

Zero Suicide Team Leaders



Beaver County

04/28/2023

Today's Agenda

- ▶ Minutes
- ▶ Welcome Josh Rowe, Hold My Guns, Allegheny Arms and Gun Works
- ▶ Partner Updates
- ▶ May- Mental Health Awareness and Acceptance Month
- ▶ Marketing and Community Outreach Team
- ▶ Trainings
- ▶ Next Meeting
- ▶ Resources



Attendance 03/24/2023

Elisia Majors, BCBH

Marcy Scott, CRS

Kim Hall, ETC

Bonnie Palmieri, CRS

Susan Smith, BCRC & BC YAP

Laura Liang, VA Suicide Prev.

Annamarie Perretta Rosepink, CFST & CSP

Bobbie Jo Combs, Beacon Health Options

Cami Williams, MHA

Erin Mizer, Beacon Health Options

Rachel Armstead, BC CYS

Sarah Lozier, Merakey

Traci Hughes, BCRC

Katie DeBrowa, Survivor

Lauren Hickman, Merakey

Nikole Priboze, Glade Run

Nicole Gallagher, VA Pgh

Melissa Pfeuffer, MHA

Abby Opal, FPC

Cyndi Brown, ABC Associates

Bryan Goble, Pressley Ridge

Kevin Puskaric, Youth Move PA

Tiffany McCaskey, PHN

Bree Piper, VA Suicide Prev.

Kathy Graziano, TPN

Almondina Moore, Wesley Family Services



3.24.23 PowerPoint

<http://www.bc-systemofcare.org/zero-suicide/>

Please use this PowerPoint as the minutes from last meeting

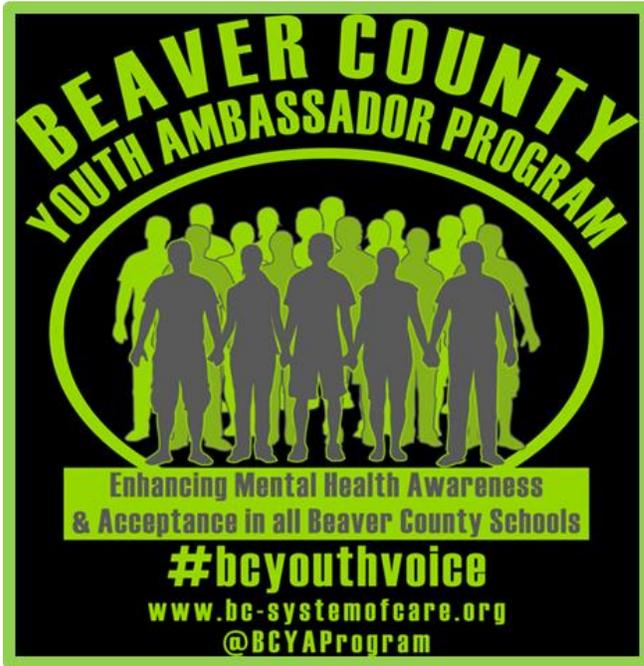
WELCOME

Josh Rowe, Hold My Guns
Allegheny Arms and Gun Works



PARTNER UPDATES





- Yap Spring Event held on April 19th
- 296 Students!!!
- Upcoming: May 25th MH Awareness and Acceptance Event
 - Located at the Beaver County Courthouse
- Schools are busy planning various activities for the month of May
- KDKA Story: <https://www.cbsnews.com/pittsburgh/news/kidsburgh-young-ambassador-program-beaver-county/>



- ▶ Educational training session for AFSP programs- June 1st and June 22nd
- ▶ On May 31st, hosting our Research Connection Program at the University of Pittsburgh.
 - ▶ Feature AFSP grant funded researcher Dr. Tina Goldstein in partnership with Dr. Peter Franzen
 - ▶ Discussing how sleep impacts suicide risk
 - ▶ This is a free event that shows how funds raised are used for suicide prevention research
 - ▶ The link to register is <https://wparesearchpitt.attendease.com/>
- ▶ On June 6th, State Capitol Day
 - ▶ AFSP advocates and volunteers will meet with our state representatives to speak about legislative and policy issues that need support
- ▶ August 31st, free concert in Greensburg, PA called Smash Suicide
 - ▶ Location: All Saints Brewing 5pm-7pm
 - ▶ More information can be found at: <https://wpasmashsuicide.attendease.com/>.
- ▶ Out of the Darkness Walks
 - ▶ Pittsburgh- September 9th
 - ▶ Lawrence County- October 7th



The 2023 Beaver County Community Forum

When: May 15th from 9:30 - 11:30 am

Where: Northwood Hall on Geneva's campus in Beaver Falls.

