

CSP Newsletter

Special Interest Articles:

- "This is My Town" - Changes in Social Rehab
- PMHCA Conference
- Changes in Psych Rehab
- Report from the PAPSRS Conference

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

Mental Health Awareness Month Review

We had a fantastic Mental Health Awareness Month. The month of May was filled with all sorts of events, including the MH Awareness Walk, the tri-county CSP Recovery Conference, the Wellness Summit and events at all the social rehab sites. NAMI had a number of events as well that were also well attended.

The MH Awareness Walk kicked off the month on April 29th. We had 107 people in attendance at Le Tort Park, Carlisle. We started with a picnic lunch, walked to the Courthouse for speeches and recovery stories, returning to the park for cupcakes. A pizza lunch with brownies for dessert was held at Dromgold on May 5th. Laura Young shared her recovery story with 28 people. At the CSP Recovery Conference (May 10) everyone wore clown noses and played kazoos as we listened to the speaker, Tammy Miller, talk about the importance of humor in recovery. 172 people from Dauphin, Cumberland and Perry counties attended. Also on May 10th, Holy Spirit Hospital had a Lunch & Learn presentation on "Forensic Peer Support". On Sunday, May 15th, NAMI

PA, Cumberland and Perry Counties and the Depression and Bipolar Support Alliance teamed up to sponsor a Support Group Facilitation Workshop. On Tuesday May 17th twenty six people attended the Mental Health Plan Hearing and CSP meeting. May 17th and the 24th were also the dates of NAMI's Hearts & Minds workshop. On Thursday May 19th Taylor P. Andrews presented "Understanding the Proposed Changes to PA's MH Commitment Law" at NAMI's monthly meeting. On the 20th of May Ship Dock held a Game Day and Cookout. This event had over 30 people in attendance and featured activities such as a pool tournament, karaoke, and door prizes. The Wellness Summit was the next event and everyone there heard 6 fantastic presentations on health and wellness. May 26th was the Aurora Club's Luau and to wrap up the month we had the Grand Finale at STAR.

It was a busy month but one filled with lots of positive memories and learning experiences.

This is My Town

As we considered how we might continue to talk about changes occurring in our Social Rehabilitation services, I was reminded of lyrics from the Montgomery Gentry tune, "This is My Town." The words go something like ... *"This is my town, Yea Where I was born, where I was raised, where I keep all my yesterdays..."* Many of us have a sense of pride and belonging when we talk about our home communities, our neighborhoods, the people we know, and the businesses we frequent. We can be grateful for our communities and the opportunities to share our lives with others in them. For over 2 years, the Community Support Program (CSP), stakeholders, and county office staff have been talking about how best to help give opportunities for all of us to be more engaged in our own communities. In recent months the decision has been made to support individuals utilizing the social rehabilitation centers (Drop In Centers) in the community where they live. For example, if you live in Camp Hill, the nearest Social Rehab site is Aurora Club in Mechanicsburg, or if you live in Carlisle or Plainfield you would go to STAR, and if you live in Newville or Shippensburg, Ship Dock will be the site attended for Social Rehab.

In considering the purpose for social rehabilitation, we are reminded that the real goal of this supportive service is to help each of us have a connection to the people in our community. Friendships, faces that we know, and people that know and care about us. It's volunteering at Furry Friends network or Project Share, or helping with vacation Bible school at our church, taking a walk with a friend around the duck pond in Shippensburg, or going to the West Shore Farmers Market on Saturday morning. It is Rita's Gelati's on a warm Saturday afternoon with a group of friends.

Starting July 1, 2011, anyone participating in social rehab will attend in their closest home community. County staff has met with all of the social rehab sites and are happy to answer any questions that anyone has. If you have a question please call the County at 240.6320 and ask to talk to Robin, Annie, or Silvia....or send them an email at rtolan@ccpa.net, astrite@ccpa.net, or sherman@ccpa.net.

Do you know what's available in your neighborhood? Do you ever wonder what civic groups, churches, or clubs, you could be active with? This is a terrific opportunity to become a more active member in your community....after all...these are.....our towns.

Submitted by Annie Strite

PAPSRS Conference Review

Thanks to a scholarship from the Central Region Community Support Program, I was able to attend the Pennsylvania Association of Psychosocial Rehabilitation Services conference, which was held in State College, on April 5-7, 2011.

The keynote speaker on Wednesday was David Granier, who created Stand Up for Mental Health; he is also a counselor, stand-up comic, and author of The Happy Neurotic: How Fear and Angst Can Lead to Happiness and Success. Based in Vancouver, Canada, Stand Up for Mental Health provides consumers with the opportunity to help build their self-confidence, and fight stigma, prejudice, and discrimination.

