worker.
- Licensed in the Commonwealth as a Social Worker or Behavior Specialist (BSL) and have a graduate degree that required a clinical or mental health direct service practicum.
- Have a graduate degree with at least nine credits specific to clinical practice in psychology, social work, or counseling and a minimum of 1 year of full-time experience in providing mental health direct services to children, youth, or young adults.
- Have a graduate degree with at least nine credits specific to clinical practice in psychology, social work, education, counseling, or a related field and have completed a clinical or mental health direct service practicum
- Licenses, Certifications, & Clearances: Act 33 & 34 clearances, FBI background clearance, Valid Driver's License

**FOR MORE INFORMATION
OR TO APPLY**

 **Phone**
(412) 706-2364

 **Email**
Kori.McCullum@wfsa.org

 **Website**
wfsa.org/careers



WE ARE HIRING!

BEHAVIORAL HEALTH TECHNICIANS

POSITION SUMMARY:

Working under the clinical direction of a Behavior Consultant (BC) or Mobile Therapist (MT), provides quality therapeutic mental health services with children and adolescents in the home, community setting, and/or site based group setting. The BHT follows an individualized treatment plan to ensure individualized behavioral health services. The BHT must maintain a variable/flexible schedule, which may include evenings and weekends, as needed by the client and their family.

QUALIFICATIONS:

- Education & Experience:
 - Minimum of High School Diploma or GED.
 - Associates or Bachelors degree in psychology, social work, counseling, or related field preferred (from an accredited institution)
 - Experience working with children preferred.
 - Experience with special needs, behavior health, or related preferred.

LICENSES, CERTIFICATIONS, & CLEARANCES:

- BCaBA (Board Certified Assistant Behavior Analyst), RBT (Registered Behavior Technician), BCAT (Board Certified Autism Technician), or other behavior health certification or behavioral analysis certification preferred.
- Act 33 & 34 clearances, FBI background clearance, Valid Driver's License

APPLY NOW



Send Your Resume At:
Kori.McCullum@wfspa.org



For More Information:
wfspa.org/careers





wesley
family
services



Wesley Family Services is Hiring!

\$2500 signing bonus and comprehensive benefits available

- We are hiring **Direct Support Professionals** to work with our clients with Intellectual and Developmental Disabilities (IDD).
- Our programs promote independence, providing companionship and giving a voice where sometimes there is not one.
- **Day program:** Blawnox.
- **Residential homes:** Apollo, Brackenridge, Delmont, Freeport, Greensburg, Harrison City, Hyde Park, Irwin, Leechburg, Lower Burrell, Natrona Heights, New Kensington, Sarver, and Vandergrift.
- Contact Jeremy Siard at Jeremy.Siard@wfspa.org

412-342-2292 • wfspa.org/careers

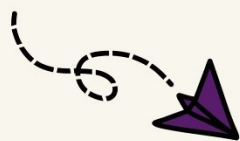


CREATIVE ARTS PROGRAM



wesley family services
creative arts program

**WE PROVIDE
HIGH QUALITY
CREATIVE ARTS
SERVICES FOR
ALL AGES.**



CONTACT US

412-342-2270

**Bridgeville
Monroeville
Wexford**

<https://wfspa.org>



OUR SERVICES:

- Music Therapy
- Instrumental Instruction
- Dance & Movement
- Art
- Drama
- Rock Bands
- Yoga



wesley family services®
creative arts program

YOUNG MUSIC MAKERS GROUP

- ✓ 30-minute group \$20.00 per group
- ✓ Ages 3-5
- ✓ Daytime, Evening, and Saturday openings
- ✓ Monroeville Office

CALL JESS TO LEARN MORE

412-335-7926

Jessica.Jacka@wfspa.org



NEW



wesley family services®
creative arts program

PLAY, PAUSE, & BREATHE YOGA CLASSES

TO REGISTER OR LEARN MORE, CONTACT US:
EMAIL: NADINA.ROBUSTO@WFSPA.ORG OR CALL KATIE AT (412) 706-2596

Free



funded by



autism
speaks



wesley family services®
creative arts program



TIME TO GROW PLAY, PAUSE, BREATHE

- Yoga means to join, and unite.
- Bring a buddy to join you!
- Your buddy can be a friend, a family member, a babysitter....your choice!
- Having a buddy is a great way to work on balance. We will learn some new balances with our buddies!
- Sharing your practice with a buddy is a great way to connect with them in and out of class time.



