

Health Right's Mission:

Milan Puskar Health Right is a primary care clinic that provides healthcare and other related services at no cost to uninsured or underinsured low-income residents of North Central West Virginia. We promote health through direct service, education and advocacy.

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Health Right's Philosophy:

Milan Puskar Health Right believes in the dignity and worth of all people. Basic non-judgmental health care is a right, not a privilege.

MPHR provides compassionate care that starts with the expressed needs of the patient.

Check out our website at mphealthright.org and our Facebook page at facebook.com/MPHealthRight/



Summer 2023

Friendship Wellness in Recovery Ribbon Cutting



Kait Layman, Recovery Center Director and Laura Jones, Executive Director.

Milan Puskar Health Right had all the bases covered Thursday as the community turned out on a cool afternoon to celebrate a ribbon-cutting ceremony for Health Right's new Friendship Community in Recovery facility, 277 Don Knotts Blvd. They had food. They had music. They had informational handouts. They had a Tusken Raider, a Stormtrooper and a Dark Lord of the Sith.

I guess if you're going to throw a party on May 4, you better expect some scum and villainy might show up.

"It's May the Fourth. Why not," Kait Layman laughed. "We're having fun." Layman is Health Right's Recovery Centers Director. And fun, she explained, is what the new facility is all about. "One of the really cool things we're doing here is what we call Recovery Nightlife. For example, you can't play pool anywhere in Morgantown that isn't a bar, so we put a pool table in here. We're going to hold weekend pool tournaments and other weekend activities, Layman said. "The community needed a safe place to go on the weekends when everybody else is out partying and drinking."

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Harm Reduction Success Story

Morgan Wood, Peer Recovery Support Specialist, shared the following success story regarding a client of the LIGHT Project at Milan Puskar Health Right.

Upon meeting Ember, she was facing troubles and possible eviction due to her chaotic substance use. LIGHT Project worked with Community Engagement workers at MPHR, Erin Shelton and Emily Sutton, to provide appropriate interventions and discussions about substance use treatment. After reviewing the available options, Ember decided to go to Harmony Ridge Recovery Center in Barboursville. Upon arrival, Ember experienced second thoughts and Morgan stayed with her until she felt comfortable enough to go inside and helped her honor the decision that she made. Since entering

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- 4 Find and select our organization (Milan Puskar Health Right - CM251) and click 'Enroll'

Monthly donors make lasting impacts. Visit mphealthright.org and click on the DONATE button to help make North Central West Virginia a better community!

Contact us at: (304) 292-8234

Staff Spotlight: Friendship Community in Recovery



Taylor Voges was born and raised in the city of Winchester, Virginia, and then moved to Morgantown three years ago by way of Jefferson County, West Virginia. Morgantown is where she started her recovery journey, and she recently celebrated her 3-year 'soberversary' (YAY!). Taylor had worked in the restaurant service industry for many years, but felt she found her

real purpose once she got sober- helping in the recovery field. She started taking peer recovery support classes so she could obtain her PRSS state license. While taking classes, she met an employee of MPHR who told her about an open position at the new recovery center. While working at MPHR, she has built an amazing group of support and has learned so many new things. She hopes to expand her education by returning to school to complete her degree. She really enjoys working at the Friendship Community in Recovery because she loves being able to help a fellow addict out and possibly show them a new way to live. She hopes that she can be that little bit of light for someone that is battling the disease of addiction. Taylor is a wife and mother to two beautiful children. In her free time, she likes going on nature walks and explore new places with her family. She plays co-ed slow pitch softball in the summers. You can always find Taylor with some kind of candy in her hand because she has the biggest sweet tooth, and it matches her personality!

Tanner Ramsey is a person in recovery from alcoholism and substance abuse. He was born and raised right here in Morgantown, WV in 1986. Tanner started abusing drugs and alcohol at a very young age and continued to do so until he was in his mid 30s. By that



time, he felt that he had destroyed his life so bad with the help of drugs and alcohol that he felt he could not go on living that way and something had to change. Tanner left for his last rehab on 11/15/2021, the day of his oldest daughter's 13th birthday. When Tanner returned to Morgantown, he began volunteering at the Friendship House when it was located downtown. He volunteered for a couple of months and then was hired as a full-time PRSS. Now, Tanner is our Program Coordinator at the new Friendship Community in Recovery. He has full custody of his two oldest children, he's engaged to be married, and he has a new baby on the way! Tanner says that ever since he's been coming around the Friendship Community, all he's ever wanted is to be proof that no matter where you're from, how you grew up, how much or how long you

April was Counselor Awareness month!

