

Special Interest  
Articles:

- News from the  
County Office
- Introduction of  
Behavioral  
Health  
Connection

Individual Highlights:

- Last Year in Review 1
- Comfort Zone Poem 4

## Last Year in Review- 2008

Last year saw the development of new programs and the continuation of trainings established several years ago. Our hats are off to the providers, consumers, family members and other stakeholders who worked hard to keep things moving forward.

Two new Fairweather Lodges were opened.

The Newport Lodge started a transportation business.

Supported Living opportunities were expanded.

The Supported

Employment Program started working with individuals to gain and maintain competitive employment.

Recovery Trainings were provided.

Certified Peer Specialist Trainings were held with more individuals hired.

With Cumberland County Redevelopment Authority and other partners planning and housing development was started for increased housing opportunities.

Training was provided to the Police Departments in our counties as well as to

our county prisons.

Training was also provided to Personal Care Homes, Nursing Homes and other stakeholders to increase knowledge and to assist workers with gaining knowledge to better understand and support mental health needs for our older adults.

Outreach was provided to Senior Centers and High Rises.

*Submitted by Silvia Herman*

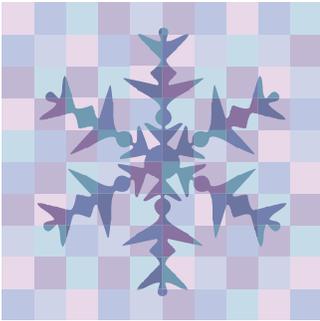
## Announcing the Introduction of Behavioral Health Connection

The Pennsylvania Behavioral Health & Aging Coalition Mental Health Resource Center, Behavioral Health Connection ( BHC) is a joint initiative between the Pennsylvania Department of Aging APPRISE Program and the Behavioral Health Community to

ensure that mental health consumers have appropriate access to the APPRISE Network and other Center for Medicare & Medicaid Customer Support Programs treatment needs, especially prescription drug. **BHC offers technical assistance to local APPRISE Programs to support mental health consumers in obtaining**

**necessary Medicare Services to meet their mental health treatment needs, especially prescription drugs.**

Priorities will emphasize ensuring that consumers have pertinent information relating to accessing prescription medications and ensure that mental health consumers have the same technical assistance to prescription ( cont. p. 2)



## News From the County Office

First we would like to thank CSP for their valuable work over the last year. It is involved and knowledgeable individuals working together that move the Mental Health services and supports forward. The work of the Subcommittees is critical in busting stigma, promoting recovery, and setting the direction for the future. We want to thank the Executive Committee, Cindy, Katie, and Andrea, for all of their hard work. Their leadership keeps us all moving forward. We are fortunate to have great partners- providers, Commissioners, NAMI PA of Cumberland and Perry Counties, Cumberland County Redevelopment Authority, State Leaders and others- who work to support system transformation.

### **New Program Development**

A Request for Proposals was completed and sent to providers for the development of a Specialized Community Residence. We currently

have two of these programs operating in our joinder. This program provides residential services, nursing services and mental health support services. The development of this program will provide opportunities for people from our counties' who are in the State Hospital to return to their home communities. No provider has been selected yet. A Request for Proposals was also completed for a consumer run business to support CSP and Consumer and Family Satisfaction Surveys for county funded programs. The goal is to work with a provider to support program development, and within two years, to have an independent business established. We are very excited about the development of this business.

### **Mental Health Plan Update Meetings**

This year's Mental Health Plan is an update to the three year plan completed last year. The last meeting was held

February 4, 2009. The next meeting is set for March 4<sup>th</sup> at 9:30 A.M. at the Aurora Club in Mechanicsburg.