Classes will be taught by certified yoga instructor, Nadina Robusto, MA, YTT200. Nadina earned her YTT200 through Healthy Body, Peaceful Soul and teaches hatha yoga locally in the South Hills of Pittsburgh.

Bridgeville & Virtual

NEW TUESDAY DATES:

JANUARY 10
JANUARY 17
JANUARY 24
JANUARY 31

6:30PM HYBRID CLASS

FREE

To Register or To Learn More Email:
nadina.robusto@wfspa.org
or Call Katie: (412) 706-2596

FRIDAY MUSIC & GAMES GROUP



AGES 9 TO 14 YEARS
BRIDGEVILLE
4:30 TO 5:15



412-706-2596

KATIE.HARRILL@WFSPA.ORG

**CONTACT US TO
LEARN MORE**



wesley family services®
creative arts program



Immediate Openings

VIRTUAL SESSIONS

- MUSIC THERAPY
- MUSIC INSTRUCTION
- ART
- DRAMA

INDIVIDUAL & GROUP OPPORTUNITIES

Call Jessica at 412-335-7926

www.facebook.com/WFSCreativeArts





wesley family services®
creative arts program

JOIN A ROCK BAND!

BRIDGEVILLE
MONROEVILLE
WEXFORD

**MUSICAL SOCIAL SKILLS GROUP
NO MUSIC EXPERIENCE NEEDED!**

For more information about Rock Band opportunities,
call us at (412) 335-7926 or email Jessica.Jacka@wfspa.org



wesley family services
creative arts program



GROUP

Drama is a group for individuals to participate in drama-themed activities in order to improve social skills and improve upon other skills related to drama, music, and theatre.

Ages: 9 to 15 years

**VIRTUAL
GROUP**

TUESDAYS

Bi-weekly sessions

6:00pm - 6:45pm

CALL OR EMAIL FOR MORE INFORMATION

412-510-7937

ERIN.COX@WFSPA.ORG

**\$20 /
CHILD**

WONDERKIDS™ CORNER

Submitted by: Audi Douty, B.S. - Staffing Supervisor/Bridgeville



FRIENDLY REMINDERS:

- If you need to cancel a session for any other reason, you may be able to make it up during the same billing week. Please call the office and speak with your staffing supervisor to inquire about any make-up sessions that are available.
- If you are going to be a few minutes late to group or to pick up your child for any reason, please call ahead of time to notify the office. If your WonderKids™ site uses an after-hours phone number(s), please call that number(s) to speak to a WonderKids™ staff member.

UPCOMING GROUP TOPICS:

- Starting Friendships
- Maintaining Friendships
- Conflict Resolution
- Advocating for Yourself
- Identifying Bullying
- Dealing with Bullying
- Protecting Yourself

FUN WAYS TO PRACTICE SOCIAL SKILLS AT HOME AND IN THE COMMUNITY:

- Help your child identify qualities to look for in a friend
- Organize play dates for your child to build on the skills of keeping friendships
- Discuss previous conflicts with your child and what could have been done differently
- Provide opportunities for your child to advocate for themselves (for example, they could explain why the family should watch a certain movie of their choosing)
- Point out and talk about bullying situations you observe in your daily lives (home, school, community, TV, movies, books, etc.)
- Role-play bullying situations with your child and model what to say and do in various scenarios
- Make a list of community helpers and discuss how your child might interact with each of them

FOR QUESTIONS ABOUT SCHEDULING OR RESCHEDULING

PLEASE CONTACT YOUR OFFICE AT:

BRIDGEVILLE:

412-564-1172

Audi Douty

MONROEVILLE:

412-573-0141

Frank Grazulis

WEXFORD:

724-443-8900

HAS YOUR INSURANCE CHANGED?

IF YOUR INSURANCE CHANGES, please immediately notify your BC, MT, WonderKids™ Staff or Authorization Specialist:

BRIDGEVILLE:

412-564-1175

Jennifer Stoner

MONROEVILLE:

412-573-0141

Angee Knepshield

WEXFORD:

724-443-8900 x5474

Mary Jean Goodrich

ACCOUNTS RECEIVABLE:

412-458-6425

Kellie Reddick

EMPLOYEE RECOGNITION



Rachael Quesenberry is currently a Behavior Consultant and Mobile Therapist for the Bridgeville office. She has worked at WFS for a year and a half. Rachael has her BA in Psychology & Communications Rhetoric and her MS in Applied Developmental Psychology from the University of Pittsburgh. She is currently completing ABA coursework in order to pursue certification as a BCBA. Rachael identifies her favorite part of her job as the fact that it is constantly changing, and she can go to the source of what kids and families need. When she's not working, Rachael is spending time with her 1-year-old son whose current favorite thing to do is walk around the house and shout "YEAH!" in response to anything being said. He's the family's personal yes-man!



