



Testimonial Video / Wellness Corner

Peoples Oakland

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About Peoples Oakland

- History
 - Founded in 1974
 - Deinstitutionalization mandates
 - Recovery Model
- Peoples Oakland today
 - Holistic Approach to Mental Health Treatment
 - Counseling (Individual and Group)
 - Service Coordination
 - Recreational Activities
 - Community Outings
 - Reentry Services
 - Employment Services

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Peoples Oakland - Floor 1

- Reception Desk
- Resource Center
- Gym



Peoples Oakland - Floor 2

- Drop-In Center
- Snack Shack
- Kitchen



Peoples Oakland - Floors 3 and 4

- Art Room
- Conference Rooms
- Counselor Offices
- Meditation Room



Testimonial Video

- To promote Peoples Oakland to donors and new members
- Capture the collaborative spirit of Peoples Oakland
- Interviews for members and counselors
- Treatment groups, daily activities, parties
- To use on the website and to show at events, like the annual gala

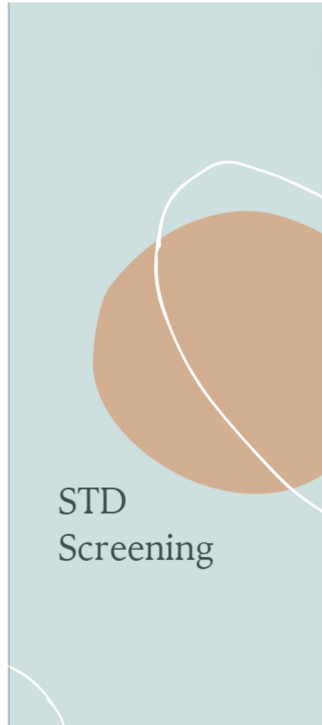


Wellness Corner

- To make resources simpler and easier to understand and access
- Showcase the importance of taking advantages of these resources
- Conducted surveys to allow for member input for what is included
- QR Codes that lead to important websites and make them easier to save
- Important numbers to call for information or appointments



Wellness Pamphlets



Allegheny County Non-Emergency Services

Chartiers Center (412) 221-3302

Milestone Centers, Inc. (412) 243-3400

Pittsburgh Mercy 1-(877)-637-2934

Staunton Clinic 1-(877)-771-4847

TVC Community Services (412)-351-0222

UPMC Western Behavioral at Mon Yough
(412)-675-6927

UPMC Western Behavioral Health (412)-624-1000

Wesley Family Services (412)-342-2270

Peer Supported Advocacy Network (PSAN)
Warmline
1-866-661-9276

For links to agency websites, scan the QR code below:



<https://www.alleghenycounty.us/human-services/programs-services/disabilities/mental-health-services-for-adults.aspx>



If you or someone you know is experiencing a mental health emergency, call:

resolve Crisis Network at
1-888-796-8226
(1-888-7-YOU-CAN)

Wesley Family Services Crisis Line
(724)-335-6242

National Suicide Prevention
Lifeline
1-800-273-8255
OR

Text GO to 741741 to reach a
trained Crisis Counselor through
Crisis Text Line



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Managing Mental Health

Managing mental health is not "one size fits all". Each person is unique, and therefore has unique needs and preferences. Here are a few suggestions that may help you to manage your mental health:

- **See a therapist or counselor** -- Regularly seeing a mental health professional can be a great way to prevent crises and work out issues that arise in everyday life.
- **Medication** -- When appropriate, medication can be helpful in managing symptoms of mental illness. When using psychiatric medications, it is important to attend all required appointments and express your needs to the psychiatrist so that your prescription and dosage best fit those needs.
- **Lean on your supports** -- Spend time with those you care about, and allow them to support you when needed.



Different Treatment Approaches



There are a large number of approaches to clinical mental health treatment. Here are a few of the most commonly used in the US:

- **Cognitive Behavioral Therapy (CBT)** -- Focuses on the ways our feelings, thoughts, and behaviors interact with and influence each other. Usually a short-term therapy.
- **Dialectical Behavioral Therapy (DBT)** -- Usually a mix of group and individual sessions, DBT focuses on mindfulness and improving awareness of feelings and triggers to create more positive responses to stressors. Usually a short-term therapy.
- **Motivational Interviewing (MI)** -- A counseling method used to help clients confront their hesitancy in making specific changes in their lives. The goal is for clients to find the motivation to make those specific changes. Usually a short-term treatment.