Visit the BC SOC website or contact Kim Andrews
kandrews@keystonewellnessprograms.org for more
information.

PHEW, I WASN'T CERTAIN I WAS GOING TO MAKE IT

Did you feel like you were on an
emotional rollercoaster ride
during COVID-19?



*Covid-19 left many in the helping fields feeling **compassion fatigue** & **burnout!** Professionals face trauma exposure not only from the communities they serve, but also their own uncertainties and hardships caused by the pandemic.*

This workshop will help you:

- Understand dimensions of burnout, compassion fatigue, and vicarious trauma
- Plan for your own mental well-being
- Develop personal and leadership skills to positively impact others
- Design a personal action plan focused on wellness

MONDAY, MAY 15TH
GENEVA COLLEGE
NORTHWOOD HALL

9:30 - 11:30 AM



Kym Laube,
Featured
Speaker



Scan here
to register.
Space is
limited!

VA Suicide Prevention

- ▶ SAVE Training
- ▶ When: May 26th from 12pm to 1pm
- ▶ Where: Beaver Valley Intermediate Unit
- ▶ Free training
- ▶ Open to veterans, family members, and anyone who wants to join
- ▶ Flyer will be coming out soon!!



Nicolina's Wishes

Safe Spot

Nicolina's Plaza
3140 Brodhead Rd. 2nd Floor Aliquippa, PA 15001



www.nicolinaswishes.org

Facebook@nicolinaswishescharitablefoundation1 724-462-0304

Kindness, Hope and Understanding

Survivors of Loss are forever altered. There is no time table for grief. No two journey's are alike, yet some things are commonly experienced at various points in their journey.

A Grief support group specifically for those who have lost a loved one who has taken their own life.

"Loss and Healing"

Families coping with the shock of excruciating grief and complex emotions that accompany the loss of a loved one taken too early.

◆ **Where:**
Nicolina's Wishes Headquarters

Starting Date:
Monday, April 24, 2023
Monthly, Every 4th Monday

◆ **Time:**
7:00 pm to 8:30 pm
Please call for gathering information

◆ **Call:**
724-462-0304
Facilitator
Ryan Strength –
American Foundation
Suicide Prevention



Nicolina's Wishes Community Satellite Program

Nicolina's Wishes is partnering with AFSP to offer a grief support group for individuals who lost a loved one to suicide.

The support groups will be held on the 4th Monday of the month at 7 pm and will be located at 3140 Brodhead Rd., 2nd Floor, Aliquippa, PA 15001.

See flyer for additional details.

Stand Down

- ▶ Stand Down serves homeless veterans as well as service members and their families!
- ▶ Services provided during this First Veterans Stand Down include but are not limited to medical screenings, behavioral health services, job search support, housing assistance, social services, haircuts, food and donations.
- ▶ To learn more details and register to exhibit at Baden Post 641's Stand Down visit the Beaver County System of Care Veterans Webpage: <https://www.bc-systemofcare.org/veterans-resources/>



**VETERANS
STAND DOWN
SATURDAY, APRIL 29, 2023, NOON TO 3PM
At the Baden American Legion
271 State Street, Baden, Pa 15005**

Don't Miss This!

BE THE VILLAGE A Foster Care Awareness Event

Special Guest: Charlie Batch

Former Foster Youth, Darien Karenbauer

FREE ADMISSION!

FREE USE OF THE YMCA!

Activities!

Entertainment!

Food Trucks!

Bounce Houses!

Community Vendors!

...and more

www.bc-systemofcare.org/save-the-date-saturday-may-6th-2023/

BE THE VILLAGE
FOSTER CARE AWARENESS EVENT
PRESENTED BY BEAVER COUNTY FOSTER CARE PROGRAM

Keynote Speaker:
Darien Karenbauer
- Former Foster Youth

Guest Appearance by
Charlie Batch

- Family Fun Pass Giveaway
- Bounce Houses
- Entertainment
- Food Trucks
- Library Corner
- Face Painting
- Pictures with Stormtroopers
- Community Vendors
- Much More!!