Mary Bogdanovicz currently works as the Wonder Kids Therapist II for the Monroeville office. She has worked with WFS for three years. Mary has her BA in Psychology from Mercyhurst and her MA in Psychology from Chatham University. Mary identifies her favorite part of the being T2 as creating fun and engaging activities to teach social skills. In her current role, Mary says the funniest thing to happen at work is getting asked a least once a week by different kiddos "do you have a job?" Mary especially enjoys witnessing clients' growth and improvement and getting to hear about how they use the skills they learn in group to be more successful outside of the group. When she's not working, Mary enjoys reading, playing video games, and listening to her vinyl record collection.



Qin Jiang is currently a Behavior Consultant and Mobile Therapist in the Wexford office. She has been with WFS for one year. Qin started her career as a teacher teaching English at a university in China then pursued her bachelor's and master's degrees in Psychology from the University of Pittsburgh. Qin identifies her favorite part of her job as the ability to be supportive for families and school staff. Something fun that has happened to her on the job was having a client who was previously non-verbal be able to start talking to her about dinosaurs. Qin shares that she has one son who spent time working with children at the YMCA when he was in high school and now works at a private equity business in NYC.





BRIDGEVILLE	MONROEVILLE	WEXFORD
<i>Jenna Caroff</i> <i>Kimberly Davis</i> <i>Debra Hudock</i> <i>Alicia Marcinko</i> <i>Stephanie Rodgers</i> <i>Aaron Timco</i>	<i>Emily Bolton</i> <i>Rebecca Dudley</i> <i>Gia Edwards</i> <i>Tara Rae</i> <i>Cherish Risinger</i> <i>Minkha Shadeed</i> <i>Diana Sheffar</i>	<i>Nikolette Bishop</i> <i>Jessica Deane</i> <i>Lillian Hinckley</i> <i>Mary Kerrigan</i>

“Wesley Family Services is a therapist-friendly organization. I was impressed with the thorough onboarding process that was replete with extensive training and company-wide support in orienting me to the organization, platforms and regulations..”

“My new hire experience was great! I really like working at Wesley. I enjoy working with my clients and being able to use all of the resources at the facilities to make the sessions more engaging!”

“I wanted to work at WFS to get experience with clients in various populations and because it seemed like a great atmosphere to work in. I feel valued as a therapist here, unlike in previous jobs I've had in this field. I'm glad to be working here and I love my clients and coworkers.”

“I would love to express how great everyone at Wesley has been. I have been greeted with open arms, and I feel that everyone is just so helpful in answering any questions I have. I wanted to work at Wesley because of the amazing work they do, and the growth within the organization promotes.”

“Everyone at Wesley is great! The staff has all been so welcoming and encouraging. I really feel like everyone at Wesley wants to see each other succeed, and will do whatever they can to help with that. While it has not been even a month yet at Wesley, I feel like it is going to be a great place to work.”



COMMON DE-ESCALATION TECHNIQUES

Submitted by: Erin Cox, MT-BC

Crisis situations can occur in every occupation, and without knowledge of de-escalation techniques or adequate training, physical safety and well-being may be at risk. Mental health workers are one of the top groups that address crises, along with law enforcement, medicine, and customer service professionals. Various de-escalation techniques and certifications are available, many sharing similar protocols. The need for privacy, respect, empathy, and reflection, among others, is shared in literature. Read below for other elements important to consider when working to de-escalate a crisis.

COMMON ELEMENTS OF DE-ESCALATION

PRIVACY:

In some cases, it may be necessary to move to a private setting or have others leave the room. This could be for safety reasons, or to provide more privacy for the individual.

NEUTRAL BODY LANGUAGE:

Think of what your body is saying to the person in crisis. Do I seem dismissive? Angry? Make sure to keep a neutral stance, while providing enough space to stay safe and present.

POSITIVE FEEDBACK:

Providing positive verbal feedback as the person visibly calms down can be beneficial, especially when working with children that need extra support.

EMPATHY:

It is important to gain insight into what the person is feeling and why. It is not a matter of if you agree or not, but rather, validating how they are feeling. Showing that you support them and have their best interest in mind, can help calm an already frustrated person.



