

CSP Newsletter

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

Special Interest Articles:

- Mental Health Awareness Walk
- Dauphin/ Cumberland/ Perry CSP Recovery Conference
- PMHCA Conference
- How Can I Get Services?
- Recovery Storytelling

Mental Health Awareness Walk

On Tuesday, May 1, 2012, Cumberland/Perry Community Support Program will kick off Mental Health Awareness Month with the annual Mental Health Awareness Walk.

The theme for this year's Mental Health Awareness Walk is the same as the Dauphin/Cumberland/Perry Community Support Program Recovery Conference "Making the Pieces Fit: Community Support Program"

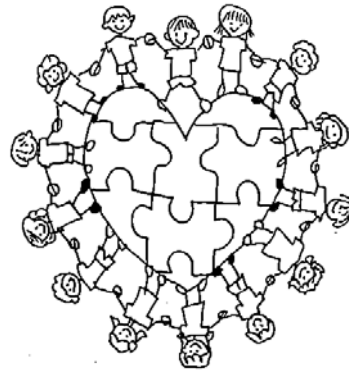
This year, the walk will begin at 10:00, meeting at Letort Park in Carlisle; after registration & t-shirt distribution, we will leave for the square at 10:30, and hear speakers at the square at 11:00, then return to Letort Park for lunch at noon.

Commissioner Gary Eichelberger will be speaking at the square, as well as, Andrea Sokol, the t-shirt design contest winner for this year's shirts.

We had 107 people show up at last year's walk and we are hoping for an even bigger turnout this year.

If you need directions to the park or any other information please feel free to contact the CSP office at 254-6060.

Written by: Katie Wilson



Andrea Sokol's t-shirt design.

For a complete list of the events planned in Cumberland and Perry Counties for **Mental Health Awareness Month.**

Visit the Cumberland/Perry Community Support Program web site at:
<http://www.cspcp.org/>

Dauphin/Cumberland/Perry CSP Recovery Conference

This year's Dauphin/Cumberland/Perry Community Support Program Recovery Conference is going to be held on Tuesday, May 8th, 2012, at the Holiday Inn, New Cumberland.

The theme this year is "Making the Pieces Fit: Community Support Program".

We are pleased to have Matthew Federici, Executive Director of The Copeland Center for Wellness and Recovery as the keynote speaker for this year's conference.

We are glad that we have over 200 people who have registered for the conference.

The Dauphin/Cumberland/Perry Community Support Program Recovery Conference will have a day full of educational presentations, skits by the Go MAD players from the Columbia,

Montour, Snyder, and Union County CSP, and a panel discussion and an opportunity to network with people not only in Cumberland/Perry Counties, but Dauphin County as well.

We are looking forward to an exciting conference this year, as each year's conference has built upon the last.

The center-piece of this year's conference is the recovery quilt which features a visual representation of the collective recovery stories of all stakeholders in Dauphin County, and Cumberland and Perry Counties.

The theme of the conference echoes the fact that the recovery quilt pieces together the stories told on the individual squares, just like the Community Support Program makes the pieces of our community's mental health system fit together.

Written by: Joseph Alex Martin

Pennsylvania Mental Health Consumers' Association Conference



The 24th Annual Pennsylvania Mental Health Consumers' Association Conference is going to be held on June 5th – 7th, at the Sheraton Harrisburg–Hershey in Harrisburg.

The theme this year is "Recovery Unlimited: Rising Above Challenges".

The PMHCA Conference provides 3 days full of fascinating keynote speeches from dynamic presenters, educational workshops on many diverse aspects of recovery and advocacy, as well as opportunities to share resources and network with individuals state-wide.

This year's keynote speakers are Carol Kivler, author, advocate, and motivational speaker; Paolo del Vecchio, Acting Director of the Substance Abuse and Mental Health Services Administration; and Mike Veny, musician.

This year, the C/P Community Support Program is providing scholarships and transportation for 26 people to attend.

Written by: Joseph Alex Martin

How Can I Get Services?

There are a lot of services which are available to residents of Cumberland and Perry Counties.

- **If you have insurance**, you can contact your insurance company at their member services phone number on the back of your card to find out what services they provide, and what providers participate in their insurance plan.

Telephone Services

- **For emergency services**, Crisis Intervention is available by calling **(717)243-6005** or **(717)763-2222** or **1-866-350-HELP (1-866-350-4357)**.
- **For non-emergency support**, the Warmline is available by calling **1-877-243-7153**. Warmline is available Monday from 7pm – 9pm; Tuesday – Thursday from 7pm – 10pm; Fridays from 7pm – 9pm; and on weekends from 1pm – 4pm.

Both of these services are available to residents of Cumberland and Perry Counties.

There are additional county-funded services are available that require intake and liability assessment processes to be completed.

Liability assessments are important because they help to make sure that the limited resources that our system has can be utilized in the most efficient ways possible.

- To do an intake and liability assessment, contact the Base Service Units (BSUs) at either Holy Spirit Hospital Behavioral Health Center **(717)763-2228** or **1-866-350-4357** or at Stevens Center **(717)243-6033** or **1-888-243-6033**.
- Ask for the person who handles intake.
- Provide your contact and demographic information, and insurance and financial information.