BEAVER COUNTY YMCA
MAY 6, 1PM - 4PM

FREE ADMISSION AND FREE
ALL DAY USE OF THE YMCA!

Other Updates



I AM WHO I AM: YOUTH & YOUNG ADULT CO-OCCURRING DROP IN

- Drop in and chat with young people, ages 16 to 29, who have substance use and mental health experiences!
- Be a part of a supportive virtual community!



Every Saturday @ 12pm

**CLICK TO
JOIN!**



<https://www.pmhca.org/>

I DIDN'T DIE, BUT...

A VIRTUAL DROP-IN FOR SUICIDE ATTEMPT SURVIVORS

EVERY FRIDAY @ 7PM

IF YOU HAVE SURVIVED A SUICIDE ATTEMPT AND ARE LOOKING FOR A PLACE OF ACCEPTANCE AND VALIDATION, DROP IN AND CHAT WITH OTHERS WHO HAVE HAD SIMILAR EXPERIENCES.

CONNECT WITH PEOPLE WHO AREN'T ASHAMED TO TALK ABOUT IT AND CREATE A COMMUNITY THAT IS FREE OF GUILT AND STIGMA, WITH A FOCUS ON WELLNESS AND RECOVERY.

DISCLAIMER: THIS GROUP IS STAFFED BY CERTIFIED PEER PROFESSIONALS AND SUICIDE ATTEMPT SURVIVORS AND FOR PEOPLE 18+. THE "I DIDN'T DIE, BUT..." SUICIDE ATTEMPT SURVIVOR DROP IN IS NOT MEANT FOR PEOPLE WHO ARE ACTIVELY SUICIDAL OR IN A CRISIS. IF YOU ARE EXPERIENCING A CRISIS, PLEASE CALL 988 OR YOUR LOCAL COUNTY CRISIS NUMBER.

**CLICK TO
JOIN!**



<https://pmhca.org/>



**THRIVE
FOR HOPE**
YOUNG ADULT SUPPORT GROUP

Thrive For Hope

A virtual support group for
Youth & Young Adults
between the ages of 16-29
years old



EVERY THURSDAY
4:00 PM - 5:00 PM
ON ZOOM



Thrive 4 Hope



Peer-Led Emotional
Support Group



Hosted by Youth MOVE
PA & PaPSC



We HOPE to See
You There

ympa@youthmovepa.org



**Click Here to Join
Support Group**

2024 National Strategy For Suicide Prevention

National Action Alliance for Suicide Prevention (Action Alliance) is conducting a national needs assessment to gather feedback from suicide prevention professionals, advocates, and volunteers about our nation's suicide prevention efforts and the *National Strategy for Suicide Prevention (National Strategy)*.

They will use this information to inform the suicide prevention goals, objectives, and actions that will appear in the updated *2024 National Strategy*.

As a recognized member of the suicide prevention community, **we are asking you to help inform national suicide prevention efforts by (1) completing the needs assessment yourself, and (2) sharing the assessment link with your networks.** SPRC is seeking feedback from individuals across the U.S. who represent diverse experiences, walks of life, and demographics.

Approximately 10 minutes to complete
It is completely anonymous and confidential.

Responses will be used to inform the suicide prevention goals, objectives, and actions that will appear in the *2024 National Strategy*. **The needs assessment will remain open through May 12th, 2023.**

Use this link to access the needs assessment (and share the link with others): survey.alchemer.com/s3/7302597/nationalstrategy-assessment

If you have any questions on the needs assessment, email nationalstrategy2024@gmail.com. Please include “National Strategy 2024 Needs Assessment” in the email subject line. Thank you so much for your commitment to saving lives!



May- Mental Health Awareness and Acceptance Month

- ▶ What is your organization going to do??



TOOLKIT NOW AVAILABLE from Mental Health America:

MHA's Mental Health Month Outreach Toolkit has been created to help individuals and organizations work smart as they plan for raising mental health awareness during the month of May. They've already done the leg work and listed out potential activities that you can do, written newsletter articles, created social media images and post language, come up with email signatures and zoom backgrounds, and made fact sheets, worksheets, posters, and a tip calendar (and more) for you to share.

<https://mhanational.org/mental-health-month>



2023 BEAVER COUNTY YARD SIGN CAMPAIGN

**SIGNS
SIGNS
SIGNS**

**MAY IS MENTAL HEALTH AWARENESS
AND ACCEPTANCE MONTH!!!!**

**HELP US SPREAD AWARENESS BY
PUTTING UP A YARD SIGN**

Keep any eye out for yard sign distribution dates
or contact: Elisia Majors majors@bcbh.org or
Marcy Scott mscott@crscares.org for more
information.