AVOID SARCASM & CHALLENGING QUESTIONS:

Humor is often a great way to diffuse anger, but sarcasm can increase aggression. Ensure that what you are saying is direct, attainable, and stated in a neutral voice. Likewise, avoid answering challenging questions and redirect to original questions and feelings.

REFLECTION & SILENCE:

Once the person is at their normal baseline behaviors, it may be time to reflect together. Some may need only a few minutes to reflect to discuss the situation or come up with a plan. Others may need a longer break before revisiting the topic. Learn to lean into the silence as this allows for processing and reflection.

DE-ESCALATION TECHNIQUES ARTICLE SOURCES

Author Laura Hale Brockway, et al. "De-Escalation Techniques and Resources." *TMLT Resource Hub*, 13 Oct. 2022, <https://hub.tmlt.org/tmlt-blog/de-escalation-techniques-and-resources>.

Cpi. "CPI's Top 10 De-Escalation Tips Revisited: Crisis Prevention Institute (CPI)." *Crisis Prevention Institute*, Crisis Prevention Institute, 28 June 2022, <https://www.crisisprevention.com/Blog/CPI-s-Top-10-De-Escalation-Tips-Revisited>.

Richmond JS, Berlin JS, Fishkind AB, Holloman GH Jr, Zeller SL, Wilson MP, Rifai MA, Ng AT. Verbal De-escalation of the Agitated Patient: Consensus Statement of the American Association for Emergency Psychiatry Project BETA De-escalation Workgroup. *West J Emerg Med*. 2012 Feb;13(1):17-25. doi: 10.5811/westjem.2011.9.6864. PMID: 22461917; PMCID: PMC3298202.

Spielfogel, Jill & McMillen, J.. (2016). Current Use of De-escalation Strategies: Similarities and Differences in De-escalation across Professions. *Social Work in Mental Health*, 15. 10.1080/15332985.2016.1212774.

Vollrath, Daniel. "A De-Escalation Exercise for Upset Students." *Edutopia*, George Lucas Educational Foundation, 14 Jan. 2020, <https://www.edutopia.org/article/de-escalation-exercise-upset-students/>.

THERAPEUTIC MUSIC ACTIVITIES

Submitted by: Erin Cox, MT-BC

It's no surprise that listening to music can often change our mood, and energy level, or take us back to a powerful memory. Music listening is often a positive coping skill that many people have and don't even realize! Music therapists are trained to use music to enhance social, emotional, cognitive, and physical skills. One way this is accomplished is by using preferred music. You can think of this as a collection of favorite songs, as well as songs that hold importance to the listener. Below are some therapeutic music activities to try at home with your child:



Memorization Device

Have you ever had a song stuck in your head? You're not alone. Take advantage of a catchy tune and try rewriting the lyrics with your child to address academic skills. Use your child's favorite song, or even a familiar song, to either learn or reinforce a new concept. Rewrite the song to memorize your child's home address, phone number, grammar rules, math equations – the list goes on!

Calm Down Song for Kids

Similarly, a familiar melody can be rewritten and used as a calm down song for your child. This may be especially beneficial for young children learning to regulate their emotions. When they start to become frustrated, calmly sing the calm down song to encourage regulation skills.



Structured Breathing

Teaching children about meditation and mindfulness can be challenging. One way to introduce children to focus on their breath is through music. Choose a preferred song with a slower tempo. Encourage your child to take a deep breath for 4 counts, hold at the top for 4 counts, breath out for 4 counts, and hold for 4 counts, then repeat. Is your child a visual learner? Search for square breathing videos online, to reinforce the breathing pattern.

Motivational Playlists

Let's face it – no child wants to do chores. Make it more fun by creating a motivational playlist! While there are many pre-made playlists on Spotify, try creating one with your child's favorite songs, adding new songs regularly to keep it exciting!



wesley family services®
creative arts program

If you or someone you know may be interested in music therapy with a board-certified music therapist, email Katie.Harrill@wfspa.org for more information.

CALENDAR

Winter Upcoming Events



Holiday Lights Tour

GET INTO THE HOLIDAY SPIRIT AND ENJOY AN EVENING IN DOWNTOWN PITTSBURGH, LEARNING ABOUT THE HISTORY OF THE CITY, DISCOVERING BEAUTIFUL SQUARES AND PIECES OF ARCHITECTURE, WHILE GETTING TO SEE ALL THE FESTIVE HOLIDAY LIGHTS AND DECORATIONS. THE GRAND FINALE OF THE TOUR WILL BE A BIG CHRISTMAS TREE SURROUNDED BY AN ICE RINK, AND LAST BUT NOT LEAST: MARKET SQUARE'S HOLIDAY MARKET!

