

# CSP Newsletter

## Special Interest Articles:

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- Bi-Polar Experience
- Art Show

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

## CSP Picnic

On Friday, August 27, 2010, the Community Support Program of Cumberland/Perry Counties held its first CSP Picnic at Pine Grove Furnace State Park, in Gardners, PA.

We were pleased to have over 60 people in attendance at our first CSP Picnic.

The event was blessed with great weather, and provided the opportunity for fellowship among our consumers, family members, providers, community organizations, including the Depression and Bipolar Support Alliance (DBSA), National Alliance on Mental Illness (NAMI), and the Pennsylvania Mental Health Consumers Association (PMHCA), and representatives of our county and state mental health offices.

The menu included hamburgers, hot dogs, barbecued chicken, macaroni salad, baked beans, fruit salad, cookies, chips and pretzels.

The planning committee worked for over a month to work out the details of the picnic.

S.T.A.R. members prepared the Fruit Salad, Macaroni Salad, and Baked Beans for the picnic; on the last days leading up to the picnic, and Ray Wilson provided his excellent grillsmanship skills.

Thanks to everyone who helped to plan, and who participated in this event, because of all of you, we held a successful picnic.

Submitted by: Joseph Alex Martin



# Behavioral Health Connection

Behavioral Health Connection (part of the APPRISE program) is a program that serves **ALL** Medicare/Medicaid beneficiaries Regardless of age.



**Call TODAY!**



**You could SAVE up to \$3,900 in prescription drug costs.**

**Join the 400,000 Pennsylvanians who are already saving!**

The Pennsylvania Department of Aging APPRISE program wants to help you get all of the benefits that you deserve.

**Learn about a Medicare program that can work with your prescription plan to:**

- Lower your out of pocket prescription costs
- Cover the cost of the Part D deductible and Donut Hole (gap in coverage)

**If you are SINGLE; and**  
have a **total monthly income of less than \$1,354 per month; and**  
**less than \$12,510 in assets**



**If you are MARRIED; and**  
have a **total monthly income of less than \$1,821 per month; and**  
**less than \$25,010 in assets**

**CALL to see if you are eligible!**

**(800) 866-1807**

Monday-Friday 9 am - 5 pm

*Submitted by Lynn Patrone*

# My Experience with Bi-Polar

Imagine waking up every day with severe depression so debilitating that you can't even function. All you want to do is sleep all day because you feel worthless and you have no will to live. This goes on for weeks then months getting worse every day till you can't take it anymore. You feel like you're in such a dark pit of despair that you just need to end the anguish. So you decide to end the emotional torment by taking your own life even though you know it's wrong it's got to be better than the ongoing suffering you're feeling. So you take an overdose of pills and the next thing you know you wake up in the ER with a tube down your throat and in your nose and monitors all over. You're scared and try to pull out the throat and nose tubes but start getting horrifically sick for what seems like an eternity. After the sickness subsides a little you realize you're trembling so bad it feels like the beds shaking. The ER Doctor comes in and tells you you're lucky to be alive and then you notice the extremely worried look on your Mothers face. You think to yourself "what have I done, this was a stupid thing to do", and you promise yourself you'll never do it again.

This is what I experienced, when I was 19 after going through a traumatic event. No one knows what this kind of depression is like unless they have gone through it themselves. The depression is only one part of my Bipolar Disorder but I've been severely depressed several times in my life starting at the age of 16.

Now imagine being so high on life you feel like you're on top of the world. You feel like nothing could go wrong and you can accomplish anything. You have ongoing spurts of energy and you feel everybody finds you interesting. You're also more outgoing than usual but friends and family like the change. Then the natural high starts fading and you become more and more irritable. Almost everything in life seems overwhelming and your temper explodes over ridiculous things. You feel guilty about your outburst but you can't control them. Your thoughts are racing in your mind continually and your communication skills seem to not make sense.

You feel frustrated and out of control and maybe you start spending sprees and doing things that are dangerous.

I was like this many times in my life and each time was worse than the time before. The symptoms I just described are called mania and are the other part of Bipolar. Two and a half years ago when I was what's called rapid cycling-experiencing mania and depression just hours or days apart from each other- my life fell apart and I hit rock bottom. I had been evicted from my apartment and ended up in the Mental Health part of the hospital for a month. Then I had no choice but to go to a New Visions Group Home in Shippensburg. I felt so ashamed to be there at first but I now realize it's what I needed at the time. At times there and where I live now I could be hard to deal with because of my blowups. But even though the staff could be hard on me there and at the apartment program I live at now it's what I needed to get my life together. They saw potential in me I didn't see at first and they helped me realize my life was going to continue to get better if I tried hard enough.

Partial at the Stevens Center also helped me and being a client and working at STAR. I am now working as CSP's Secretary and as a telephone surveyor for C/FST. I enjoy the work I do because it gives me a sense of worth and I enjoy the people I work with. I've gone to many informative conferences and served on committees dealing with mental health and have learned a lot and I still am. One of the many things I'm thankful for is when I had my daughters, Maria and Angelina, I was able to suppress my illness for years until they were teenagers. Luckily the Bipolar didn't get out of control until they weren't living with me. Of course taking my medicine daily is a big part of my recovery. But also taking care of myself physically and having supports like friends and family are just as important. Also I make sure I take time to enjoy life. If I notice symptoms coming back I don't get scared. I tell my Doctor if I need to and tell myself nobody's perfect and this too shall pass.