For a larger list of therapeutic approaches, scan the QR code below:



<https://www.psychologytoday.com/us/types-of-therapy>



Self Care

Practicing good self care is one of the best ways to take care of yourself and maintain good mental health. Here are a few self care suggestions:

- **Invest in your relationships** -- Humans are social creatures. Keeping in close touch with the people you care about is a great way to take care of yourself.
- **Do something you enjoy** -- Engaging with your hobbies can help you feel purposeful and fulfilled. Whether you are reading your favorite book or trying something new, it is important to do fun things!
- **Exercise** -- Moving in some way, shape, or form every day is a great way to take care of yourself. Go to the gym, find an exercise video on YouTube, or even just walk around the block.
- **A healthy diet** -- We get out what we put in! Having a balanced diet (fruits, vegetables, grains, and lean proteins) is incredibly helpful in maintaining your mental and physical health.
- **Get enough sleep** -- The National Institute of Health (NIH) suggests that adults should try to get at least 7 hours of sleep per night, although there is always some variation from person to person. Getting enough sleep will help you think more clearly and be better able to manage life stressors.



Local dental practices that accept Medicaid

University of Pittsburgh School of Dental Medicine
(Accepts Medicaid and has low-cost options)
3501 Terrace St Pittsburgh, PA 15261
(412)-648-8616

UPMC Presbyterian Dental Center
(Accepts Medicaid)
3459 Fifth Ave 202 South, Pittsburgh, PA 15213
(412)-648-6730

Northside Christian Health Center
(sliding-scale and Medicaid)
Northside Location: 816 Middle St Pittsburgh, PA 15212
(412)-321-4001

Northview Heights Location: 525 Mt. Pleasant Rd Pittsburgh, PA 15214
(412)-322-7500

To search for another dental practice accepting Medicaid in your area, scan the QR code below:



https://oa-peo.mma.com/PA/GetServiceResources/consult/index.html#public-provider_search



If you have an urgent dental issue during non-business hours (after hours, weekends, or holidays) call Pittsburgh School of Dental Medicine's On-Call dental resident at **(412)-440-2239**

If you are experiencing severe facial or oral trauma, please seek immediate help at your local emergency room

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ORAL HEALTH



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ABOUT ORAL HEALTH

Our oral health is not limited to just the health of our teeth and gums, and is closely linked to the health of the rest of our bodies. Since our mouths are the entry point for our digestive systems and respiratory tracts, our mouths can serve as a filter to prevent bad bacteria from entering deeper into our bodies. Maintaining good oral health can help to prevent disease and infection in our mouths and other parts of the body.



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did you know?

- There are more than 700 different types of bacteria that live in your mouth
- Those who drink three or more cups of soda per day are 62% more likely to develop tooth decay and tooth loss than others
- 1 in 4 adults aged 20-64 currently have cavities
- Oral health can contribute to conditions such as endocarditis, cardiovascular disease, pneumonia, and pregnancy and/or birth complications
- Conditions such as diabetes, HIV/AIDS, osteoporosis, and Alzheimer's disease may negatively affect your oral health

MAINTAINING YOUR ORAL HEALTH



PRACTICE GOOD ORAL HYGIENE

Brushing your teeth twice daily with fluoride toothpaste and flossing at least once per day helps to remove dental plaque and prevent cavities. Additionally, drinking fluoridated water regularly is a great way to protect your teeth as well.

LIMIT YOUR SUGAR

Sugar in the food and drinks we consume are interact with the bacteria in our saliva to create acid, which is responsible for tooth decay. Limiting your sugar intake, and only consuming sugary foods and beverages with meals is a great way to protect your teeth and overall oral health.