If you are eligible for Medical Assistance benefits you can be helped in the process to apply for Medical Assistance, which would make additional services available to you and you would still be able to receive county-funded services which are not covered by Medical Assistance and other insurance plans.

Written by Joseph Alex Martin

Recovery Storytelling

Our stories are one of our most powerful advocacy tools.

Learning how to effectively turn your story into a tool that can be utilized to reduce stigma, and increase awareness of the power of recovery is an incredible tool.

For the third year, NAMI PA; Cumberland & Perry Counties will be offering the three-week Recovery Storytelling training.

The Recovery Storytelling training is the training that enables participants who choose to participate in the C/P CSP's Speakers Bureau for Mental Health Awareness the core skills and abilities to do so.

This year's training will be held on Thursdays May 31st, June 7th, and June 14th, from 6:00 pm – 9:00 pm, at the Aurora Club in 104 W Main Street Mechanicsburg.

The training is open to consumers and family members who live in Cumberland and Perry Counties.

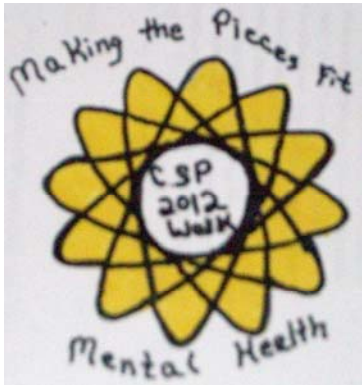
To register e-mail findhope@namipacp.org or call Theresa at 717-423-6907.

Written by Joseph Alex Martin

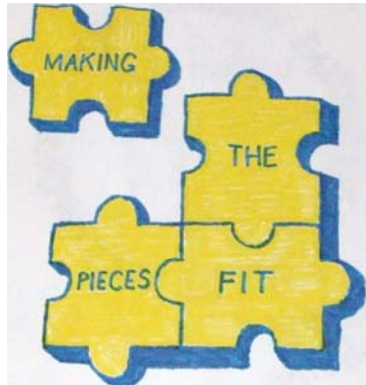
T-Shirt Design Contest Submissions

We were grateful to have had such a great number of submissions for this year's Mental Health Awareness Walk T-Shirt Design Contest.

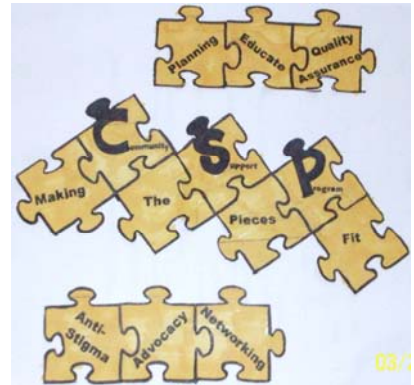
Here are some of the other T-shirt designs that were submitted for this year's Mental Health Awareness Walk.



Leah Clouser



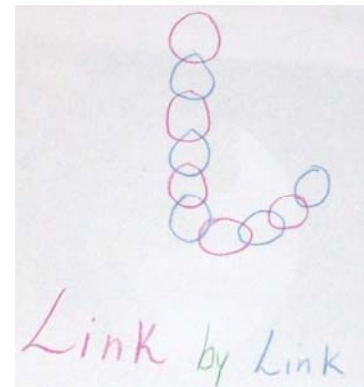
David Crider



Andrea Ball



Matt Downs



Cindy Cancel



Nate Kraus



Laura Young



L. Chris Bilger

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Editor: Katie Wilson

**Cumberland / Perry
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Officers:

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Co-Chair: Katie Wilson

Secretary: Karen Sunday

County Mental Health Office:

Annie Strite: 240-6320

Robin Tolan: 240-6320

**Drop In Centers Newsletter
Liaisons**

Aurora New Bloomfield:

Leah Clouser

Aurora Mechanicsburg:

Grant Hogan

New Visions Ship Dock:

Victoria Smith

NHS STAR:

Joseph Helman



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>

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.

NHS S.T.A.R. Center Supported Employment

Employment Support Group

The peer-operated Employment Support Group is open to all peers in Cumberland and Perry counties who are concerned with employment-related issues.

The Employment Support Group meets at S.T.A.R. 253 Penrose Place, Carlisle; on the third Thursday of the month from 3:30 to 5:00 PM.

**Call S.T.A.R. Center at 243-2278 EXT. 11
or 13 for more information.**

C/P Community Support Program

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

PHONE:
(717) 254-6060

E-MAIL:
cspcp@cspcp.org

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....

*"Never talk defeat. Use words
like hope, belief, faith,
victory."*

- Norman

Vincent Peale

"Hope is a waking dream."

- Aristotle

Your Voice Matters!!!

Find out how you can help to stop the
block grant, and the proposed 20% cut
in mental health, intellectual &
developmental disabilities, drug &
alcohol, homeless, child welfare, and
other essential and vital services!

Visit

<http://www.cspcp.org/advocacy.html>
for more information!



Aurora Cyber Café Consumer Run

Fridays 6-10 PM



Upcoming Events for May

May 4th – Game Night

May 11th – Karaoke

May 18th – BINGO

May 25th - Open Mic Night

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



104 W. Main St- Mechanicsburg
(Across from JoJo's Pizza)
(717) 591-9598

www.auroraservices.org
www.reverbnation.com/auroracafe