### **Anthology**

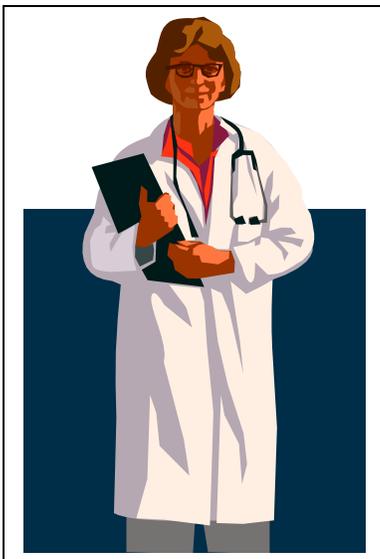
A major accomplishment was the publication of Anthology 2008. This was made possible by a seed grant from the Regional CSP, NAMI PA of Cumberland and Perry Counties' and the MH/MR Program Office. This was a joint project with Dauphin County CSP. CSP leadership did an amazing job in pulling this together as this represents a major amount of time, energy, and talent. The Anthology will be made available to all contributors, providers, and Commissioners. There are copies available for purchase.

Thank you for your hard work and interest to make the items mentioned above come to fruition. We are so fortunate to have the interested and involved stakeholders in Cumberland and Perry Counties.

*Submitted by Silvia Herman*

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*"We are so fortunate to have the involved stakeholders in Cumberland and Perry Counties ."*



## Behavioral Health Connection ( cont. from p. 1)

plans as other beneficiaries.

Additionally, the Center's agenda includes collaborative efforts with the Pennsylvania Behavioral Health & Aging Coalition in advocating for appropriate mental health

services for older adults. The Center offers education, awareness, and outreach campaigns to inform the mental health community of APPRISE Services.

*Contributed by Lynn Patrone- Ruppel*

## Upcoming Meetings

CSP- Tuesday, February 17, 2009 10 AM  
-Thursday, February 19, 2009 6 PM **Evening Quarterly Meeting**

- Tuesday, March 17, 2009 10 AM

**Meetings are held at S.T.A.R.**

NAMI-Thursday, February 19, 2009 7PM  
-Thursday, March 19, 2009 7PM  
Meetings are held at S.T.A.R.

MH Plan –Wednesday, March 4, 2009 9:30 AM  
Meeting will be held at Café Aurora

Annual Mental Health Awareness Walk- Friday, May 1, 2009  
11:30 A.M.  
At S. T. A. R.



Mental Health Awareness  
Walk  
Friday, May 1, 2009

## A Thank - You

The Shippensburg Empowerment Dock would like to extend a Thank You to all who attended our Open House back in October.

We would also like to thank you for all your supports though out the year.

Thanks Again,  
Marsha

*Submitted by Marsha Schaszberger*

## A Super Super Bowl Party

On February 1, 2009 CSP held its Super Bowl Party. The party kicked off at 5 p.m. and lasted until the game ended at about 10 P.M. The game was between the Pittsburgh Steelers and the Arizona Cardinals. Almost everyone at the party was a Steelers fan, so we were jumping out of our chairs when they pulled off a win in the final seconds of the game. The final score was 27-23. A win for the Steelers. In between the food and the football, we played games, such as commercial bingo and football trivia. Cake was served at halftime and everyone enjoyed themselves. About 20 people attended the party.

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*"We were jumping out of our chairs when they pulled off a win in the final seconds of the game."*

Cumberland/ Perry  
County Community  
Support Program

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Carlisle, PA 17013

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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.

## The Comfort Zone

I used to have a comfort zone where I knew I wouldn't fail.

The same four walls and busywork were really more like jail.  
I longed so much to do the things I'd never done before,  
But stayed inside my comfort zone and paced the same old floor.

I said it didn't matter that I wasn't doing much.  
I said I didn't care for things like having a career and such.  
I claimed to be so busy with the things inside the zone,  
But deep inside I longed for something special of my own.

I couldn't let my life go by just watching others win.  
I held my breath; I stepped outside and let the change begin.  
I took a step and with new strength I'd never felt before,  
I kissed my comfort zone goodbye and closed and locked the door.

So when you're in a comfort zone, afraid to venture out,  
Just think back on you and your classmates to eliminate your doubt.  
You've proved that pushing through fear is easy; every minute, every  
hour.

When you learn to love yourself and others, you're moving into power!

By Anonymous & Chris Martin

### ***About Our Organization..***

The Community Support  
Program (CSP) is a  
coalition of mental health  
consumers, family  
members and  
professionals working to  
help adults with serious

mental illnesses and co-  
occurring disorders live  
successfully in the  
community.



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