

Special Interest
Articles:

- Marching toward MH Awareness Month
- May Events

Individual Highlights:

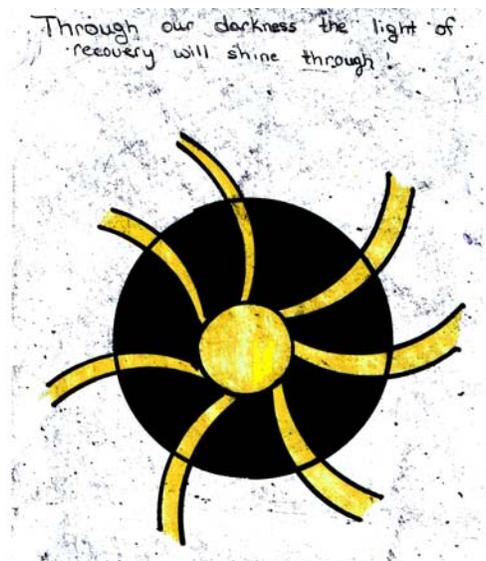
May is Mental Health Awareness Month 2

ROSI 4

Marching toward MH Awareness Month

Leah Clouser was announced, on March 17th, as the winner of the C/P CSP T-Shirt Design contest. The contest was held in order to get a design for on the back of the t-shirts that are worn for the Annual Mental Health Awareness Walk. This year, the walk will be held on Friday, May 1st at STAR and the kickoff starts at 11 A.M. with lunch. The walk helps to raise awareness for the Mental Health community and it jumpstarts Mental Health Awareness Month. This year's theme for the walk is "Marching out of the Darkness- Into the Light". The month of May is filled with activities, for a list see the events page. We hope to see you there.

Congratulations Leah!



Mental Health Plan Update

The Mental Health Plan Update meetings are done for 2009. The meetings were to update the 2009-2012 Mental Health Plan for Cumberland and Perry Counties. The committee meets annually to make any necessary changes to the three year plan. This year's meetings were held mostly at the Aurora Café and there were quite a few consumers involved. Although task oriented, the meetings had lively conversation about consumer issues that made the committee more interesting. Consumers felt that they had a voice and that it was being heard. The Mental Health Plan Hearing is scheduled for May 6th at 10 A.M. at STAR.



MAY IS “MENTAL HEALTH AWARENESS MONTH”

May 1st will be our 4th Annual Walk. We are looking for a great turn out. The theme this year is “Marching Out of the Darkness Into the Light. (Details listed in events section) Last year’s theme was, “Recovery Rocks, Recovery Walks”. We had over 100 participates, they consisted of providers, friends, family, companions, pets and consumers. We started off at the NHS S.T.A.R. Center with a light lunch, and then walked to the square of Carlisle. A commissioner from Perry and Cumberland Counties spoke briefly on recovery. Then we returned to S.T.A.R. for cake and social time. It was a great start for a month full of activities.

May 5th will be the beginning of a new support group. Double Trouble Support Meeting is a support group for individuals who are dually diagnosis with a mental illness and an addiction. This support group will be meeting the 1st and 3rd Tuesdays of the month. Location: Mechanicsburg Café Aurora, 104 W Main St., Mechanicsburg, PA (across from Jo-Jo’s Pizza) for more information contact Teresa @ 591-9598

“Consumers felt that they had a voice and that it was being heard.”

May 6th At the NHS S.T.A.R. Center the Mental Health Plan Hearing will be held at 10am. The committee meets annually to make any necessary changes and updates to the three year plan. Consumers felt that they had a voice and that it was being heard.

May 21st Community Support Program (CSP) will be hosting an open house (details listed in events section) The CSP committee felt that a meeting held quarterly in the evening, for those who can’t attend the day time meeting, is important to keep the folks in the community involved with CSP.

The Cumberland/Perry Community Support Program (CSP) committee is a group of people in recovery from mental illness, family members and professionals working together to help adults in recovery from serious mental illnesses live successfully in our community. CSP serves the thousands of Cumberland/Perry citizens who are in recovery from serious mental illness. We believe each individual has unique strengths, problems and needs.

May 22nd will be a fun filled evening at the Aurora Cyber Café. We are looking for talented folks for our Talent Night. Come out and enjoy the talent, or be part of it by contacting Debbie or Teresa at 591-9598 (more details in the events section.)

May 30th the ending event will be held at NHS S.T.A.R. Center. We will be reporting on how the events went through out the month. There will be refreshments and a door prize. There will be an explanation of services that are available to assist folks diagnosed with a mental illness that can help with their recovery.



Upcoming Events

CSP- Wednesday, May 6, 2009 10 AM MH Plan Hearing
- Thursday, May 21, 2009 6 PM **Evening Quarterly Meeting**
Open House
-Tuesday, June 16, 2009 10 AM
Meetings are held at S.T.A.R.

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

NAMI-Thursday, May 21, 2009 7PM
-Thursday, June 18, 2009 7PM
Meetings are held at S.T.A.R.

May Events- May is Mental Health Awareness Month

May 1st- Mental Health Awareness Walk 11a.m.

May 2nd- Victim's Rights Street Fair – Newport 10-2p.m.

May 4th- Speaker @ Ship Dock 10 a.m.

May 5th- Double Trouble Support Meeting – Aurora Café 7 p.m.

May 6th- MH Plan Hearing 10 a.m.

May 8th – Dromgold BINGO and Pizza 11a.m.

May 19th - CSP Conference at New Cumberland 9a.m. – 3:30 p.m.

May 21st- CSP Open House at NAMI Meeting 6-7 p.m.

- Speaker- Mechanicsburg Aurora- 12 noon

May 22nd- Aurora Café Talent Night 6-10 p.m.

May 28th- Aging Well Health Fair- Older Adults- Mechanicsburg

May 30th - Grand Finale at STAR



Mental Health Awareness
Walk
Friday, May 1, 2009



*Aurora Café is located at :
104 W. Main St.
Mechanicsburg, PA*

ROSI Review Panel

Cumberland/ Perry
County Community
Support Program
253 Penrose Place
Carlisle, PA 17013

Phone:
(717) 243-2278 x 11

e-mail:
cpcsp253@yahoo.com

Cumberland/ Perry
County
CSP

Meets every third
Tuesday of the month @
10 AM
Meetings are held at
S.T.A.R.

The ROSI (Recovery Oriented Systems Indicator) Review Panel met on Thurs. April 2nd, 2009 for its final meeting before turning the results in to the state. The panel, made up of consumers, providers, and folks from the County Office had the task of evaluating how Cumberland and Perry Counties were doing on six of the ROSI Indicators. The indicators concerning providers covered Mission Statements, Board Members who consider themselves to be disclosed consumers and Affirmative Action policies. For the County Office the three indicators were Jail Diversion programs, Consumer Run businesses and Peer / Consumer Delivered Service Funding. Out of the six indicators, the committee had to choose one indicator to focus on for the next year. The indicator that the committee selected was to work on Recovery Oriented Mission Statements. CSP will be featuring the revised Mission Statements in its 2010 calendar. The Panel is finished meeting for the time being, however, if you are interested in joining the committee when it resumes next spring, please contact Robin Tolan at the County Office.

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.



C/P CSP
253 Penrose Pl.
Carlisle, Pa 17013