

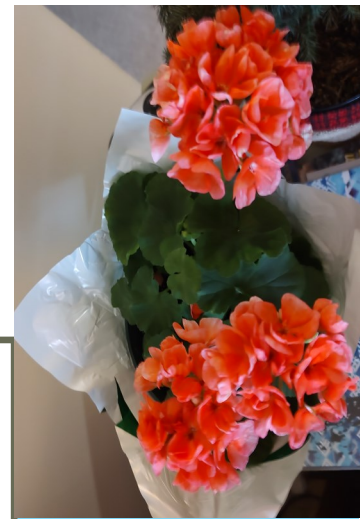
Union Station News

Members Share Their Working Experiences

David G. started a new job at the Walnut Hill Shop N' Save at the end of February. He keeps the shelves in the store nice and will eventually stock them. It is a nice environment to work in and everyone, including other employees and bosses, are surprisingly nicer than what he was initially expecting.

He is still getting used to the job and he would like to continue to work there for the next several years.

Dustin M. has been working for the Mental Health Association since 2010. In that time, his employer has made four moves for his department. The last one occurred last September to the agencies own building on Cherry Tree Lane in Uniontown. This space is three times the space of their former space that they had for eight years in the Fayette County Health Center Building. This new space provides more space for not only the Oak House but also provides the ability to do more things that the agency has not been able to do in some time. Dustin has adjusted to the new space quite well since moving in and has been utilizing and scheduling his own transportation through the FACT Persons with Disabilities (PWD) Program that has made the transition so much better for him . He is proud and grateful to call MHA his place of employment.



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Out Of The Darkness Walk For Suicide Prevention

On April 23rd, a group of members and staff from the Union Station Clubhouse participated in the Out of the Darkness Campus walk for Suicide Prevention at Penn State Fayette, which was chaired by the campus Mental Health counselor, Amanda Collins, who also serves on the Union Station Clubhouse Advisory Council. Upon arriving and registering, we visited the exhibitor tables. We also got to pick bead necklaces or buttons defining why we were walking or who we were walking for. There were plenty of affirmations that were said that made me feel quite hopeful when I was tempted not to come to the event earlier that day. I knew that I was in the right place in that moment.

Prior to the start of the walk, we listened to the testimonies of a mother and sibling of a young man that died by suicide and it also was very touching and gave me the additional hope to never give up even when the times get tough and that it is always important to talk things out when things are stressful.

Some of the sweatshirts that I seen that others had on the walk had the words *"Dear person behind me., The world is better with you in it...Sincerely, the person in front of you."* That hit my heart deep because I know that the world is so much better with me in it and that I must keep going and work to better myself each day. It can be hard sometimes and when it is rough, that means that I must reach out for support when I need it, no matter how hard it is, I know that is what many would want me to do and is the best thing for me to do.

Remember, you are loved, you matter and you are enough!

~Dustin M.



The Union Station Team: Nicholas C., Charles J., Scott B., Garyn H., Dustin M, and Rebekah M. along with Amanda Collins, Walk Chair and USCH Advisory Council Member in preparation for the Out of the Darkness Campus Walk

Help Is Available

• **Crisis Text Line:** Text "PA" to 741-741

• **988 Suicide & Crisis Lifeline:** 988

• **Veterans Crisis Line:** 1-800-273-TALK (8255) - Press 1

• **Disaster Distress Helpline:** 1-800-985-5990 - Text 'TalkWithUS' to 66746

• **Get Help Now Hotline:** (for substance use disorders): 1-800-662-4357

• **Pennsylvania Sexual Assault Helpline:** 1-888-772-7227

• **National Sexual Abuse Hotline:** 1-800-656-4673

• **loveisrespect:** 1-866-331-8453 / Text "LOVEIS" to 866-331-9474

• **National Domestic Violence Helpline:** – 1-800-799-7233

• **Pennsylvania Support and Referral Helpline:** 1-855-284-2494

• **The Trevor Project (LGBTQ+ Youth):** 1-866-488-7386; Text: 678-678; Trevor Chat

• **LGBT National Hotline:** 1-888-843-4564

• **Trans Lifeline:** 1-877-565-8860

• **LGBT National Senior Hotline:** 1-888-234-7243

• **Fayette County Crisis:** 724-437-100

• **Fayette County Domestic Violence Line:** 724-439-9500

• **Fayette County Rape Crisis Line:** 724-437-3737

Carelon Regional Recovery Forum

On April 17th, I attended along with a few staff the Annual Regional Carelon Health of Pennsylvania Recovery Forum at Antonelli's Event Center in Irwin, PA. There we got to connect with providers, members and stakeholders that service Fayette, Indiana and Westmoreland counties. Along with the exhibitors along the sides of the room sharing information and great resources for attendees, we started the morning with the Chief Medical Officer, Dr. Fuller sharing information about the dangers of the drug Zylazine or "Tranq", an non-opioid sedative or tranquilizer that has been rampant in the community and can be quite damaging.