We wore teal to support all of our counselors who make a huge impact in our community. It is a social initiative designed to build strong support, recognition, and appreciation for professional counselors.
#BurnBrightNotOut

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the program at Harmony Ridge, LIGHT Project staff have spoken to Ember several times from treatment. She reports that she is very happy. She is excited and has a prospective job doing meaningful work on the horizon and feels confident about her life being worth living. She will now be able to keep her apartment.

It was so important for staff to work together so that Ember knew that she had a strong support system to lean on. LIGHT Project is more than just a Harm Reduction and SSP, they help link folks to the resources needed to reduce the harms of their chosen behaviors. Recently, staff have seen an uptick in folks successfully entering into treatment. Ember is unique in the fact that she is experiencing these systems as a trans-female. The impact of successfully placing a trans-female into rehab in West Virginia where she can be free to be her authentic self and feel protected while she recovers is a HUGE win.



If you or someone you know injects drugs, please visit us in Morgantown any Wednesday from 4:00pm-6:30pm or Friday from 1:30 pm-3:30 pm.



Friendship Wellness in Recovery Ribbon Cutting

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Friendship Community in Recovery is what's called a Recovery Community Organization. It's one of seven grant-funded RCOs opening across West Virginia. Everyone who works at the facility will have lived experience in addiction and recovery. It will serve as a meeting place for AA, NA and all-recovery meetings. People are welcome to bring their children.

"This program is a safe space for people in recovery. You don't have to be free of drug use to be here, but you cannot be actively intoxicated or under the influence of drugs when you come in," Health Right Executive Director Laura Jones said. "Recovery is any positive change, big or small. It could be that we help someone fill out a food stamp application, or we help get them into treatment."



The facility is replacing Health Right's old Friendship House, which closed its Walnut Street location on Feb. 28, ending nearly 60 years in downtown Morgantown.

Layman said she expects the new recovery center will leave its own legacy as well. "What this looks like here today is not going to be what it looks like a year from now because it's going to change with the community," she said. "That's what it's for, community."



The closure of the old Friendship House came in response to an offer from the city of Morgantown, which approached Health Right in 2021 offering \$800,000 in American Rescue Plan Act money if Health Right would move Friendship House and the Spruce Street clinic out of the downtown.

Health Right purchased a new clinic location near Hazel's House of Hope on Scott Avenue, but a project to expand and move into that new facility is currently on hold due to cost overruns.

Article by Ben Conley, *The Dominion Post*, Morgantown, WV. May 4, 2023

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Did you catch Health Right at Cheat Fest 2023? It was a blast and we got to meet a lot of community members. Hope you got some of that great swag!!

Big THANKS to our friends from Beta Psi Omega who held a donation drive at the Mountain Lair this past spring to benefit Health Right patients.



Want to stay up to date with the happenings at Health Right?
*Sign-up for our electronic updates and events by visiting our website—
mphealthright.org

Scan the QR code to go directly to our donation page!

Mini-Golf Tournament

Health Right hosted their First Annual Mini-Golf Tournament on July 8, 2023. The event brought out ten teams, with great names- with the crowd favorite team name being the Crappy Gilmores, made up of Damon, Britnany, Dave, and Danielle. The 1st Place Tournament Winners were 'I Like Big Putts and I Cannot Lie', 2nd Place called themselves 'Talk Birdie to Me', and our 3rd Place winners touted the title of 'Shooting Sube Par'.

Other titles worthy of mention were our friends 'Complete and Putter Chaos' for Best Dressed; Mike was our Alternate Putter Champion, having used a baseball bat to grab his victory; and Koa walked away as the Marshmallow Drive Champion, putting his marshmallow more than 22 feet!



Thanks to our site host Morgantown Miniature Golf, our snack sponsors who included: Modern Appalachian Kitchen, Baker Cheese Company, Panera, and Insomnia Cookies; and our corporate sponsors including the above mentioned plus: DB Mining Services, LLC, The Sube Shop, Huntington Bank, and the soon-to-open Mountain Monsters Indoor Mini-Golf.

Special thanks to MPHR Board Members for sponsoring several teams for our friends in recovery to participate. We hope to see you at next year's event!

Thank you to all our donors and volunteers!

Without your help, Health Right would not be able to continue providing life-saving care and medications to our clients! Programs are possible due to gifts from AIDS United, Comer Family Foundation, John Mathew Brown Charitable Trust, George Hott Charitable Trust, Hazel Ruby McQuain Charitable Trust, Monongalia County Commission, United Way, WV DHHR, City of Morgantown, Your Community Foundation, Kroger Community Rewards, Chick-fil-A, Insomnia Cookies, Cheddar's Scratch Kitchen, NASTAD, Empty Bowls of Monongalia County, HUD Housing Emergency Solutions Funds, as well as all of our private and community donors.

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Director of Finance

Christy Thompson

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Administrative Supervisor

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RCO Friendship House

Kait Layman

Tanner Ramsey

Taylor Voges

Friendship Fairmont

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