

CSP Newsletter

Cumberland/Perry Community Support Program (717) 254-6060

Special Interest Articles:

- Sharing Your Recovery Story
- 2014 Recovery Calendar
- CSP Committees

Individual Highlights:

Do You Have Something to Share?	2
Pajama Party	3
Artwork	4
NAMI Connection C/FST Needs to Hear Your Voice	5
Recovery Quote	6

Sharing Your Recovery Story

It's hard to believe that it's been four years since Cumberland/Perry Community Support Program, working in conjunction with its partners, NAMI PA; Cumberland/Perry Counties, the Cumberland/Perry Employment Transformation Advisory Committee; Cumberland/Perry Mental Health Housing Initiative; and the Cumberland/Perry Mental Health/Intellectual Developmental Disorders/Early Intervention Program began creating the Speakers Bureau for Mental Health Awareness.

Since its inception we have had presenters telling their stories of recovery for increasing awareness of mental health challenges, combating stigma, and providing education on the importance of housing and employment for persons who are living with mental health challenges. We have had presenters presenting to groups of mental health providers, consumer and family groups, and state and federal lawmakers who serve Cumberland and Perry Counties.

We are pleased to announce an upcoming training "Sharing Your Recovery Story" in partnership with the Copeland Center for Wellness & Recovery which focuses on the benefits of storytelling and provides a step-by-step process for writing your wellness/recovery story in a way that educates, connects and inspired.

Facilitated by the Copeland Center's National Director of Wellness & Recovery Education, Gina Calhoun, this training will be a highly interactive 2-day training. Because of the interactive nature of this training, we have to limit the class size to 16 people.

Please consider registering for this training, it will be an incredible opportunity to expand your personal and professional public speaking skills. Please contact the CSP office at 717-254-6060 to register or via e-mail to csppc@csppc.org.

Joseph Alex Martin

2014 Recovery Calendars

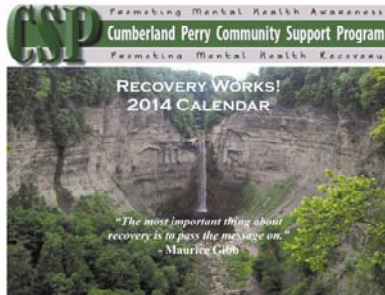
We are pleased to announce that the 2014 Cumberland/Perry Community Support Program Recovery Calendars are now available, while supplies last.

Featuring a blend of photographs, artwork, poetry, and recovery stories submitted by Cumberland/Perry persons in recovery, the 2014 Recovery Calendar has lots of valuable information and resources.

Calendars will be available at the four psychosocial rehabilitation services, as well as at many other providers' offices.

If you want to contribute to the 2015 Recovery Calendar, please contact the CSP office for more information by calling 717-254-6060 or via e-mail to cspcp@cspcp.org

Joseph Alex Martin



“It is important to have as many people attending these committee meetings, as possible, to have as many people lending their voice to the planning of these events and activities.”

CSP Committees

There are various sub-committees such as the Walk/Concert, CSP Conference, and Special Event committees such as the Super Bowl Party, Picnic, Mental Illness Awareness Week and Social Parties, which are going to be held through the year. As we announced in last month's newsletter, we are trying to have the subcommittee meetings during the regularly scheduled C/P CSP meeting, with additional meetings scheduled, as needed.

It is important to have as many people attending these committee meetings, as possible, to have as many people lending their voice to the planning of these events and activities.

We need as many people's thoughts and ideas to make our events a success so that we can grow in our efforts to outreach to the entire Cumberland and Perry County communities.

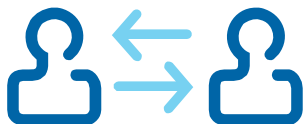
Karen Sunday

Do You Have Something To Share?

Do you have something that you want to share with the other members of the Cumberland/Perry Community Support Program?

A success, a poem, something that you use to help get you through your challenges? Please consider sharing it in the Cumberland/Perry Community Support Program Newsletter.

Contact us at cspcp@cspcp.org or (717)254-6060, for more information.



Pajama Party

What a better way to spend a blustery winter day then staying in your pajamas most of the day?

On Wednesday, December 11, 2013, Cumberland/Perry Community Support Program held a Pajama Party at Aurora Social Rehabilitation in New Bloomfield.

