



## Main Story / 11.24.08

### Mental Health and Employment Services Hold Successful Open House



Mental Health and Employment Services staff at Nov. 19 Corporate Drive open house

**AUBURN** – Unity House of Cayuga County Inc.'s Intensive Psychiatric Treatment Rehabilitation Program (IPRT) and Independent Housing program, two components of the agency's Mental Health Residential Services, joined forces with Unity House's Auburn site Employment Services program from 4 p.m. to 6 p.m. Wednesday, November 19, 2008 to stage a successful Open House at the programs' recently occupied office and program space at 1110 Corporate Drive in Auburn.

At the two-hour event, program management and staff greeted nearly 100 members of the Auburn community including consumers who access the programs and their families and agency stakeholders. Besides meeting program providers, attendees were educated about the specific services each program provides and were given tours of the programs' new office and program space.

Following the general Open House, the IPRT program hosted a family information seminar from 6 p.m. to 7 p.m. that offered general and specific information about that service.

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### Auburn Day Hab Staff Trained On Physically Transferring Consumers



Physical therapist Dana Mandel (l), CIS Vicki Wroboleski (in lift), CIS Melinda Trufant demonstrate proper use of Hoyer lift transfer

**AUBURN** – All 35 Auburn day habilitation staff attended a 75-minute training the week of November 17, 2008 on the proper way to employ the standing pivot, 2-person lift, and mechanical or Hoyer Lift methodologies when physically transferring consumers to and from lying, sitting, and standing positions.

Given by licensed physical therapist Dana Mandel of Mandel Therapy in King Ferry, N.Y., the two training sessions held November 17 and 21 at the agency's day habilitation program space at 31 Market Street in Auburn educated day habilitation CIS staff on the interactions among the human body's spinal cord, vertebrae, and discs and how they're impacted in back injuries caused by improper lifting. Mandel emphasized to staff that stress, lack of flexibility, and poor abdominal and back muscle strength were the three primary reasons back injuries occur, and that reducing stress and staying active to retain flexibility and strength were vital to being injury-free.

Mandel's training taught staff that maintaining the proper biomechanics of lifting – one's posture including neck, lower back, and leg alignment – was essential to lifting and transferring consumers effectively. His training included staff practicing each of the three methodologies.