BCBH: (724)847-6225

www.bc-systemofcare.org/



Yard Signs are HERE!!!

Get your sign and help spread awareness!!

When: May 1st

Where: Beaver County Behavioral Health

1040 8th Ave. Beaver Falls, PA 15010

Rear Parking Lot (lobby area if inclement weather)

Time: 10:00 am- 4:00 pm

Contact: Elisia Majors majors@bcbh.org or Marcy Scott mscott@crscares.org to
make other pick up or delivery arrangements.



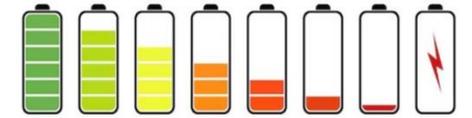
**"I AM NOT
WHAT HAPPENED TO ME,
I AM
WHAT I CHOOSE TO
BECOME,"**

- Carl Jung

~ Morgan Mine

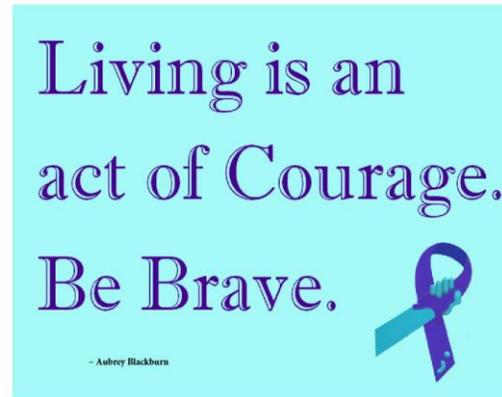


YOU ARE NOT ALONE!



Ask For Help Here

~ Austyne Mann



Beaver County Bounces Back **BIGGER AND BETTER**

A mental health acceptance and wellness event



 **Saturday, May 20th**
 **Brady's Run Park
Outdoor Walking Trail**
FREE Event!!!!

THE ACTIVITIES

Bounce Houses
Games
Food Trucks
Music
Health Screens
Free Raffle Baskets
TONS of Resources

**ALL ARE
WELCOME!!**

SPONSORED BY: BEAVER COUNTY BEHAVIORAL HEALTH,
BEAVER COUNTY ZERO SUICIDE INITIATIVE, AND BEAVER
COUNTY SYSTEM OF CARE

www.bc-systemofcare.com
724-847-6225



SAVE THE DATE!!!

SCHEDULED FOR May 20, 2023

- Planning is underway
- Interested in helping?
 - Email: mscott@crscares.org or [emajors@bcbh.org](mailto:majors@bcbh.org)

How Can YOU help?

- Volunteer
- Set up a resource table
- Share the flyer

Want to volunteer?

Sign up here:

<https://forms.gle/2FcwERcocmZL8ye4A>

BEAVER COUNTY BOUNCES BACK

Schedule for the Day

11am - Opening remarks

11:15 am - Wellness Walk

- Enjoy the Spring Scenery and Resources Along the Walking Trail

11:45am-12:45pm - Boxing and Agility Activity

- Jaryd Boyer and Premier Youth and Community Center

12:15pm - Dunk the DA

- District Attorney David Lozier

1:00pm - Yoga Practice

- Paula Soto from Intersections Wellness

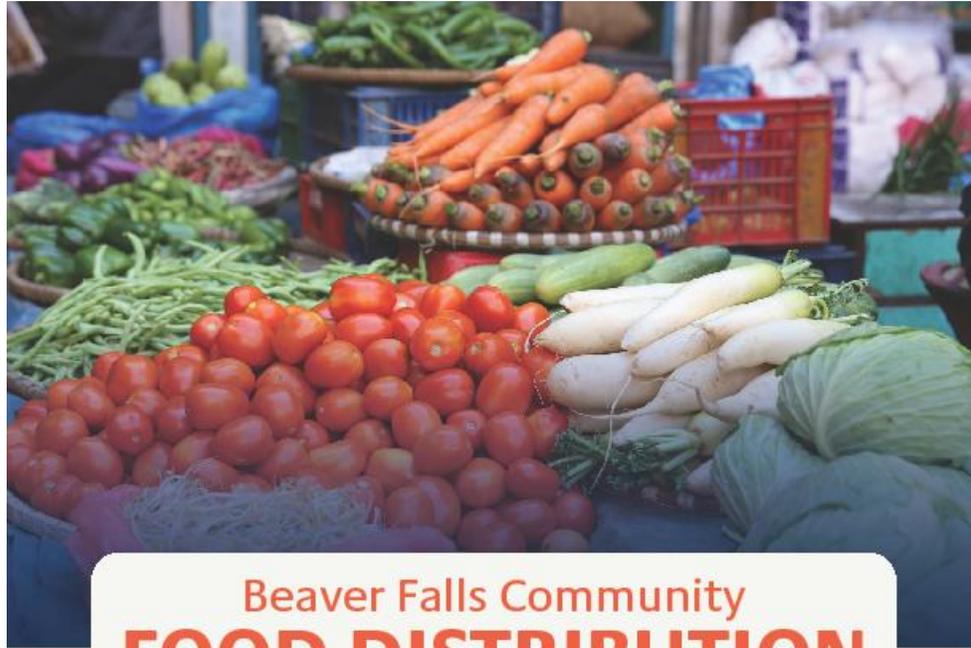
1:30pm - Raffle Basket Names will be Announced

Thank you to all of our vendors, sponsors, and **you!**



Beaver County
System of Care





Beaver Falls Community
FOOD DISTRIBUTION
 Groceries at no cost! Hosted by Beaver County Behavioral Health

Saturday, May 20th
11 a.m.
121 Brady's Rd.

To learn more call **412-460-3663 x655** or
 email awalsh@pittsburghfoodbank.org

How does it work?

Drive or walk up. The distribution will take place at the Beaver County Ice Arena. Pick out produce to take home! Bring carts or bags if you have them. Distribution lasts for two hours, or while supplies last. No ID or preregistration required.

Our mission is to leverage the power of community to achieve lasting solutions to hunger and its root causes.
 Learn more at pittsburghfoodbank.org



Exciting addition to Bounces Back- Please share!!
 Flyer included in meeting handouts

Marketing and Community Outreach

2023 Plans

- ▶ Outreach and education with:
 - ▶ Gun stores
 - ▶ Sportsman Clubs
 - ▶ Fairs
 - ▶ Sporting Events
- ▶ Yard Sign Campaign
- ▶ Beaver County Bounces Back Bigger and Better
- ▶ 5th Annual Town Hall

TRAININGS

Upcoming trainings

- ▶ Youth Mental Health First Aid
 - ▶ BVIU
- ▶ Hybrid Co-Occurring Disorder Series
 - ▶ May 22- September 22, 2023

HYBRID Co-Occurring Disorder Series 2023

****PLEASE NOTE: ORANGE dates are IN-PERSON,
BLUE dates are VIRTUAL****

| | |
|-----------|--|
| 5/22/2023 | Understanding Co-Occurring Disorders |
| 5/31/2023 | Suicide, Aggression and Violence in the Co-Occurring Culture |
| 6/12/2023 | Effective Group Approaches for Individuals with Co-Occurring Disorders |
| 6/21/2023 | Moving Clients with Co-Occurring Disorders Through the Stages of Change |
| 6/26/2023 | Self-Care as an Ethical Priority |
| 7/19/2023 | Engaging Families to Improve Co-Occurring Outcomes |
| 7/24/2023 | The Young Brain |
| 8/4/2023 | Screening, Referral & Resource Tools for Individuals with Co-Occurring Disorders |
| 8/11/2023 | Clinical Assessment & Documentation with Individuals with Co-Occurring Disorders |
| 8/18/2023 | Choice & Voice: Helping Clients with Co-Occurring Disorders Manage Medications |
| 9/15/2023 | A Look at a Few Special Populations |
| 9/22/2023 | A Look at a Few More Special Populations |



VIRTUAL SPEAKER SERIES 2023 | pennsylvania CARE PARTNERSHIP DEVELOPING SYSTEMS THAT CARE

Be Nice To One Another, And Other Things She Has Learned From Kids

Gab Bonesso, Comedian, Motivational Speaker, Writer, and Producer

Wednesday, May 3rd, 2023, from Noon to 1:30 p.m.

[Register](#)

We are very excited to have Gab Bonesso return as a speaker for us during the 2023 Speaker Series. Gab spends a lot of time with kids as a school visitor and performer and will bring us her unique perspective on youth and young adults with mental health diagnoses.



