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## On the Scene with Teresa Myers

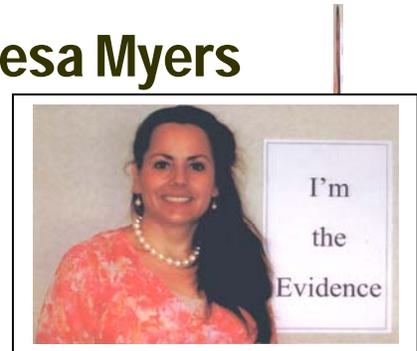
Our Community Support Program (CSP) has been busy in May 2009 with one of the best line up of celebration activities I can recall. NHS Stevens, New Visions, and Aurora have all joined together in helping our CSP offer several educational, fun, and encouraging events for Mental Health Awareness Month.

I was asked by CSP Chair, Cindy McClucas-Herman, if I would do a write up on the **Mental Health Awareness Walk**. After thinking about what I would write, I came up with a proposal/idea for a new section in the newsletter called, "**On the Scene.**" The section would feature guest reporters who give a view on their experience at a recovery or consumer event that supports CSP's mission.

With that, I submit my view from "**On the Scene.**" The "**Marching out of the Darkness**" walk was held on Friday, May 1<sup>st</sup>. There were over 110 registered supporters present. The rain did not dampen the excitement and enthusiasm that filled the rooms at STAR.

Leah Clouser, design winner for this year's t-shirt and Aurora Dromgold member, shared how the idea for the drawing came to her at a time of sadness. For the shine, Leah shared how her faith in God let her know light would shine again.

The second CSP event I attended was on Tuesday, May 4<sup>th</sup>, at SHIP DOCK. The topic was "**Anger Management**" presented by Dr.



Kim Weikel, a licensed psychologist. Dr. Weikel's down to earth and interactive style helped me think of alternative holistic options for responding to my anger. I learned the "**anger meter**" doesn't just throttle to 100. The meter gets there in increments and I can down shift.

**Finally** -- The picture. All 145+ participants at the "**We're the Evidence**" Recovery Conference held May 19, 2009 got their picture taken and a clock frame. What a nice keepsake. Over 50 of the attendees were from Cumberland and Perry Counties. I was proud to see on the presenter/speaker's list for the conference many of **our** CSP members. The next event for me is the "**Grand Finale**" at STAR on Saturday, May 30<sup>th</sup>. The food is always great ☺ I can't wait! I have heard excellent comments on other events held this month. I wasn't "**On the Scene.**" This newsletter is about "US." Let's hear from you next. **Our** CSP which is "WE" is doing great. We are the Evidence—**Recovery is Possible.**

**The choice and road is ours**





## Dromgold Recovery Discussion

This year, for Mental Health Month on 8 May, we had another wonderful time at the Aurora Club. We had a total of 27, counting Staff and Consumers. Mechanicsburg Aurora and Carlisle Star attended our activity. We had Joseph Martin for our speaker on recovery, he did a wonderful job. We played Bingo, had pizza for lunch and everyone socialized, everyone enjoyed being together once again. The month of May was filled with activities. At Dromgold Aurora, we tried to attend everything. We are looking forward for our next Mental Health Awareness Month.

Submitted by Sam Sweger

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*"...everyone socialized and everyone enjoyed being together once again."*

## HACC Nurse Spoke at Aurora

*On May 21st, the Aurora Club hosted lunch and a guest speaker for Mental Health Awareness Month. With groups from STAR, Shippensburg and Perry County Aurora, attendance was 52 strong & standing room only. Vickie Therkildsen, our guest speaker has long and deep experience in the mental health field. Vickie is a nursing instructor for HACC (Harrisburg Area Community College); works as a Psychiatric Staff Nurse at Pennsylvania Psychiatric Institute and will graduate this summer as a Psychiatric Nurse Practitioner. Vickie's topic covered how medications should be taken and steps you can take to be well informed to reduce any complications. Several of our guest shared their own experiences. How fast the hour went, but Vickie left no question unanswered and there were many.*

