

CSP Newsletter

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

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- Mental Health Awareness Walk
- Mental Health Awareness Month
- 2013 Dauphin/Cumberland/Perry CSP Conference

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Mental Health Awareness Walk

The 2013 Cumberland/Perry CSP Mental Health Awareness Walk will be held on Wednesday, May 1st, 2013.

The Awareness Walk is to promote awareness of how many people are living with mental illnesses and to show that they can happen to anybody, for any reason, at any time. Approximately, 1 in 4 Americans have a diagnosed mental illness. We hope that the walk will help enlighten the community and help alleviate the stigma associated with the mental health community.

We are hoping to have at least 150 people in attendance this year. The event begins at Letort park at 10am to pick up shirts and sign in. We will leave the park to head to the square at 10:30am.

This year's guest speaker is Shelly Bishop from Support the Journey, Inc. and "I'm the Evidence/Mental Health Campaign"

The presentation at the square begins at 11am.

Around 11:30am we will leave the square to go back to the park and enjoy a lunch while socializing with one another.

The theme this year is "Moving On". People who cannot walk for whatever reason can stay at the pavilion.

I would personally like to thank you all ahead of time for taking time to help with this event and realizing its importance as well as taking time out of your week to help.

Thank you CSP, and all of the members for this opportunity And to everybody who is helping with the lunch as well as county funding for making this all possible.

Submitted by: Rodney W.

Mental Health Awareness Month

May has traditionally been a very hectic time for the Cumberland/Perry Community Support Program, Social and Psychiatric Rehabilitation Centers, and other organizations that regularly attend the events that are on our May Calendar.



Last year, we heard the message that it was actually becoming too busy, and we were asked to have the events committee consider whether to ask that some of the events that would normally be a part of Mental Health Awareness Month could be held throughout the year.

At our December Cumberland/Perry Community Support Program meeting, the events committee proposed that for the year of 2013.

Joseph Alex Martin

2013 Dauphin/Cumberland/Perry CSP Conference

The Conference Committee of the Dauphin County and Cumberland/Perry Community Support Programs have been actively working on planning this year's Dauphin/Cumberland/Perry Community Support Program Recovery Conference.

This year's Dauphin/Cumberland/Perry CSP Conference will be held on Tuesday, June 18th, 2013, at the Holiday Inn Harrisburg-Hershey off of Lindle Road in Harrisburg.

The theme is Balancing Choices for Recovery.

Joseph Alex Martin

***“This year’s
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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.



County Mental Health Plan Update

Each year, the Cumberland/Perry Community Support Program Mental Health Planning Committee is tasked with helping to work with the county to design the Mental Health Plan for Cumberland and Perry Counties.

A side-effect of last year's budget and the "pilot" of the Human Services Block Grant, is major changes to how counties obtain information and provide that information to the state for planning purposes.

Last year, the guidelines for the Human Services Plan were not delivered to the counties until the end of September, for the fiscal year which began in July; and that plan was due by the end of October. The guidelines for next fiscal year's Combined Human Services Plan, still have not been released by the state, however the state has advised us that the plan for the next fiscal year will most likely be due by the end of April.

We will have a Mental Health Plan Hearing at our April 16, 2013 Cumberland/Perry CSP meeting, at 10:00am at S.T.A.R. Center, 253 Penrose, PI, Carlisle.

The information received will go into the Combined Human Services Plan.

Joseph Alex Martin



From Darkness to Light

In October 1994 my world fell apart. I began what was to become a series of psychiatric hospitalizations – over 20 in less than 10 years. I lost count of the suicide attempts and self-harm became my way of coping. With years of therapy and support from many people, a shift in my thinking began to take place. I learned the concept of personal responsibility. Choices were mine to make. Consequences inevitably followed choices and those consequences taught me many valuable lessons, painful, but valuable none the less. For example, when I chose to stop taking my medication, my symptoms returned with a vengeance and I ended up in the hospital, again.