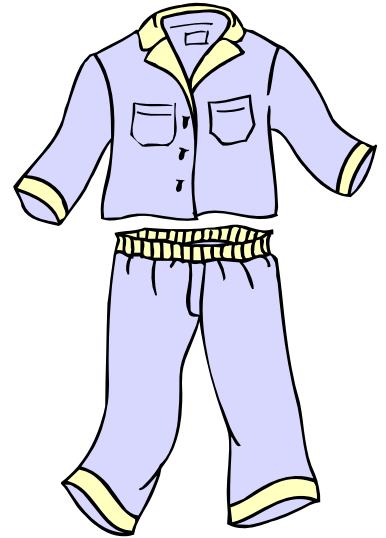
Thanks to generous donations by Giant Food Stores, we were able to have a large breakfast featuring doughnuts, bagels, bacon, sausage, pancakes, and much more...

Prizes were awarded for most original and comfiest pajamas, and there were plenty of prizes for five rounds of BINGO!

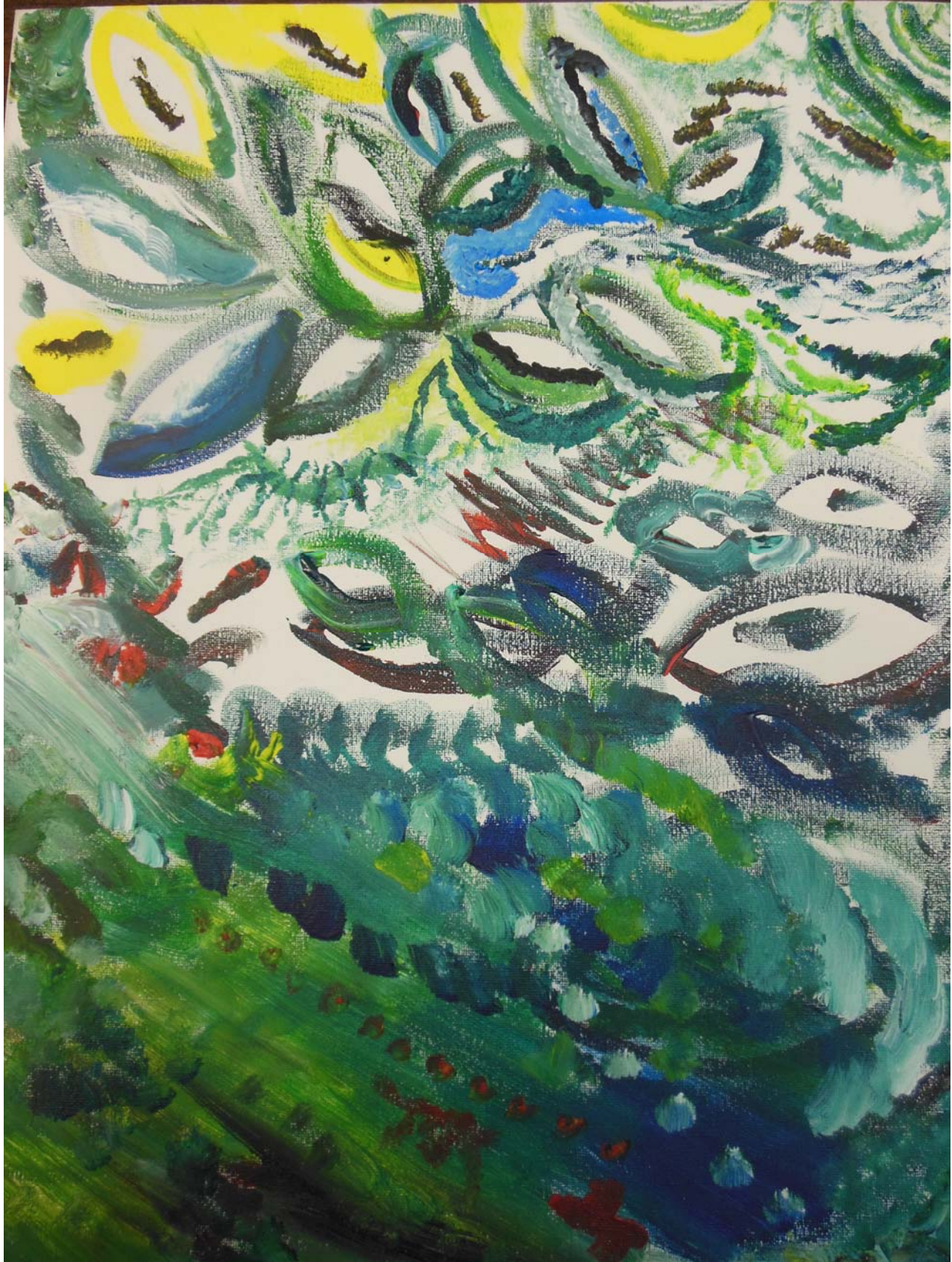
Our next social event will be at Shippensburg Empowerment Dock on January 22nd. In the beginning of the new year, Cumberland/Perry Community Support Program will have an event planning meeting with Shippensburg Empowerment Dock to begin planning that event's activities.