Gab will share her observations about kids, how the pandemic has changed them, teachers and their burdens, and the kindness that lives in the middle of it all. We will learn about being nice to others, identifying a trusted adult, caring for yourself and one another, fear of vulnerability, and the beauty of grace.

Gab will provide videos of kids she has interviewed, and we will hear their take on what is happening in their world.

And we will all leave filled with hope.

About Gab: Comedian, Motivational Speaker, Writer, and Producer

Gab is an award-winning comedian, children's performer, and producer working on stage, radio, and in print. Gab is the co-creator/lead performer of The Josh and Gab Show, an anti-bully rock & roll program. In addition, she has done corporate comedy and videos for American Eagle Outfitters, has been an On-Air Producer for CBS Radio, and has written columns for AOL, The Pittsburgh City Paper, and the Pittsburgh Current.

For more information or to register:

TRAINING | PA Care Partnership

Is It Substance Abuse, Is It Mental Health, or Is It Both?

Our speakers are Kevin Puskaric and Jamal Ford.

Thursday, May 25, 2023

Noon to 1:30 p.m.



CALM Training

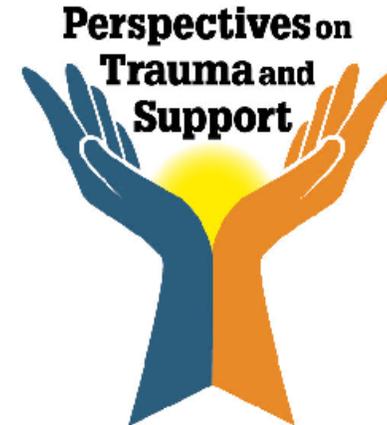
Community Care Behavioral Health is excited to announce the following presentations:

- ▶ Why use Counseling on Access to Lethal Means (CALM) for Suicide Prevention? (Part I)
- ▶ How to use Counseling on Access to Lethal Means (CALM) for Suicide Prevention (Part II)
- ▶ **Presenter:**
- ▶ Elaine Frank, MHS, Co-founder and CEO, CALM America
- ▶ **Program Descriptions:**
- ▶ CALM is a practical intervention to increase the time and distance between individuals at risk of suicide and the most common methods of suicide, particularly firearms. The oldest and most widely-used training on lethal means safety, CALM teaches why means matter and provides tools to intervene effectively with those at risk both upstream - before a crisis occurs - as well as in times of crisis.
- ▶ This Intro to CALM will be presented in two parts: Part 1: Why use CALM (1 hour) and Part 2: How to use CALM (1.5 hours). **Although not necessary, it is highly recommended to attend both parts.** Part 1 focuses on why reducing access to lethal means can be an effective strategy to prevent suicide deaths. Part 2 addresses the specific ways you can counsel clients and their families to reduce access to firearms and medications.
- ▶ **Target Audience:**
- ▶ The target audience includes therapists, social workers, psychologists, nurses, certified addiction counselors, certified rehabilitation counselors, certified peer specialists, certified recovery specialists, national board-certified counselors, case managers, and others interested in behavioral health services.
- ▶ **Why use Counseling on Access to Lethal Means (CALM) for Suicide Prevention? (Part I)**
- ▶ June 6, 2023 12:00pm-1:00pm
- ▶ [CLICK HERE TO REGISTER](#)
- ▶ **How to use Counseling on Access to Lethal Means (CALM) for Suicide Prevention (Part II)**
- ▶ June 20, 2023 11:30pm-1:00pm
- ▶ [CLICK HERE TO REGISTER](#)

The 2023 Virtual Dual Diagnosis Conference

- ▶ Perspective on Trauma and Support
- ▶ When: May 18th 9am-4pm
- ▶ There is no fee to attend the virtual conference, but advance registration is required.
- ▶ To register, please go to www.dualdiagnosisconference.org

**REGISTRATION IS OPEN FOR THE 2023 VIRTUAL
DUAL DIAGNOSIS CONFERENCE
MAY 18, 9 AM to 4 PM**



The Pennsylvania Department of Human Services, Office of Developmental Programs and Office of Mental Health and Substance Abuse Services, invites you to participate in the statewide Dual Diagnosis Conference being held virtually on May 18.

