

CSP Newsletter

Special Interest Articles:

- Super Bowl Party
- New Year/ New Start
- Wellness Summit
- Mental Health Awareness Walk

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

Mental Health Awareness Walk

Although it may seem so far away, it's actually time to start thinking about the Mental Health Awareness Walk. This year's Mental Health Awareness Walk will be held on Friday, April 29th (Rain date: Friday, May 6th).

The theme for this year's Mental Health Awareness Walk is "Renewed Life... Fresh Opportunities... Results."

That means that it's time for the annual t-shirt design contest, where you can set out to create the t-shirt design that will appear on the t-shirts that will be given out on the morning of the walk.

Feel free to try your hand at creating a design, no matter what your talents are – hand drawing or graphic design, express yourself, and how your recovery has renewed your life, and given you fresh opportunities.

Submissions for the T-Shirt Design Contest need to be submitted to the CSP office by Monday, March 14, 2011 so that they can be judged at the Tuesday, March 15, 2011 CSP meeting. Or you can just

bring your design to the March meeting.

There are many details which are still being planned by the Mental Health Awareness Walk Planning Committee, and more people are always welcome to join in on helping to plan.

If you are interested in participating in the planning process please contact us at the CSP office 254-6060 for the details of our next meeting.

Take a part in helping to plan the day's activities that will get our counties celebration of Mental Health Awareness Month off to a big start. We want our counties' celebration of Mental Health Awareness Month to become better every year, so if you attend a program, ask how you can get involved with helping them to plan an event for during Mental Health Awareness Month. It takes everyone to help make our Mental Health Awareness Month a great success.

Submitted by: Joseph Alex Martin

New Year/Fresh Start

The New Year is an excellent opportunity for beginning a fresh start. So we thought it was a great time to focus on harnessing this potential for renewal and growth.

I just heard a great quote in a class that I was taking, "There are no unrealistic goals, only unrealistic time frames." You probably have heard the saying "a journey of a thousand miles begins with a single step." Would it be realistic to expect that it would take the same amount of time to complete the entire journey of a thousand miles, as it does to take that single step? The following steps are based on the work of Richard Bandler and John Grinder in NeuroLinguistic Programming.

The first step is to know your outcome. What do you really want? Not what you don't want, but what do you really want, and have a clear picture of why. What will you gain from having what you want? Don't just focus on creating a quick sentence of what you want to have, but create a living, vibrant video in all 3-dimensions of what you want! What would you see, hear, feel, smell and taste if you had the outcome that you desire?

The second step is to take action. What do you need to do to get what you want? You need to take that single step, immediately. It could be as simple as doing research, or asking someone who accomplished a similar goal, but you need to do something immediately.

The third step is to know what results you are receiving. Thomas Edison had a great perspective on this step. "*I have not failed. I've just found 10,000 ways that won't work.*" Every action produces results some are just not the ones that we had hoped to achieve.

The fourth step is to try a different approach. If you've found one of the things that won't work, try something else. Keep taking action, and monitoring the results that you are receiving, until you are receiving the results that you want to accomplish. Edison also said that "*Genius is one percent inspiration and ninety-nine percent perspiration.*" Keep working towards your outcomes.

The last step is to have a physiology and psychology of success! Every day how we move our bodies has a great effect on how we feel about life.

Think about how you position your body when you aren't feeling so well. Do you slump over in your chair? Do you flop your shoulders down from your sockets? Do you drop your head so it bobbles down so your chin touches your chest, and your eyes look at nothing other than the floor? Do you put the world's biggest frown on your face? Now, what would happen if you stood straight up, with your shoulders back, head straight up, with the biggest grin that you could muster? Would you be feeling a little bit differently?

Try to see whether this approach to creating goals helps you to harness this perfect opportunity to learn and grow and take a new start in the year ahead.

Submitted by: Joseph Alex Martin

MH Plan Meetings Begin

Meetings for the Mental Health Plan began on Wednesday December 15, 2010 at the Aurora Café. At that meeting, the guidelines from which the committee will be working from were looked at and there was discussion on the meeting location and how to get people from a variety of stakeholder groups.

The Mental Health Plan Sub-committee is devoted to developing and reviewing the counties plan for the fiscal years of 2013-2017, for submission to the Office of Mental Health and Substance Abuse Services. The MH Plan Sub-committee will work on the base part of the Mental Health Plan for Cumberland/Perry Counties, along with other groups which work on the appendix plans for Housing, Forensics, and Employment. The MH Plan Sub-committee will meet on the 2nd and 4th Wednesday of each month at 10:00 at the Aurora Club in Mechanicsburg. We need feedback from as many stakeholder groups (consumer, family members, advocacy agencies) as possible, including all “target populations” from transitional age youth, adults, and older adults, and “special populations” including co-occurring disorders, deaf and hard-of-hearing, and individuals who self-identify as Lesbian, Gay, Bisexual, Transgender, Intersex, or Questioning. The next meetings will be in February 23rd and March 9th. If you are interested in taking part in this process please contact Robin Tolan at the county office or call the CSP office at 254-6060.