Sensory-Friendly Museum Hours Carnegie Museum of Natural History

4400 FORBES AVE.
15213, PENNSYLVANIA 15213
TIME: 8:30 AM TO 10:00 AM



Pittsburgh Restaurant Week January 9th

PITTSBURGH RESTAURANT WEEK FEATURES DINING SPECIALS HIGHLIGHTING THE WIDE-RANGING DINING OPTIONS THAT PITTSBURGH HAS TO OFFER AND BRINGS INDIVIDUALS FROM SURROUNDING BOROUGH OR SUBURBS TO THE CITY TO WALK THE STREETS AND ENJOY A MEAL AT A SPECIAL DISCOUNTED PRICE.

CALENDAR

Winter Upcoming Events



Penguins on Parade

WADDLING BACK INTO WEATHER-PERMITTING WEEKENDS THIS WINTER, ENJOY OUR PITTSBURGH ZOO PENGUINS TAKING A WALK OUTSIDE THE PPG AQUARIUM. FUN FOR EVERYONE! THE PENGUINS WILL START THEIR PARADE AT THE UPPER ENTRANCE OF THE PPG AQUARIUM AT 11:30 A.M. SHARP AND TYPICALLY SPEND ABOUT 20 MINUTES EXPLORING OUTSIDE. PLEASE PLAN TO BE AT THE AQUARIUM WELL BEFORE 11:30 A.M. TO GET A GOOD SPOT ALONG THE PARADE ROUTE!

Train Time

Showing Thursday–Sunday until March 12

TIME REVEALS THE HIDDEN INNER WORKINGS OF A MODERN RAILROAD. TRAIN TIME, FOLLOWS THE TREK OF A MODERN FREIGHT TRAIN THROUGH THE COMMUNITIES IT SERVES, REVEALING THE BEAUTY, VASTNESS, AND DIVERSITY OF THE AMERICAN LANDSCAPE AND THE EVOLVING ROLE AND REMARKABLE HERITAGE OF RAILROADING.



Saturday Crafternoons

SATURDAY CRAFTERNOONS IS A FREE WEEKLY DROP-IN PROGRAM FOR YOUTH AGES 5 TO 11. WE ARE EXCITED TO HAVE CRAFTERNOONS IN-PERSON FROM 1-3 PM AT ASSEMBLE THROUGHOUT THE SCHOOL YEAR! EACH WEEK FEATURES A NEW GUEST EXPERT ARTIST, MAKER, OR TECHNOLOGIST LEADING US THROUGH A HANDS-ON PROJECT. IT IS A GREAT WAY TO LEARN ABOUT STEAM TOPICS WHILE MAKING NEW FRIENDS.



SUPPORT

GROUPS

**Looking for
Support! Check
These Groups Out!**



JCHAI Support Group for Parents/Caregivers of Adults with Disabilities - www.jchai.org/

Free and Virtual! Meetings occur one Thursday each month. If you're interested in attending an upcoming meeting, please email Dr. Beth Rosenwasser for more information: bethrosenwasser@jchai.org.



Thrive for Hope- Virtual Support Group - <https://youthmovepa.wildapricot.org/event-4157856>

Thrive for Hope will meet every Thursday, 4pm to 5pm. Thrive for Hope is for youth and young adults between the ages of 16-29 across the Commonwealth of Pennsylvania. They invite you to join in the journey, through a peer ran support group for youth and young adults.



Autism Discussion Group - www.meetup.com/autismofpa/

This meetup page hosts two activities: 1. a Discussion Group and 2. a Social Outings Group. Discussion Group meetings take place once a month, on the second Sunday of the month, from 3:30 – 4:30. You must create a profile and be accepted on the meetup.com page to participate. The Social Outings Group is for adults on the autism spectrum who want to participate in social events in a friendly and supportive environment.



Sibshops - https://siblingsupport.org/sibshops/find-a-sibshop-near-you/#b_start=0&c7=PA

A support group for the siblings of children with special medical or developmental needs and challenges. The Sibshops model takes a wellness approach, providing opportunities for brothers and sisters of children with special needs to obtain peer support and education within a recreational context.



Autism Society of Pittsburgh <https://autismsocietypgh.org/>

Autism Society of Pittsburgh's operational imperative is the Options Policy of the Autism Society of American — "that parents have a right to learn about all resources and service options and to choose those they feel are most appropriate for their family member with autism."

