

May 2010

Volume 2, Issue 2

CSP Newsletter

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

Special Interest Articles:

- Thanks to Cindy and Cindy's Response
- Busy Times...
- Upcoming Events
- Support Groups
- ROSI Board 101- The Basics

Busy Times for CSP

May is going to be a busy month for CSP. Like always, C/P CSP has quite a few events planned for Mental Health Awareness Month. Events will be starting on April 30th and ending on the evening of June 1st, stretching the month's activities with 2 extra days of fun.

There will be an activity at each one of the social/psych rehab sites. There's a mix of educational and recreational events.

Dromgold Aurora has invited Daniel Craig and Matt Groff from PMHCA to speak and The Shippensburg Empowerment Dock is planning a game day and hopes that everyone will attend.

NAMI will be hosting a skill building workshop encompassing three weekends that is called Recovery Storytelling. This workshop will be the spring board for a Speaker's Bureau in Cumberland and Perry counties. NAMI will also be holding a presentation on Family Frustrations by Dr. Kim Weikel.

And there will also be our annual events such as the walk, the CSP conference, the MH Plan Hearing and the finale which is scheduled for the evening of June 1st, in which we will be showcasing some of the people who participated in NAMI's Recovery Storytelling workshop.

We hope all of you will be able to join us for some or all of these events. Please call the CSP office at 254-6060 for more information.





A Weekend in Pittsburgh about Research, Relationships, and Advocacy

I had the pleasure to attend two educational events this past week (April 23 & 24) in Pittsburgh thru a partial scholarship from the Cumberland/Perry Community Support Program. On Friday I participated in the 10th Annual Education Conference offered by NAMI (National Alliance on Mental Illness) Southwestern Pennsylvania titled **“The power to ignite change: a personal call to action.”**

The content was especially appealing to me because voicing my opinion in an ***effective*** way which has the ***impact I desire*** is something I am learning. The messages I took from the day included: **1)** as I advocate for something I want so are others on their issues; **2)** money is limited but there is still money; **3)** when advocating don't ask for them to not fund someone else's "desire" and fund "mine" instead stick with how not funding yours will impact you or the recipients of the services you provide; **4)** personal stories have a profound impact.

Additionally **5)** often when businesses advocate/lobby it appears self serving; **6)** the first time you meet the legislator should not be with your hand out- try and build a relationship; **7)** unite with others who have the same desire for a stronger voice; and finally **8) VOTE-** be registered and get out and actually vote. If you can't be bothered with voting - they may feel why be bothered with your "issue."

The last segment on the agenda for the day was meeting the 2010 Pennsylvania gubernatorial candidates. On the written program no names were announced. I knew in this forum that would be the case. My analysis as to why this may be is candidates don't like to be caught off guard and in an "unprotected" environment. Announcing in advance who is confirmed would bring out the media and the potential "planting" of people in the audience to ask the "hard" questions is very likely. Who did come were State Auditor General, Jack Wagner, and State Senator Williams sent a representative.

I explain the election contest process as the merging of a chess game (strategy) with "word" boxing (actual battle played out in attacks).

On Saturday while eating breakfast in the hotel restaurant I was able to speak to Dr. Fred Frese, PhD who was in the film "Minds on the Edge: Facing Mental Illness." I told him how NAMI PA Cumberland/Perry hosted a screening in October and he was happy we had good participation. ***Too bad I did not have my camera!***

On Saturday I attended a **“Healthy Minds Across America 2010: Discovering Hope Thru Science”** offering at the University Of Pittsburgh. Pitt was one of 40 sites for this tour sponsored by NARSAD. These events are available for replay via webcast and can be accessed from their website www.narsad.org.

It was great. I was encouraged. I got the most from two presentations the first was "Treating the Whole Patient: Improving Bipolar Disorder Outcomes through Integrated Intervention" presented by Dr. Ellen Frank, Ph.D. The message ***I heard*** was as important as medicines are equally important is the implementation of other treatment types.. The one that I am going to research to apply into my toolbox is "Interpersonal and Social Rhythm Therapy (IPSRT)" this approach was developed by Dr. Frank. It deals with how one interacts with others and the need for routine structure in one's life and helps the person create and adapt to their unique needs/desires.

The second one was "New Strategies for Developing **Novel Treatments** for Schizophrenia" presented by David A. Lewis, M.D. There are three main areas affected by Schizophrenia which are labeled positive symptoms {delusion, hallucination, ..}; **negative** symptoms {lack of pleasure, social isolation, ...}; and **cognitive impairment** {working memory ,, decision making..}.
(Cont. on page 3)

Currently there are drugs on the market that help positive and negative symptoms. The above talk was encouraging to me because there are new drugs under study that will work on the “cognitive impairment” area which are the reasoning and decision are making skills.

Cognitive impairment symptoms are also seen in other brain disorders and this drug may benefit them as well. The awareness that there is active research going on to help those of us that live with mental illness -- for me lifts my spirit.