Nationally recognized speakers will provide a variety of perspectives on trauma and best practices for supporting individuals who have experienced trauma. Speakers include:

- Karyn Harvey, Ph.D (Trauma Informed Support for People with Intellectual and Developmental Disabilities)
- Lara Palay, LISW-S (Trauma Responsive Care: Safe, Connected and In-Control)
- Kevin Aldridge, MA (Implementing Trauma Responsive Care)
- Melanie Hecker, MPA (The Jailer and The Coach)

REGISTRATION

There is no fee to attend the virtual conference, but advance registration is required.

To register, please go to:

www.dualdiagnosisconference.org.

Closed captioning and ASL will be provided during the livestreaming of the conference.

VA/SAMHSA Governor's Challenge to Prevent Suicide Among Service Members, Veterans, and their Families



- Military Cultural Competency Training provided by Psych Armor at no cost.
- 15 trainings will be available through the portal through December 2025.
- 300 people on a first come first serve basis.

[Governor's Challenge
Training Portal
Fact Sheet](#)

[Governor's Challenge
Training Portal
Re-Launch](#)



Trainings Available

- ▶ QPR (Question, Persuade, and Refer)
 - ▶ Virtual or In-person
- ▶ Youth QPR (Question, Persuade, and Refer)
 - ▶ Virtual or In-person
- ▶ Mental Health First Aid
- ▶ Youth Mental Health First Aid

Archived trainings:

- ▶ BC SOC Youtube:
 - ▶ <https://www.youtube.com/channel/UCDKZZQif0q0YlqfBgkEGc4Q>
- ▶ Carelon Behavioral Health:
 - ▶ <https://www.carelonbehavioralhealth.com/providers/resources/trainings>
- ▶ Prevent Suicide PA:
 - ▶ <https://www.preventsuicidepa.org/trainings/all-trainings/>



Next meeting

- ▶ **Date: Let's discuss**
- ▶ **Zoom link will be sent**





Check out the website:

<http://www.bc-systemofcare.org/>

SOC YouTube channel:

<https://www.youtube.com/watch?v=G4rLQJRAcM&list=PL6lF8gWeCfKyHgu4A5Rkl1SX7kH2BJrC-&index=2>



Resources



Please share
the following
resources with
anyone who
can benefit

Food Resources

- https://www.agriculture.pa.gov/Food_Security/Pages/Resources.aspx

Mental Health Resources

- <https://www.pa.gov/guides/mental-health/>

Unemployment Benefits

- <https://www.pa.gov/guides/unemployment-benefits/>

Help for Homeowners / Landlords / Renters

- https://www.consumerfinance.gov/coronavirus/mortgage-and-housing-assistance/renter-protections/find-help-with-rent-and-utilities/?utm_source=vanity&utm_medium=outreach&utm_campaign=renthelp

Compass Benefits:

<https://www.compass.state.pa.us/compass.web/Public/CMPHome>



Resources

The Mental Health Support Line

- ▶ Developed on April 1st, 2022
- ▶ Can be reached toll-free, 24/7 at 1-855-284-2494 from anywhere in PA.

Crisis Text Line

- ▶ Text PA to 741-741

PA Get Help Now Helpline

- ▶ Can be reached toll-free at 1-800-662-HELP (4357).
- ▶ A live chat option is also available online or via text message at 717-216-0905

Warmline of Beaver County

- ▶ Can be reached at 1-877-775-WARM (9276)
- ▶ Hours of operation 6pm-9pm

UPMC Beaver County Crisis

- ▶ Can be reached toll-free, 24/7 at 1-800-400-6180



PA Resources

Many other resources also remain available to Pennsylvanians in need of support, including:

- ▶ National Suicide Prevention Lifeline: 988
- ▶ Línea Nacional de Prevención del Suicidio: 1-888-628-9454
- ▶ Crisis Text Line: Text “PA” to 741-741
- ▶ Safe2Say: 1-844-723-2729 or www.safe2saypa.org
- ▶ Veteran Crisis Line: 988 (Press 1)
- ▶ Disaster Distress Helpline: 1-800-985-5990
- ▶ Get Help Now Hotline (for substance use disorders):
1-800-662-4357



What can we do to help?

E-mail us:

- ▶ Elisia Majors
emajors@bcbh.org
- ▶ Marcy Scott
mscott@crscares.org
- ▶ Bonnie Palmieri
bpalmieri@crscares.org



*Thank you!!
Stay Well!!*