We look forward to a year of social events at the social rehabilitation centers.

Joseph Alex Martin



“Our next social event will be at Shippensburg Empowerment Dock on January 22nd.”



Submitted by: Pamela Palmer

NAMI Connection Support Group



Find help. Find hope.

These groups for people living with Depression, Bipolar Disorder, Schizophrenia and other disorders meet for 90 minutes and offer a structured group process designed to Encourage, Support and Empower. Connection support groups, open to consumers with any diagnosis, are forming all over the United States as a new community peer service to offer help in the Recovery Journey.

NAMI support and resources are free and confidential.

WHEN: 2nd Sunday of each month 2:00 pm
 WHERE: Aurora Café 104 West Main Street, Mechanicsburg, PA 17050
 (717) 591-9598
 WHO: Jen and Chris, NAMI National trained Support Facilitators
 CONTACT: Any group related questions can be directed to Jennifer at
 (717)385-8028.

<http://www.nami.org/connection>

C/FST Needs to Hear Your Voice

The Cumberland/ Perry Consumer/Family Satisfaction Team is trucking along with our surveys this year. So far, 57 surveys have been completed and we are only half way through the fiscal year! C/P C/FST surveys the county funded adult mental health services throughout the two counties. Some of the services that are surveyed are Psych and Social Rehab and Residential Programs such as Louthier St. apartment program. We are also trying to survey folks who participate in Supportive Living and Supported Employment through phone calls to these individuals. CFST will be at the CSP Social Events to survey the individuals that we may have missed when we were at your site. The first of these events is on January 23rd at Ship Dock and then there will also be an event in March at STAR. If you have not done a survey this year with us, please keep in mind that the C/FST surveys help the county see what services are working well and what areas need improvement still. The more folks who participate in these surveys give the county a better sample of how the programs are doing and this information is very important in the years that the mental health community face budget cuts.

Katie Wilson

Publisher: Mental Health Association of the Capital Region (MHACR) with support from Julia Mallory, Executive Director

Editor: Joseph Martin

Cumberland / Perry Community Support Program

501 S Hanover St. 2nd Floor
Carlisle, PA 17013

Telephone: (717)254-6060

Website: www.cspcp.org

Email

cspcp@cspcp.org

Officers:

Chair: Joseph Martin

Secretary: Karen Sunday

County Mental Health Office:

Silvia Herman: 240-6320

Annie Strite: 240-6320

Robin Tolan: 240-6320

Rehab Centers Newsletter Liaisons

Aurora New Bloomfield:

Matt Johns

Aurora Mechanicsburg:

Still Needed

New Visions Ship Dock:

Victoria Smith

NHS STAR:

Melony Smith

Cumberland/Perry
Community Support
Program

501 S. Hanover St
Second Floor
Carlisle, PA 17013

PHONE:
(717) 254-6060

E-MAIL:
cspcp@cspcp.org

WEB:
www.cspcp.org

The Cumberland/Perry
Community Support
Program holds their
monthly meetings on
the third Tuesday of the
month at NHS S.T.A.R.
Center, 253 Penrose
Pl, Carlisle.

Recovery Quotes

“The most important thing about recovery is to pass the message on.”

Maurice Gibb

About Our Organization...

The Cumberland/Perry Community Support Program (CSP) Advisory Committee is comprised of individuals living with mental illness, family members, providers, professionals, and community members who work together as committed equal partners and apply CSP principles to offer hope and assure that every person with a serious mental illness will enjoy the highest possible quality of life.

The Committee advises the Cumberland/Perry Mental Health and Intellectual and Developmental Disabilities (MD/IDD) office on how to improve the quality of services and supports, and the Committee facilitates cooperation between providers, community organizations and stakeholders.

Cumberland/Perry Community Support Program is looking for bands to perform at the Cumberland/Perry Community Support Program Mental Health Awareness Month Concert on Saturday, May 31st, 2014 at Little Buffalo State Park in Newport, PA.

Please contact the CSP Office if you have any suggestions on bands who may be interested in performing.