In closing I encourage each one to – **Keep your Brain Active**, **Exercise Your Body**, **Eat Right**, and **VOTE**—Best, Theresa Myers

Submitted by Theresa Myers

Lessons Learned from CSP

I really enjoyed my job as the chairperson of the Cumberland/ Perry Community Support Program. It gave me the opportunity to meet and work with many new and unique people. It has taught me how to communicate in several different ways. This has taught me better communication with understanding and dealing with my teenage son. I am now better at taking direction and constructive criticism from superiors. From this I have maintained a job for three years. This is the longest time I've ever held a job. Within these three years I've also learned to be more professional. I now know about meeting deadlines. I also know how to plan and organize special events and education, revolving around mental health. Because of the personal relationships I've built, my peers have felt comfortable telling me about their personal achievements and struggles, within the mental health system. This has helped me have a better understanding of my own recovery and to be able to help others. With my understanding it has helped me with working on the Warm Line and supervising the Consumer Family Satisfaction Team. I would like to thank those who have trusted me enough to share their concerns and achievements. Through all these years of recovery and the opportunity to work with the community I now can say I have a much more positive attitude. Everyone has helped, I mean everyone. Even the rare negative experiences allowed me to learn something positive from them. I would like to thank everyone for all their support, and for the great opportunity.

Submitted by Cindy McClucas-Herman

The CSP executive committee would like to take this time, to thank Cindy McClucas-Herman for the time she put into CSP as the chair. Cindy took the C/P CSP and made it blossom and grow under her direction. She will be continuing on in leading the C/FST surveys and will continue to be a treasured asset to all of us. Thank you, Cindy, for doing a great job.

The Executive Committee

ROSI Board 101 Training

The Basics

I was at the presentation at the Shippensburg Empowerment Dock on why it's important for consumers with a mental illness serve on Mental Health Agency Boards. The presenters were Tracy Bomgardner, Theresa Myers, and Ruth Woodlen.

The three presenters went to each of the drop in centers in Cumberland and Perry counties in order to get consumers interested in being on a board.

One of the reasons a consumer would want to serve on a board is to advocate for all consumers. An example of this would be serving on the PMHCA Board because it is completely consumer run. Tracy explained to us that it is hard work serving on the PMHCA board because it's very time consuming but it's worth it if you're dedicated. Another reason to be on a board is to feel involved and feel like you're making a difference.

A board member needs to be willing to attend all meetings and if given an assignment, you need to follow through with it. A board member needs to be sensitive, honest and friendly, since he or she will be working with people. A board member also needs to be tolerant of other people's point of view.

Some responsibilities of board members are as follows: to determine the organization's mission and purpose, select a CEO and perform evaluations, help plan and organize, and make sure that money is managed properly. Board members also decide salaries and must be responsible at all times.

We, as consumers, have a unique perspective that is needed on boards, in order to let organizations that we receive services from know what exactly we need. We can also represent other consumer's needs by being on the board of a mental health agency.

If anyone is interested in being on one of the Mental Health Agency Boards and needs information about this you can contact the CSP office at cpcsp253@yahoo.com. Also, if someone doesn't feel ready to be on a board then they could be on a committee, either through mental health or in the community to get a feel for what it's like to be involved in something like a board.

Submitted by Victoria Smith

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Editor: Katie Wilson

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Drop In Centers Newsletter

Liaisons

Aurora Dromgold:

Leah Clouser

Aurora Mechanicsburg:

Grant Hogan

New Visions Ship Dock:

Victoria Smith

NHS STAR:

Still Needed

What's happening at Dromgold!!!!

We went to BB's grocery outlet on Friday the 7th. We had a lot of fun. You can save soooo much money on your grocery bill. I'd advise anybody who wants to save on their grocery bill to make the trip to Newville. They take food stamps now which is a good thing. We will be going every month. We stopped at the Christian book store on the way over. It is a very nice store. It has anything and everything that you could possibly want. They have cross necklaces that are inexpensive. I purchased three crosses so far. We are planning to go to the bookstore every month when we are on the way to BB's.

On the 13th of the month we will have our Phase 10 tournament. Let me tell you, it is a very exciting game. When we're out to win, it gets vicious. The last game the winner was me (Leah). They will be out to get me this month.

On the 21st we are planning on going to the Perry County Food Bank. We go there every month. It helps out with what we may need for the month. We enjoy going there. The members are thankful that Sam and Donna take us.

We are looking forward to going to the ice cream social in Mechanicsburg on the 27th. I'm sure that I'll gain weight just looking at the ice cream. Oh, well, I'll enjoy every bite that I take. It will be a fun time for everybody.

On the 28th of the month we are going to Stacy's Market in Newport. They have a large selection of plants and flowers. They also have fresh produce that is grown on their farm. They have asparagus, onions, lettuce, spinach, and apples. I'm sure that they have more produce than I have mentioned above. They also have fresh baked goods. They have pies, cookies, cakes, breads, and fudge. I've tried just about all their baked goods and they are delicious. The sugar cookies and the shoo fly cake is the best. We will be purchasing plants for in our barrels that sit out front of the center. We can't wait to get vegetable plants and eat our own vegetables. I hope they grow, but with Sam and Donna's green thumb we'll have the best vegetables in town!!!

Submitted by Leah L. Clouser

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

Double Trouble

1st & 3rd Tuesdays
7-8pm

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 diagnosis
with a mental illness and an addiction.

Clouds Roll Away

As the clouds roll away
The sun will play
As it starts a new day
The sun shines so bright
It is such a delight
I enjoy the sun light

Submitted by Cindy McClucas-Herman

Aurora Cyber Café Consumer Run

Fridays 6-10 PM

Upcoming Events for June

June 4th – Eric X (Keyboards & Poetry)

June 11th – J.T. Mohn

June 18th – Dark Matter Trio (original jam session)

June 25th – Ben Rothermel (Acoustic Guitar & Original Songs)

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

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