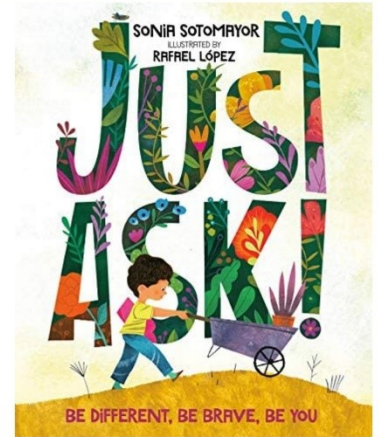
BOOKS

Focusing on Disabilities

Just Ask!: Be Different, Be Brave, Be You

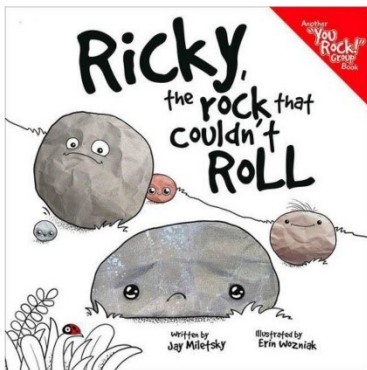
By: Sonir Sotomayor

Feeling different, especially as a kid, can be tough. In *Just Ask*, United States Supreme Court Justice Sonia Sotomayor celebrates the different abilities kids (and people of all ages) have. Using her own experience as a child who was diagnosed with diabetes, Justice Sotomayor writes about children with all sorts of challenges--and looks at the special powers those kids have as well.



RICKY, THE ROCK THAT COULDN'T ROLL

By: Jay Miletsky

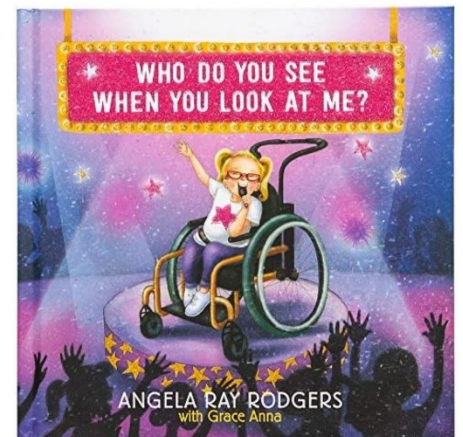


This sweet, imaginative picture book, written in verse, brings a fresh set of characters to life in a story that highlights perseverance and triumph in the face of adversity, and the power of true friendship, combining the spirit of *The Giving Tree* with the rhyme and rhythm of Dr. Seuss. Targeted for children ages 3-11, this is the first of a series of books featuring the "You Rock Group" that kids are sure to cherish as they grow, and learn from through empowering, motivating and fun-to-read stories.

WHO DO YOU SEE WHEN YOU LOOK AT ME?

By: Angela Ray Rodgers

This is Grace Anna. Although she might seem different, she is a happy girl with much to share. Are you more like her than you thought you would be? Though she lives with the daily challenges of disability, Grace Anna is a typical kid with big dreams. With imaginative text and charming illustrations, this inspirational kid's book teaches children to let go of first impressions and see themselves and others for who they really are.

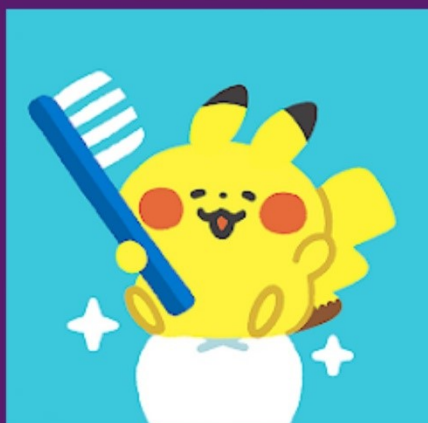


AMAZING APPS



GONOODLE

This app is aimed at physical health, mental wellness and self-discovery for kids and their families, which makes it a bit different than the others on our list. It offers activities around breathing, dancing, stretching and other fun forms. Plus, routines geared at helping kids with waking up and bedtime. We love it because it offers a more active way to utilize screen time, as well as focuses on body awareness, coordination, gross motor skills, cross lateral skills and more.