I can't point to one day or event that changed everything for me. It was a slow process of determination to recover and rebuild my life. I used every service available to me. My partner and I now own our own home. I can drive again and have been working for 8 years. I'm going to school full-time finish my bachelor's degree in psychology. I just started my own business. I've lost 185 pounds and exercise 4 days a week. The future looks bright again.

Jennifer Polhemus

"I can't point to one day or event that that changed everything for me. It was a slow process of determination to recover and rebuild my life."

2012 Year in Review

The Cumberland/Perry Community Support Program had a busy year in 2012, and are looking forward to a busy 2013.

The first event of 2012 was our Super Bowl Party, and our attendance doubled from previous years, as we joined to watch the New England Patriots play the New York Giants from Indianapolis, IN, have fun and socialize with each other.

We had a busy Mental Health Awareness Month with 15 events throughout the month of May. Kicking off with our annual Mental Health Awareness Walk which started off with a luncheon at Letort Park in Carlisle, then we walked from Letort Park to the steps of the old Courthouse in Carlisle. We were honored to be joined by Cumberland County Commissioner Gary Eichelberger who spoke to us at the square.

Later that evening, was the Commissioner's Forum which was held to get feedback regarding the Governor's proposed budget, and block grant proposals. Over 400 people were in attendance, and a large number of people were able to let the County Commissioners of Cumberland and Perry Counties, and their legislators know how the Governor's proposals would affect them, and their family members.

We had our largest Dauphin/Cumberland/Perry Community Support Program Recovery Conference, yet. The keynote speaker for last year's conference was Matthew Federici the Executive Director of the Copeland Center for Wellness and Recovery.

The Conference also featured the unveiling of Cumberland/Perry County Community Support Program's Recovery Quilt, which was made with the seed grant that Cumberland/Perry Community Support Program was able to receive from the Central Region Community Support Program. The quilt includes a number of consumers, family members, and providers visual depictions of what recovery means to them, and the t-shirt designs from the Cumberland/Perry Community Support Program's Mental Health Awareness Walks.

In June, 26 people from Cumberland and Perry Counties were able to attend the Pennsylvania Mental Health Consumers Association (PMHCA) Conference in Harrisburg. We were honored to display our Recovery Quilt at the conference's art show for the attendees to see.

In August, we held our third annual picnic at Pine Grove Furnace State Park, in Gardners where we were able to socialize with members from throughout Cumberland and Perry Counties. We were honored to be joined by representatives from the County Commissioners of Cumberland and Perry Counties.

Karen Sunday

“We had a busy Mental Health Awareness Month, with 15 events throughout the month of May.”

“In June, 26 people from Cumberland and Perry Counties were able to attend the Pennsylvania Mental Health Consumers Association (PMHCA) Conference in Harrisburg.”

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 Friday of each month 7:00 pm – 9:00 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>

Wellness Toolkit

Community Behavioral HealthCare Network of Pennsylvania (CBHNP), the Behavioral Health Managed Care Organization serving Cumberland and Perry Counties, has created a Wellness Toolkit which is designed to help people to work towards finding wellness in social, financial, environmental, intellectual, physical, spiritual, occupational and emotional areas of their lives.

It features a convenient goals sheet which you can utilize to design your goals for where you are, and where you want to be in the next year, and it features chapters on each of the areas of wellness, so that you can focus on the specific areas of wellness that are of interest to you. The Wellness Toolkit can be utilized individually, or in small groups, as you prefer.

You can find the Wellness Toolkit at
<http://www.cbhnp.org/hwWellnessToolkit.aspx>

The Wellness Toolkit is a living document, and CBHNP welcomes feedback and suggestions for improvement of this material.

Joseph Alex Martin

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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:

Co-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

“Life is no brief candle to me. It is a sort of splendid torch which I am permitted to hold for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.”

George Bernard Shaw

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.