The keynote speaker on Thursday was Dr. Frederick Frese, PhD, a psychologist with over 40 years of experience in public mental health care. Diagnosed at the age of 25, with schizophrenia, he has worked as an advocate, author and speaker on schizophrenia, and mental health. Dr. Frese is the coordinator of the Summit County Recovery Project, and was previously the Director of Psychology at Western Reserve Psychiatric Hospital, and past president of the National Mental Health Consumers' Association.

By Joseph Alex Martin



WRAP AROUND THE WORLD

The Copeland Center is holding the first international conference devoted to Wellness Recovery Action Plans (WRAP). The WRAP Around the World Conference will be held on August 1-3 at the historic Sheraton Society Hill, Philadelphia.

This is an opportunity to hear about WRAP, from Mary Ellen Copeland, and other dynamic presenters on WRAP and wellness.

This conference is ideal for all persons in recovery, supporters, peer specialists, and professionals. Those who are new to WRAP can learn about, and be supported in the development of their own personal WRAPs. Everyone who has their own personal WRAPs can network with peers who have WRAPs to share wellness tools that they have found helpful, and discover new ones which may work for them. Professionals can learn how they can incorporate WRAP into their programs.

Submitted by: Joseph Alex Martin

PMHCA Conference Review

On the morning of June 14th, thirteen consumers from Cumberland and Perry Counties set out in a convoy heading towards the Radisson in Pittsburgh for the PMHCA Conference. A total of 18 people from Cumberland/ Perry went to the conference. When we arrived we got registered, ate lunch and settled in our rooms. That afternoon were the caucuses and keynote speaker, Robert Whitaker, and then after dinner was the coffeehouse and open mic night.

The next morning was the busiest day of the conference with two back to back workshops in the morning, the art show in the afternoon and the dance on Wednesday night. Some of the workshops included Gina Calhoun Heller and Scott Calhoun Heller's two part workshop on "Stages of Change and Possible Engagement Strategies" and Shelley Bishop's "I'm the

Evidence Campaign". During the afternoon some of us went to the pool for a little bit of fun and relaxation while others went to the art show and walked around. After dinner, most of us went up to our rooms and got ready for the dance. It was a Mardi Gras themed dance. There was a local band from the Pittsburgh area that played until midnight for everyone that stayed that late.

On the last day of conference everyone went to one last workshop and then we got packed up, ate lunch and checked out of the hotel and then we were on our way back home.

It was a busy three days but everyone had fun and enjoyed themselves. For some of us it was our first conference and others were seasoned conference goers. However, it was a learning experience for all of us whether it was learning how to be more independent or learning how to relax and have fun while under pressure or how to socialize and network in a large crowd, everyone learned something.



Coming to a Drop In Center Near You...

Publisher: Mental Health
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from Ruth Woodlen, Executive
Director

Editor: Katie Wilson

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Drop In Centers Newsletter

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Vanessa T.

We're serious about helping people to be better integrated in their communities. One way is by participating in social rehabilitation in their home communities. There has also been much discussion about how to continue to help people in their recoveries using psychiatric rehabilitation services. For a number of years, many people have been supported at STAR through psychiatric rehabilitation services provided there.

Not to worry, we're working on a strategy that will assist individuals to use psychiatric rehabilitation in the social rehab sites. Our desire is to give opportunity for people to learn and use wellness skills that support them in their recovery. We are aware that some of this already occurs at the social rehab programs – groups on Wellness Recovery Action Planning (WRAP) or Employment Skills, for instance. We have developed a plan to expand those skills teaching groups and enhance the services provided at each of the Drop In Centers to include a psych rehab focus.

Aurora is expanding their services to include psychiatric rehabilitation and will provide psych rehab in both the Mechanicsburg and Perry County Aurora clubs. STAR, through NHS-Stevens Center has been providing site based psych rehab for about 8 years and is preparing to work with New Visions to have Ship Dock be identified as a STAR satellite for Psychiatric Rehabilitation Services (PRS).

We anticipate that PRS will be available in the drop in centers in October 2011. We're excited about changes that will help each of us to continue on the journey of recovery.

*Submitted by
Annie Strite*



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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

Recovery Quotes....

*"We must accept finite
disappointment, but we must
never lose infinite hope."*

*-Martin
Luther King*

*"Just as despair can come to
one only from other human
beings, hope too, can be given
to one only by other human
beings."*

-Elie Weisel

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.



Aurora Cyber Café Consumer Run

Fridays 6-10 PM

Upcoming Events for July

July 1st – Card Games

July 8th – Karaoke

July 15th – BINGO

July 22nd – Carol S – guitar/singing

July 29th – Movie and Popcorn

Enjoy Free WiFi, Beverages, & Desserts
Every Friday!

Donations are Appreciated



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