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## Healthy Hope Camp:

*providing educational outdoor experiences to area children*

By Meredith Dobson

**E**ighteen children between the ages of seven and 11 attended Healthy Hope Camp, a weeklong therapeutic summer day camp held July 19 through 23 under the guidance and direction of **Nancy Reed** and **Lauren Anderson**. Healthy Hope Camp 2010 follows a successful summer camp held in 2009. Funded through a seed grant, ten children with mental health needs from within the Mercy Behavioral Health system participated. The camps have been highly successful.

Healthy Hope Camp is held at **Camp GUYASUTA**, located in Sharpsburg, Pa. The camp is owned and operated by the Boy Scouts of America, Greater Pittsburgh Council, which makes the camp available to other organizations.

The children who attended Healthy Hope Camp attend public school through the school year with special support services and receive additional outside mental health services from Mercy Behavioral Health. At the camp, the children experienced group psycho-socialization activities as well as psycho-educational programming. They learned coping skills as they gained mastery of issues that hamper their ability to integrate more successfully into mainstream society.

*continued on page 2*





# Reflection

Contributed by Brittany Wild

*One song can spark a moment,  
One flower can wake the dream.  
One tree can start a forest,  
One bird can herald spring.*

*One smile begins a friendship,  
One handclasp lifts a soul.  
One star can guide a ship at sea,  
One word can frame a goal.*

*One vote can change a nation,  
One sunbeam lights a room.  
One candle wipes out darkness,  
One laugh will conquer gloom.*

*One step must start each journey,  
One work must start each prayer.  
One hope will raise your spirits,  
One touch can show you care.*

*One voice can speak with wisdom,  
One heart can know what's true.  
One life can make the difference,  
You see, it's up to you!*

- Author unknown

The power of

# ONE

## Last chance...

Time is running out to purchase tickets to the Mylan Classic, presented by CONSOL Energy, Aug. 30 through Sept. 5, 2010 at Southpointe Golf Club in Canonsburg. Purchase weekly grounds, clubhouse, or 10-pack tickets through the ANSYS' Tickets For Charity Program at <https://www.mylanclassic.com/buytix/MERCYPMHs>, designate Pittsburgh Mercy Health System (PMHS) as the charity of choice, and every dollar you spend will benefit PMHS. Tickets range from \$25-\$400. For more information, contact **Lorry Perkins**, 724.934.3538. ■

## Healthy Hope Camp, *continued from page 1*

Campers participated in typical day camp activities including archery, the Challenging Outdoor Personal Experience (COPE) course, swimming, guided journaling, health education, crafts, a nature hike, healthy games, a visit to the Carnegie Science Center, and miniature golf.

This year's Healthy Hope Camp was staffed by **Dave Work, Kristen Walker, Jada Herring, Amy Wienand, Barb Jackson, Abbie Hawkey, Travis Schermer, Lori McNulty, and Erin Rectenwald.** ■

## Spring auction a huge success for Healthy Hope Camp

By Lorry Perkins

**PMHS Development's** recent online spring auction was a great success, raising nearly \$10,000 for Healthy Hope Camp, Mercy Behavioral Health's therapeutic summer camp for children with treatable behavioral issues. A jersey autographed by former Pittsburgh Penguins/nw Ottawa Senators defenseman Sergei Gonchar netted an impressive \$800!

PMHS Development thanks the auction's global sponsors Crothall Services Group and Netsmart Technologies; logo sponsors Metropolitan ENT Associates, T.C.R. and Associates, and Vision

Benefits of America, as well as the many businesses, organizations and individuals who contributed wonderful auction items. In addition, thank you to the auction's loyal followers and bidders.

Watch for another auction online this November — just in time for your holiday shopping.

If you have an item you would like to donate to the holiday auction, or if you have ideas for potential donors or sponsors, contact **Lorry Perkins** at 724.934.3538. ■

## Blood drive

**Monday, September 13**

**8:30 a.m. to 2:30 p.m.**

**1st floor Conference Room**

**1200 Reedsdale St., North Shore**

**Appointments are necessary.**

**Contact: Marlene Daurora**

**412.323.4556**

*Employees can count participation toward their Healthy Lifestyle goals.*