After that, there was a "ask the doctor" with Dr. Fuller. Following a succulent buffet lunch, we had the ever inspiring Leadership in Recovery awards along with the Exceptional Parent / Caregiver awards. These were some tear-jerking moments.

Following a short break, Dr. Eberle from Carelon discussed trauma and shared her life experience. To close the day, raffle items were drawn, of which I won a Geranium from the Torrance State Hospital greenhouse. It was a very moving day!

Dustin M.

Member Spotlight

Anthony M. started at Union Station back at the end of February. He says that Union Station brings back memories of his former work environment. He is learning the operations of our work-ordered – day and how our meetings function. While at the Clubhouse, he is working on studying for his driver's license with the goal of passing the road test.

Standard of the Issue:

24. Members who are working independently continue to have available all Club-house supports and opportunities as well as participation in evening and weekend programs.

Mental Health Month Events

- May 2nd, Mental Health Association Open House 12-2, 680 Cherry Tree Lane
- May 7th, Carelon Mental Health Walk, 10 AM Registration, 11 AM Walk Begins; Twin Lakes Park Activity Center, Greensburg
- May 7th, Inc.— Chestnut Ridge Counseling Services will be hosting a Therapy Animal visit in the outpatient lobby, 2nd floor, Fayette County Health Center Building, 100 New Salem Rd., Uniontown
- May 15th “Arts, Crafts, Games & Snacks”- 10:00 a.m.— 2:00 p.m. Crosskeys Psychiatric Rehabilitation, 123 Brownsville Ave Brownsville
- May 23rd, FCBHA Mental Health Month Fair 4-7, Yough Park, Connellsville

RECIPE CORNER

Peanut Butter Cheesecake

Ingredients

- 1-1/2 cups crushed pretzels
- 1/3 cup butter, melted
- **filling:**
- 5 packages (8 ounces each) cream cheese, softened
- 1-1/2 cups sugar
- 3/4 cup creamy peanut butter
- 2 teaspoons vanilla extract
- 3 large eggs, lightly beaten
- 1 cup peanut butter chips
- 1 cup semisweet chocolate chips

topping:

- 1 cup sour cream
- 3 tablespoons creamy peanut butter
- 1/2 cup sugar
- 1/2 cup finely chopped unsalted peanuts.

Directions

1. In a small bowl, combine pretzels

and butter. Press onto the bottom and 1 in. up the sides of a greased 10-in. springform pan. Place pan on a baking sheet. Bake at 350° for 5 minutes. Cool on a wire rack.

2. In a large bowl, beat cream cheese and sugar until smooth. Add peanut butter and vanilla; mix well. Add eggs; beat on low just until combined. Stir in chips. Pour over the crust. Return pan to baking sheet.
3. Bake at 350° for 50-55 minutes or until center is almost set. Remove from the oven; let stand for 15 minutes (leave oven on).
4. For topping, in a small bowl, combine the sour cream, peanut butter and sugar; spread over filling. Sprinkle with nuts. Bake 5 minutes longer.
5. Cool on a wire rack for 10 minutes. Carefully run a knife around the edge of the pan to loosen; cool 1 hour longer. Refrigerate overnight. Remove sides of pan. Refrigerate leftovers.

~Jesse B.



20-Minute Chicken Creole

Ingredients

- 1 tablespoon vegetable oil (or cooking oil of choice)
- 1 pound chicken breasts, skinless, boneless
- 1 can (14.5 ounces) diced tomatoes, low-sodium
- 1 cup chili sauce
- 1 large green pepper, chopped
- 2 celery stalks, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

Directions

1. Wash hands with soap and water.
2. Heat pan over medium-high heat (350 °F in an electric skillet). Add vegetable oil and chicken and cook until the chicken reaches an internal temperature of 165 °F (3-5 minutes).
3. Reduce heat to medium (300 °F in electric skillet).
4. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
5. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.
6. Serve over hot, cooked rice or whole wheat pasta.
7. Refrigerate leftovers within 2 hours.

~Dustin M.

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
www.goodwillswpa.org

Goodwill
Southwestern Pennsylvania 

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](#)