

July 2010

Volume 2, Issue 3

CSP Newsletter

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

PMHCA Conference

From Monday, June 14th to Thursday, June 17th, 28 members of the Cumberland/Perry Community Support Program, were able to meet with our peers from across the state at the Pennsylvania Mental Health Consumers Association conference, in Valley Forge, PA. Thanks to scholarships from the Central Region Community Support Program, the Cumberland/Perry Community Support Program, and the Cumberland/Perry Mental Health office.

Thanks to these scholarships, consumers have the opportunity to interact with their peers from across the state, share common experiences, and learn about recovery from their peers that they may not meet in other ways. Monday night the conference kicked off with a cheese steak dinner buffet, followed by the first workshop. These opening workshops ranged from how to build a strong support system, to fostering a better relationship with your supervisor, to using spirituality to transform our lives, and Mental Health Advanced Directives.

Tuesday morning kicked off with the keynote speech by Gina Calhoun, who talked on The Power of Storytelling. Gina's personal story is a remarkable story of recovery, using the services of the Harrisburg State

Hospital for several years, successfully eloping to live on the streets, and then being called on to offer testimony, and peer support on the closing of the Harrisburg State Hospital. Now, she works full-time for the Pennsylvania State Office of Mental Health and Substance Abuse Services (OMHSAS). She also announced the next chapter of her journey, as a homeowner, who is set to be married on the grounds of the Harrisburg State Hospital this fall.

Followed by the second workshop session, and caucuses, which are brainstorming sessions that are used to help drive PMHCA's advocacy and policy actions, this year the caucuses focused on Cultural Competency, Alternatives to Crisis Intervention, Consumer Leadership, Trauma-Informed Services and Supports, Peer Support, and Living in the Community.

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PAPSR's Conference- State College, April 26th – 28th Joe's Perspective

On April 26th – 28th, The Pennsylvania Association of Psychosocial Rehabilitation Services (PAPSR) had their annual conference “Psychiatric Rehabilitation: Competencies and Skills That Promote and Support Recovery”. The keynotes of the conference were Dr. Mary Ellen Copeland, PhD., from the Copeland Center for Wellness and Recovery; and Mark Ragins, MD, Medical Director of the Village Integrated Service Agency. Dr. Copeland’s keynote presentation was an incredibly motivational experience, where she integrated the personal stories of people who have benefitted from using the Wellness Recovery Action Plan (WRAP) in their personal recovery journeys. Dr. Ragins’ keynote presentation was similarly motivational, but focusing on continuing the shift not only to a recovery-focus, but towards a person-focused one as well.

In the workshops that I had the opportunity to attend, I was able to learn tools that can help me both as a Certified Peer Support Specialist, and as the Chair of the Cumberland/Perry Community Support Program.

The first workshop that I had the opportunity to attend was “Incorporating the Recovery Principles into the Group Process” facilitated by Gina Calhoun, BA, CPS, and Dr. Scott Heller, Psy.D, CPRP, both of the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS), which focused on how to incorporate the WRAP Key Recovery Concepts into group processes to ensure that groups can have the most productive results, while working to ensure the wellness of all participants.

The second workshop that I attended was “Documentation for Certified Peer Support and Psychiatric Rehabilitation Licensure” facilitated by Virginia L. Dikeman, a Licensed Psychologist with OMHSAS. This workshop helped to explain the requirements for documentation for goals and progress notes for Certified Peer Support Specialists, and Psychiatric Rehabilitation providers.

The third workshop that I attended was on “The Milestones of Recovery Scale: Practice and Systems Implications” facilitated by Dr. Mark Ragins. In his work at The Village, they developed a scale which they called The Milestones of Recovery Scale (MORS) that they use to track the growth of consumers based not on their diagnosis, or levels of functioning, but on a combination of their behavior, engagement in their services, and supports that are available to them. Interestingly enough, though the scale is used to track the growth of consumers in recovery, it can also be used in systems transformation to help to ensure that there are services available to everyone who needs them.

The last workshop that I attended was on “Intentional Peer Support and Crisis Alternative” facilitated by Matthew R. Federici, M.S., CPRP of the Copeland Center for Wellness and Recovery, and Gina Calhoun. This workshop featured information on Shery Mead’s Intentional Peer Support (IPS) and how IPS differs from other forms of Peer Support, and ways that IPS can be used to create peer-run crisis alternatives.

You will also find more articles on the PAPSR conference from Katie and Vicki in this newsletter.

Submitted by Joseph Martin

Recognizing Recovery:

Katie's Take on PAPSRS

Sitting in the large ballroom at the PAPSRS Conference in State College, I was listening to Mary Ellen Copeland speak on WRAP (Wellness Recovery Action Plan) ,and it dawned on me that it was 11 years ago that I was in the hospital in State College reading Mary Ellen Copeland's workbook. It was at that moment, as tears welled up in my eyes, that I realized just how far I had come in my recovery. I had come from a place where I felt like I was holding on to the side of a cliff by a twig and now I'm far enough back from the edge that I feel that I am able to help others that are where I once was.

This conference and the opportunity to meet Mary Ellen Copeland, offered me the chance to network and meet other providers from across the state, to learn new things and share tidbits of what is working for us in Cumberland and Perry Counties. I was able to learn about more about supported employment, I was introduced to a new idea called supported education,

which is where someone helps you with being able to stay in school and manage your mental health at the same time. This program is only provided in the Philadelphia area at this time, but when I went to the PMHCA Conference in June, I was able to tell someone from Philly about the program and how to get more information. I listened to Mary Ellen Copeland speak about WRAP and learned some new techniques on making my WRAP work better and at the end of the workshop I got a hug from her. I also was able to sit in on a workshop on psych rehab where I learned how psych rehab works throughout the Commonwealth of Pennsylvania.