GO TO THE DENTIST

Go to your dentist for an oral exam and cleaning at least once per year. Doing so prevents cavities and allows oral health issues to be caught early on, so that more intrusive procedures are not necessary.

For more oral health tips, scan the QR code below:



<https://www.oak.gov/health/peoplesoakla/oralhealthtips.html>

WHY SEEK CARE?

Regularly visiting primary care physicians can prevent medical expenses in the future by ensuring you practice preventative care. Allowing your doctor to catch conditions early can prevent them from getting worse over time.



PRIMARY CARE

PRACTICING WELLNESS

You can also promote wellness in your life to prevent visits to the doctor starting with simple things like:

- eating a healthy diet - make sure you are eating fruits and vegetables and limiting sugar!
- Practicing self care to promote good mental health
- Exercise - exercise has been shown to increase mental and physical wellness! This can be as simple as going to the gym or going on walks outside.

CLINICS

Pittsburgh has a variety of primary care clinics located throughout the city. The QR code below leads to a list of primary care clinics in the area, and more information about each one.



OTHER TYPES OF PRIMARY CARE

- Planned Parenthood
 - Offers low-cost services regarding reproductive health
 - Visit <https://www.plannedparenthood.org/planned-parenthood-western-pennsylvania/patients> for a list of services and more information
- Birmingham Free Clinic
 - Offers a number of low-cost specialty clinics including nutrition education and smoking cessation
 - Visit <https://birminghamfreeclinic.wixsite.com/home/services> for more information

VACCINATIONS

It is important to stay up to date on your flu and COVID-19 vaccinations. Visit your local pharmacy every fall for your free flu shot and make sure you are up to date on your COVID-19 boosters.

Research and Local Resources

Tobacco Cessation Group through Pittsburgh Mercy
Pittsburgh Mercy offers a free support group that meets weekly on Tuesdays from 12-1PM at Pittsburgh Mercy - 3305 60th Street, Room 231, Pittsburgh, PA 15203-1266. Call 1-(877)-637-2924 or email info@pittsburghmercy.org for more information.

UPMC Health Coaches
UPMC Health Plan members are able to sign up for free health coaching. Via phone, call 1 (866) 778-6072 to speak with a health coach.

Stop Smoking Program at UPMC Passavant
For more information on this smoking cessation program, call Sue Niggis, RN, Program Coordinator at (412)-748-6329.

CVS
Some CVS with MinuteClinic offer smoking cessation consultations and support. Call your local CVS or visit [cvs.com/medicated](https://www.cvs.com/medicated) for more information.

Smoketfree.gov
Has information, tips, tools, services, and supports that may be able to help you on your journey to being tobacco-free.

UPMC Health Library
A good source for researching the impacts of tobacco on your health and how to quit. Visit [upmc.com/health-library](https://www.upmc.com/health-library) to browse through information.



SMOKING CESSATION



Pennsylvania has a smoking cessation "quit-line". To speak confidentially to a trained quit coach for free coaching sessions, call:

1-800-QUIT-NOW
(1-800-QUIT-NOW)

For more information about the services offered through the quit-line, scan the QR code below.



<https://www.cdc.gov/tobacco/quitpage/>
<https://www.smoking-quitline.net/>

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APPROACHES TO QUITTING



COUNSELING AND COACHING

A counselor or coach can work with you to develop your "quit plan". In your quit plan, you will lay out your roadblocks and collaborate to find solutions to overcome them, all while coming up with a concrete plan to gradually decrease your tobacco use. In fact, Pennsylvania has a quit-line that connects you to free and confidential coaching.

NICOTINE REPLACEMENT THERAPY (NRT) AND MEDICATION

NRT can come in the form of patches, gums, lozenges, nasal spray, and inhalers. NRT may be able to help with managing your cravings while decreasing tobacco use. Medication can also be a helpful tool when quitting smoking, as it can help you to manage cravings and symptoms of withdrawal. Talk to your doctor about a prescription if you are interested in this route. A couple of popular medications are varenicline and bupropion.

SUPPORT GROUPS

Quitting smoking is hard, and there is no reason to go through it alone. Many others are going through similar challenges, and support groups can be a great help in finding solidarity in your efforts.