POKÉMON SMILE

This app is great for parents because the app enables reminders that let children know when they need to brush their teeth, plus has options to set a timer for the desired duration. Kids get excited about using it – and working on this foundational skill – because they get to rescue Pokémon from cavity-causing bacteria while they do it. When they brush regularly, they also receive awards for their accomplishments, including amusing Pokémon Caps that will appear on their head to create silly images of themselves.



ABC KIDS – TRACING & PHONICS

This app is such a hit that it came to us BCBA-approved from multiple Hopebridge Heroes. This educational app has cute, encouraging characters to help children learn to identify and trace letters, work on sounds from A to Z and more. Kids love it because it's packed with colorful graphics, fun mini games, creative stickers, and gift rewards. Parents love it because it's completely free without in-app purchases or ads.



ICREATE... SOCIAL SKILLS STORIES

Many kids thrive on social stories, which can help them learn what to expect and how to interact in various social situations. For a low cost, this app allows families and clinicians to combine visual, audio and text to create their own story books with unlimited pages. All steps and storylines can be rearranged and personalized, including the opportunity to import personal photos.

RESEARCH OPPORTUNITY

**Relationships, Employment,
Autonomy, and Life Satisfaction
(REALS)**

#keepingitREALS; #REALSadultlife

Why is this being done?

To develop a new measure, the REALS, and to increase understanding of autistic adult experiences

Who can participate?

Autistic adults

What is involved?

Online questionnaires

What else should I know?

Compensation is provided -
\$80 Amazon gift card



PAARCC
PITTSBURGH ADULT AUTISM
RESEARCH COMMUNITY
COLLABORATIVE



University of
Pittsburgh

FOR MORE INFORMATION, PLEASE CONTACT:

AFSstudy@upmc.edu

412-260-6593

Funded by NICHD & Autism Speaks

Research opportunity!



We need your help to develop a new tool for adults with developmental disabilities.

Although most research on autism spectrum disorder (ASD) and other developmental disabilities (DD) has focused on children, these conditions are lifelong with few supports for individuals in adulthood.

How can you help?

We are seeking volunteers – autistic adults age 18+ and adults with other DDs, and their parents/caregivers – to complete online surveys. Compensation provided.

For more info, email AFSstudy@upmc.edu or call 412-260-6593

This research study is being conducted by the University of Pittsburgh and funded by contracts from the National Institutes of Health & Autism Speaks.

Cotton Ball Snowman

Materials:

- Craft glue
- Cotton balls
- Craft paper
- Snowman template -available for download at link below

Decorating Ideas:

- Sticks
- Googly eyes
- Stickers
- Paper

Directions:

- Print out the snowman template or have your child make their own snowman without the template
- Use glue to stick cotton balls on the snowman
- Glue decorations onto the snowman
- Optional: Cut out the snowman.



Therapeutic/Learning Connection:

- Fine Motor Skills
- Sensory Integration
- Pincer Grasp
- Precision

For more info, check out <https://alittlepinchofperfect.com/cotton-ball-snowman-craft/>

Shake It Up Hearts

Materials:

- Cardstock (white and pink/red)
- Candy Hearts, dried beans, or small marbles
- Empty jar with a secure lid
- Washable paint
- Glue stick
- Scissors

Directions:

- Cut your white paper to fit into your empty jar
- Add a few drops of paint to the bottom of the jar and put 5 or 6 dried beans in the jar
- Secure the lid and have your child shake it up to spread the paint onto the white paper
- Once the paint has completely dried, cut out heart shapes and glue them to the colored cardstock to make your own Valentine's Day collage



Therapeutic/Learning Connection:

- Fine Motor Skills
- Spatial Relations Skills
- Pincer Grasp
- Hand-Eye Coordination

For more info, check out: www.sunnydayfamily.com/2016/01/shake-up-hearts.html?m=1

WHAT'S THE BEST GIFT YOU'VE EVER RECEIVED FOR THE HOLIDAYS?

The Nintendo logo is displayed in white text within a red oval.

AS A CHILD, MY ORIGINAL NES (NINTENDO ENTERTAINMENT SYSTEM)



THE YEAR I GOT I GOT MY FIRST NANO PET, AND WHEN I WAS OLDER MY FIRST TV/DVD COMBO SET



TICKETS TO A HOLIDAY CONCERT AT THE BENEDUM THEATRE.



MY SON'S FATHER DREW ME A PORTRAIT OF MYSELF, MY GRANDMOTHER, AND MY SON. MY GRANDMOTHER AND I WERE VERY CLOSE, AND SHE PASSED AWAY BEFORE I HAD MY SON. SEEING THE DRAWING OF ALL OF US TOGETHER MADE IT ALMOST SEEM REAL!"