*Debbi Murphy*

*Aurora Social Rehabilitation Services*



## Thoughts by Mary Byers

I have really enjoyed volunteering and attending different classes since I have become a member of NAMI and CSP. All the consumers and family members I have met are such special and wonderful people, I am so glad to be a part of the NAMI family. I am not a speaker per say but I will continue to do volunteer work wherever I am needed. Mary Byers



## Upcoming Meetings

CSP- Tuesday, June 16, 2009 10 AM  
- Tuesday, July 21, 2009 10 AM

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

S.T.A.R. is located at 253 Penrose Place  
Carlisle, PA 17013

NAMI-Thursday, June 18, 2009 7PM  
-Thursday, July 16, 2009 7PM  
Meetings are held at S.T.A.R.

PMHCA Conference- June 9-12, 2009  
Harrisburg/Hershey Sheraton Inn

CSP Table at Jubilee Day- June 18, 2009  
10a.m.- 9p.m.  
Call 254-6060 if you would like to help at our booth!



Jubilee Day  
June 18, 2009

## MH Plan Update Hearing

A public hearing on the 2009-2012 mental health plan update for 2010-2011 was held on Wednesday, May 6, 2009. It was held at the STAR Center in Carlisle, PA. The hearing was held in conjunction with the monthly Community Support Program meeting. Cindy McClucas-Herman, chairperson of CSP, called the hearing to order at 10 a.m.

The list of attendees is following the minutes. A copy of the notice of the public hearing and the newspapers in which the hearing was advertised is included in the plan.

Silvia Herman, MH/MR Administrator presented the plan and opened the meeting for discussion on the plan update. She noted that numerous committee meetings were held to develop this plan update. Consumers, family members, providers and program staff were involved.

Testimony was received from Cindy McClucas-Herman, Chairperson of the Community Support Program. She wanted to acknowledge the strides that have been made in increasing the awareness in the community in regards to mental health issues and services. She also noted the change in attitude of the local community and how it is making an effort to pull together.

Testimony was also received from Katie Wilson, CSP Vice-Chairperson. She noted that she was involved in the various planning meetings for the development of the mental health plan update. She felt the meetings were a valuable source for learning about the county mental health system and networking with other consumers and providers.

The meeting was adjourned at 10:18 a.m.

Submitted by Robin Tolan

Cumberland/ Perry  
County Community  
Support Program

501 S. Hanover St.  
2<sup>nd</sup> Floor  
Carlisle, PA 17013

Phone:  
(717) 254-6060

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.

## Dr. Kim Weikel Speaks at Ship Dock

The Shippensburg Empowerment Dock and Cumberland County hosted the Anger Management Seminar, Which was held on May 4th 2009 at the Ship Dock Drop-In Center , 301 S. Penn St. Shippensburg , PA. The guest speaker was" Dr. Kim Weikel," Ph.D., Associate Professor, Licensed Psychologist, Department of Psychology,/ From The Shippensburg University. Dr.Kim Weikel did a segment from her Anger Management course for all who attended on this day. Our attendance for this event was approximately 25 to 30 individuals. Most everyone commented through out the day about what a wonderful speaker Dr. Kim is, and also comments regarding the calm relaxed atmosphere that Dr.Kim instructed us into. Thus resulting with "Calm Focused Energy" and the "Confidence to be in Control of Our Own Reactions".

The Crew at the Ship Dock would like to send many thanks to those who attended this event, and also to those who helped with making this day possible. We would also like to send our appreciation and Thanks to Dr. Kim Weikel, and to The Shippensburg University.

Our thought for this day. Whenever someone might be learning something for the first time, or maybe some just needed a reminder, in order to stay on the right track or even get back on right track. We conclude this day was all good!!

Thanks Again and Thanks To All,  
"The Crew from the Ship Dock"

Submitted by Marsha Schaszberger

### ***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  
501 S. Hanover St.  
2<sup>nd</sup> Floor  
Carlisle, PA 17013