For more information of approaches to quitting, scan the QR code below:



smoketfree.gov

ABOUT



If you are considering quitting, it may be helpful to ask yourself these questions:

- **Relevance** – Why is quitting relevant to you?
- **Risks** – What are some of the negative consequences of using tobacco?
- **Rewards** – Are there possible benefits to quitting smoking? If so, what are they?
- **Roadblocks** – What are the barriers standing in the way of you quitting?

When you take a drag from a cigarette, your brain is flooded with endorphins that give you a brief feelings of calm and bliss. Specifically, nicotine works on the pleasure center of your brain – increasing the amount of the pleasure neuron, dopamine.

"Smoking cessation" is really just another way to say quitting smoking. Like any other addiction, there is not a "one size fits all" approach to quitting smoking, but fortunately there are many routes and options you can take.

This pamphlet is intended to be used as a tool for those who are considering quitting smoking, but may not know where to get started.

Did you know?

When you quit smoking, after:

- 20 minutes** - Your blood pressure and heart rate return to normal
- 12 hours** - Carbon Monoxide levels return to normal
- 48 hours** - Your smell and taste start to improve
- 1 month** - Shortness of breath and cough go away
- 1 year** - Your risk of getting coronary artery disease decreases by 50%
- 5 years** - Your risk of getting a stroke is the same as a non-smoker
- 10 years** - Your risk of dying from lung cancer is reduced by 50%



Why Get Tested?

- Some STDs can cause serious health problems and complications without treatment
- Getting one STD can make it more likely for you to contract other STDs
- Even if you don't have any symptoms, you can be a carrier and pass it on to other people.



STD Screening

Treatments

OVERVIEW

Most STDs are manageable with medication and lifestyle changes once you have been diagnosed. If you are diagnosed with an STD, it is important to adhere to treatment

HIV

HIV is a common STD that is closely linked to others such as syphilis and gonorrhea. Currently there is no cure for HIV, but it can be managed with regular medication. It is important to treat it early so it does not progress to AIDS, which can leave you more likely to become infected with other STDs and infections.

Safe Sex Practices

- Consider getting tested before engaging in sexual activity
- Encourage your partner to get tested before engaging in sexual activity
- Use a condom and lubricant every time, at least until you know your partner's status
- Talk to your healthcare provider about what is best for your health

The Allegheny County Public Health Clinic offers free walk-in and confidential HIV and STD screenings. The clinic is accessible by the 81 Oakhill, 82 Lincoln, and 83 Bedford Hill Port Authority buses. For questions call **412-578-8081**.

The QR code below takes you to the Allegheny County Public Health Clinic's website for more information on the types of tests provided and what to expect from your visit.




Healthy People 2030

- Mental Health and Mental Disorders
 - Increase the proportion of adults with serious mental illness/depression who get treatment
- Oral Conditions
 - Increased use of oral care system
 - Reduce proportion of adults with active or untreated tooth decay
- Sexually Transmitted Infections
 - Reduce rate of STIs (including HIV, gonorrhea, and syphilis),
- Smoking Cessation
 - Increase use of smoking cessation counseling and medication in adults who smoke
 - Reduce current cigarette smoking in adults, and increase successful quit attempts
- Preventative Care
 - Increase the proportion of adults who get recommended evidence-based preventative health care
- Vaccination
 - Increase proportion of adults 19 and older who get recommended vaccines

Evaluation

- Testimonial Video
 - Track how many new people see the video
- Wellness Corner
 - Track how many pamphlets are taken and which ones
 - Track the participation in the affirmations wall




“I think all people are capable of recovery and making the best choices for themselves and should be treated with the respect and dignity they deserve.”

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Grady Cooper



“I learned a lot about community health, mental health, and what it takes to run an organization like Peoples Oakland. I saw what a difference social networks make to mental health recovery.”

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Nivitha Periyapatna

Thank you

- Thistle, Brandi, Antonio
- Allison Haley and the Staff at Peoples Oakland
- Dr. Sharon Connor
- The members of Peoples Oakland
- All of this year's BTG interns