Super Bowl Party

Super Bowl, Commercials, Food, Games, Prizes, and Fun, Oh My!

As eyes start to look towards the home of J.R. Ewing and the rest of the Ewing clan, as plans are being made for the biggest event in sports, Super Bowl XLV, being held on Sunday, February 6, 2011 live from Cowboy's Stadium in Arlington, TX.

But the best seats in the house will be at S.T.A.R. Center, 253 Penrose Pl, Carlisle where the annual Cumberland/Perry CSP Super Bowl Party is being held, and it's free, and that price is a whole lot better than the \$2,500 that the tickets are going for.

So come out for the fun and festivities on Sunday, February 6, 2011, doors will open at 5:30.

Submitted by: Joseph Alex Martin

Wellness Summit

“On average, people with mental illness die 25 years earlier than the general public. Though the same diseases are prevalent in the wider population, heart disease, cancer, stroke, lung disease and diabetes are occurring in greater numbers in the mental health community and often afflicting people with mental illnesses at an earlier age.”
(The Key Assistance Report, Focus on WELLNESS, Summer 2008)

The Cumberland/Perry Community Support Program is sponsoring a Wellness Summit to explore the connections between mental and physical health, and how we can strive to improve our wellness, both mentally and physically.

The Wellness Summit is possible through funds from the Central Region CSP, and our budget.

The plan is to have a half-day event, with presentations on different topics related to wellness. This will be followed by a panel discussion and question & answer session.

The Wellness Summit Planning Committee still needs to decide where to hold the event, finalize the workshop topics, find speakers for the various topics, and more.

If you are interested in helping to plan this new and innovative event, please contact the CSP office at 717-254-6060, to find out when and where the next Wellness Summit Planning Committee meeting will be held.

We need as many people as possible to help make this event a success.

Submitted by: Joseph Alex Martin



Cindy's Recovery Story

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

Editor: Katie Wilson

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Community Support
Program**

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Drop In Centers Newsletter

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Vanessa T.

I had mood swings as a child. One time I'd be on top of the world thinking that everyone liked me. Next thing I know everyone hated me. But it wasn't them, it was me. At age 18 I lived on my own, relying on alcohol for my medication. I was diagnosed bi-polar after ending up in the hospital with alcohol poisoning. I went about a year without drinking just to prove them wrong. I started therapy and was put on medication. I didn't feel any different so I stopped taking my meds and no longer saw my therapist. I started drinking again still having mood swings. It was very hard to maintain my job as a nurse's aide. Living with my parents I met my 1st husband. Before I knew it we had two children. I never got therapy again until we got divorced.

Then I met my 2nd husband and stopped therapy again. About a year into our marriage I began therapy and taking meds. The meds made me feel suicidal so I once again quit taking them. I ended up getting divorced again.

I decided to drive truck cross country and once again using alcohol to self medicate. Using work as a coping skill, I maintained this job for 3 years, until I couldn't drive because of my back.

I really got serious about my illness when I turned 31. I was hospitalized a month after I quit drinking. The self medication had stopped. I was in partial for about 4 years, learning everything I possibly could about recovery. My only support at that time was Faith, a therapist, who was very special to me. There was also my case manager, Shannon. They were the best thing that ever happened to me. Now my supports are two best friends, Katie and Vicky. I still have a therapist she is awesome and I won't give her up. I also have a psych rehab worker who has really helped me.

I feel my meds are right. I feel so much better now. I just recently started a new job as a CPS (certified peer specialist), doing what I always wanted to do, help people. I can see myself possibly going full time with this job, but only because the company I work for is owned by Diana and Paul who are also my peers. I never thought I would work full time again. I know I can do it because I have a great boss, my WRAP (Wellness Recovery Action Plan) and my two best friends. I drive an hour to work but it is well worth it.

Submitted by Cindy McClucas- Herman

C/P Community Support Program

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Cumberland/ Perry County
CSP

Meets every third Tuesday of
the month @10 AM
Meetings are held at
S.T.A.R.
253 Penrose Place
Carlisle, PA 17013

Recovery Quotes....

"Superman's not brave. You can't be brave if you're indestructible. It is everyday people, like you and me, who are brave knowing we could easily be defeated but still continue forward."

-Unknown

"Fall seven times, stand up eight."

-Japanese Proverb

Double Trouble

1st & 3rd Wednesdays

12:30 pm

Mechanicsburg Café Aurora

104 W Main St

Mechanicsburg, PA

(Across from Jo's-Jo's Pizza)

Double Trouble is a support group
For individuals who are dually diagnosed
With a mental illness and an addiction.



Aurora Cyber Café Consumer Run



Fridays 6-10 PM

Upcoming Events for February

February 18th – Movie and Popcorn

February 25th - Trivia

Enjoy Free WiFi, Beverages, & Desserts
Every Friday!
Donations are Appreciated



104 W. I _____ urch

(Across from JOJO'S PIZZA)

(717) 591-9598

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