THAT WOULD HAVE TO HAVE BEEN WHEN I GOT THE VOLTRON ROBOT. IT WAS 5 LIONS THAT COMBINED TO MAKE ONE GIANT ROBOT WITH A BIG SWORD AND SHIELD! IT WAS SO COOL!



MY DAD BUILT ME A BARBIE HOUSE AND IT WAS ON WHEELS SO I COULD PLAY WITH IT IN DIFFERENT PARTS OF THE HOUSE



WHO TO CALL FOR WHAT?

CENTRAL ACCESS (REFERRALS FOR ALL PROGRAMS/SITES):

Phone: 412-342-2270

Fax: 412-347-3237

Email: centralaccess.emailfax@wfspa.org

MONROEVILLE

(IBHS, WK):

Clinical Site Manager: Robin Veshosky 412-573-0141 or Robin.Veshosky@wfspa.org

Program Coordinators: Shanelle Berdell 412-573-0141 or Shanelle.Berdell@wfspa.org

Emily Magusiak 412-573-0141 or Emily.Magusiak@wfspa.org

Staffing Supervisor: Frank Grazulis 412-573-0141 or Frank.Grazulis@wfspa.org

WK Therapist: Mary Bogdanovicz 412-573-0141 or mary.bogdanovicz@wfspa.org

Authorization Specialist: Angee Kneppshield 412-573-0141 or Angela.Kneppshield@wfspa.org

Site Assistant: Linda Sarraf 412-573-0141 or Linda.Sarraf@wfspa.org

WEXFORD

(IBHS, WK):

Clinical Site Manager: Mallory Grant 724-443-8900 or Mallory.Grant@wfspa.org

Program Coordinators: Tammy Harrison 724-443-8900 or Tammy.Harrison@wfspa.org

Connie Blaniar 724-443-8900 or Constance.Blaniar@wfspa.org

WK Therapist: Melanie Cetra 724-443-8900 or Melanie.Cetra@wfspa.org

Authorization Specialist: Mary Jean Goodrich 724-443-8900 or Mary.Goodrich@wfspa.org

Site Assistant: Emily Celender 724-443-8900 or Emily.Celender@wfspa.org

BRIDGEVILLE

(IBHS, WK):

Clinical Site Manager: Chrissy Wojnar 412-564-1172 or Christine.Wojnar@wfspa.org

Program Coordinators: Carie Young 412-564-1172 or Carie.Young@wfspa.org

Staffing Supervisor: Audi Douty 412-463-1481 or Audi.Douty@wfspa.org

WK Therapist: Katie Abriola 412-564-1172 or Katie.Abriola@wfspa.org

Authorization Specialist: Jennifer Stoner 412-564-1172 or Jennifer.Stoner@wfspa.org

Site Assistant: Lisa Stewart 412-564-1203 or Lisa.Stewart@wfspa.org

SPECIALIZED SERVICES

OUTPATIENT SERVICES,
CREATIVE ARTS & PCIT

Creative Arts Program Supervisor: Katie Harrill 412-706-2596 or Katie.Harrill@wfspa.org

Outpatient Services: Megan Hoffman 412-564-1199 or Megan.Hoffman@wfspa.org

PCIT: Megan Hoffman 412-564-1199 or Megan.Hoffman@wfspa.org

DIRECTOR OF IBHS & WK:

Carrie Winner: 412-573-0141 or Carrie.Winner@wfspa.org

DIRECTOR OF SPECIALIZED SERVICES:

Megan Hoffman 412-564-1199 or Megan.Hoffman@wfspa.org

DIRECTOR OF CHILD & FAMILY
BEHAVIORAL HEALTH:

Kate Pompa: 724-443-8900 or Kate.Pompa@wfspa.org



**wesley
family
services**

**Our mission is to empower
children, adults, and families
by providing
transformational care.**

WE'RE ON THE WEB!

www.wfspa.org

**WESLEY FAMILY SERVICES
BEHAVIORAL HEALTH
SERVICE LINE**

Wexford

16055 Perry Highway, Building 3,
Wexford, PA 15090

Monroeville

4250 Old William Penn Highway
Monroeville, PA 15146

Bridgeville

100 Emerson Lane, Suite #1525
Bridgeville, PA 15017



www.facebook.com/WesleyFamilyServices

Transformation | Empathy | Excellence | Innovation | Inspiration