I am very glad that I had the opportunity to go to State College for the PAPSRS Conference. It gave me the chance to learn a lot but also let me reflect on how far I've come with my personal recovery.

Learning at PAPSRS: Recovery Oriented Treatment

At the PAPSRS Conference I learned a lot of valuable information about recovery in the Mental Health Field.

I went to a workshop by Dr. Kenneth Thompson about social inclusion in psychiatric rehabilitation. The first thing he noted is that workers need to take a more personal approach with consumers. Years ago the mentally ill were looked at as their diagnoses not as a person. Then The New Freedom Commission found that the mental health system wasn't helping consumers. One of the changes that are being provided is to children when they first show signs of a mental illness, to get them help right away. Now the goals of the mental health system are to be recovery oriented, have better quality of care and better access to care and to also have more family-consumer support groups.

Recovery oriented treatment also teaches how to eventually take care of one's self by teaching life and work skills. It's also important to make sure consumers don't isolate and that they get involved in the community to break stigmas.

In conclusion social inclusion teaches consumers, their family, friends and communities to embrace diversity, educates them on the true facts about mental illness, and breaks the stigma of mental illness.

Submitted by: Victoria S.Smith

CSP Conference

Our 2010 Cumberland/ Perry and Dauphin County Recovery conference theme was "Putting the Whole Self in Holistic". We had a great turn out for our recovery conference. We had a total of 165 attendees. 95 attendees were from Dauphin County, 44 from Cumberland/Perry and 26 which were unknown.

Our keynote speaker was Antonio Lambert, a Certified Peer Specialist from North Carolina. He spoke on his own personal recovery story – "From the Streets to Prison to the Streets: Recovery in a Full Circle." We also had a group of performers, Ray of Hope (consumers and staff from Danville State Hospital), that participated during our lunch time. They shared poetry and musical selections.

We had a total of 12 workshops: Work is recovery; Boards 101; Depression and pain; Everyday fitness; Filling your wellness toolbox; Preparing to talk to a provider; Relationships; Communicating about health care; Grassroots leadership; and Creating personal empowerment.



This has been one of the best conferences we've had. There will be more to come. Help us start planning the 2011 conference. Meetings will be held: November 9th, December 14th, January 11th and 25th, February 8th and 22nd, March 8th and 22nd, April 12th and 26th, May 3rd, June 7th.

All meetings will be at the MHA office in Marysville at 10:30am.

The conference date will be May 10, 2011 at Harrisburg Holiday Inn (same place)

- Things to think about... Theme for 2011 conference
- Keynote speaker
- Format for conference

Submitted by Cindy McClucas- Herman



Karen W.'s Recovery Story

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Cumberland / Perry Community Support Program

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

Telephone: (717)254-6060

Website: www.cspcp.org

Email

cspcp@cspcp.org

Officers:

Chair: Joseph Martin

Vice Chair: Katie Wilson

Secretary: Victoria Smith

County Mental Health Office:

Annie Strite: 240-6320

Robin Tolan: 240-6320

Drop In Centers Newsletter

Liaisons

Aurora Dromgold:

Leah Clouser

Aurora Mechanicsburg:

Grant Hogan

New Visions Ship Dock:

Victoria Smith

NHS STAR:

Vanessa T.

I never thought I would get well again. My mental health was really bad. I was hospitalized in my teens. I really didn't understand what was happening to me. I kept everything inside. It wasn't until later I opened up and talked to my doctor. He was relieved I started talking to him about my thoughts and we began getting to the root of my issues.

I eventually got into counseling and it helped me a lot. I learned about my illness and started sharing about so many things. It relieved a lot of pressure. I started feeling better and I can't tell you how many times I cried. Crying was my way of releasing stress and pressure. My family didn't understand me. They did a lot of praying. I really only had mental health counseling and my friends with mental health issues, people who cared and could relate to me. I am happier now and I'm working to keep myself well. I thank God for that wellness too. I have a wonderful husband and positive people in my life now.

The Aurora Club is the best thing for me. I get away and I call it my time for me and my friends. I've met a lot of wonderful people. I'm not so lonely anymore. Thank you doctors, counselors, Mental Health Association, the Aurora Club and STAR, and all who made me feel welcome and helped me along the way.

Submitted by Karen W.

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 diagnosed with a mental illness and an addiction.

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

PMHCA Conference (Continued from page 1)

Tuesday night ended with a dance at the hotel's night club.

Wednesday morning kicked off with the third workshop session, the presentation of the Barbara Dean Johnson scholarship, and annual membership meeting, and the fourth workshop session, followed by the presentation of the caucus reports to Acting Deputy Secretary of OMHSAS, Sherry Snyder.

Wednesday night concluded with a coffeehouse featuring peers creative expressions of poetry, music, and comedy.

Thursday morning the conference wrapped up with a special screening of the documentary, OC87: The Obsessive Compulsive, Major Depression, Bipolar, Asperger's Movie. OC87, features the story of Buddy Clayman, who left his Philadelphia college, and headed to Hollywood in search of a break, and

instead in 1987, had a breakdown. Now, he made a film documenting his years of illness, and treatment, while talking with actor Maurice Bernard of General Hospital, Jeff Bell, a KCBS radio news anchor, and author of "Rewind, Replay, Repeat", and Dr. Daniel B. Fisher, co-director of the National Empowerment Center, about their recovery from mental illness and hope.

Submitted by: Joseph Alex Martin, with contributions from Cumberland/Perry Community Support Program members.

Aurora Cyber Café Consumer Run

Fridays 6-10 PM

Upcoming Events for July

July 2nd – Movie

July 9th – Chris Nelson (Show starts at 7pm)

July 16th – Rockets Declared Red

July 23rd – Movie

July 30th – Game 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