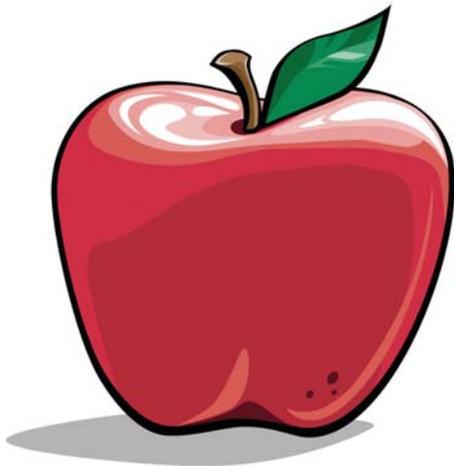
*Submitted by Victoria Smith*

# Seed Grant Project

We are working on an exciting project at the Cumberland/Perry Counties' Community Support Program (C/P CSP). Every year, the Central Region Community Support Program, gives out several grants to the local CSP committees. These seed grants are used in some way to strengthen the Community Support Program. The seed grant is a matching grant up to \$500. However, this year, we were told to not use any projects that we have used in the past five years. This created a challenge for us and the seed grant committee put their heads together and came up with a brilliant idea of a half day Health and Wellness expo. We are calling it "The Wellness Summit: The Connection between Minds and Bodies". We are hoping that the Wellness Summit will have about 3 short presentations on

subjects such as Healthy Grocery Shopping on a Budget, an exercise component, such as Tai Chi or chair exercises and possibly something dealing with overall wellness, such as WRAP. At the end of the presentations we would have some sort of a panel discussion that would include both a medical doctor and a psychiatrist along with a few other people. We have a lot of planning to do for this event but are very excited about it. We will need to decide a time and a place for the event and exactly which presentations we want to have. We have had several people submit ideas electronically already so if you have any ideas or if you are interested in serving on this committee please call the CSP Office at 254-6060 or e-mail us at [cspcp@cspcp.org](mailto:cspcp@cspcp.org). We look forward to hearing from you.

Submitted by Katie Wilson



# Prayer as a Coping Skill

**Publisher:** Mental Health Association of the Capital Region (MHACR) with support from Ruth Woodlen, Executive Director

**Editor:** Katie Wilson

## **Cumberland / Perry Community Support Program**

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### **Officers:**

**Chair:** Joseph Martin

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**Secretary:** Victoria Smith

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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.

Prayer is critical to me for unwrapping the gifts of everyday life. The first prayer from my lips in the morning is to acknowledge God. I thank him for my life that day. At some point I won't have the chance to wake up to a new day in this life. I don't take my time here for granted. After that I pray for my family.

I had to teach myself to think of God first when I wake up. That did not come naturally to me. I'm so absorbed that my first natural thought is of myself.

Oh, its morning, I must get up. Morning has always been difficult for me. If I first think of the Lord however, I am able to move into that day with greater expectation, recognizing that it is a privilege to have the opportunity to walk through a new day with him.

For me praying and praising first in the morning is a sacrifice. But God asks for the sacrifice of praise which is the fruit of our lips giving praise to his name. I found that it must please his heart because he blesses me with a better attitude. Instead of drudgery, morning becomes the sweetest part of the day.

Throughout the day I say a lot of "help" prayers. They sound like this "HELP"! God is real familiar with these. Frequently, I'm asking for protection from myself. I did think that my biggest problem was other people. Then I realized they couldn't drag anything out of me that wasn't already there. "O Lord, Help! I'm not handling this well" or "Help Lord. I don't know what to do." Here it is Lord over to you.

This day Lord I don't want to live my life apart from you. Prompt me to turn to you in prayer in all my circumstances, whatever the joy or need is.

Amen

Submitted by Karen W.

## **Double Trouble**

1<sup>st</sup> & 3<sup>rd</sup> 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.

# Aurora's Art Show for Cumberland, Perry and Dauphin Counties

## C/P Community Support Program

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

PHONE:  
(717) 254-6060

E-MAIL:  
cspcp@cspcp.org

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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

On Friday night, October 22, there will be a Consumer Art and Craft Show at the Aurora Club in Mechanicsburg, from 6pm-10pm. Artists and Crafters may bring 1-2 pieces of their art work for the show. Please drop off your art work at the Mechanicsburg Aurora Club, located at 104 W. Main St, Mechanicsburg, Pa, 17055, Monday thru Wednesday, October 11th-October 13<sup>th</sup>, between the hours of 8am-2pm. No work can be accepted after Wednesday, October 13<sup>th</sup>. The main goal of this event is to showcase the talents of Consumers for our families, the general public, and other Consumers. Everything entered will be in the show. We're looking for everything from paintings, sketches, jewelry, to knitting and embroidery. Please call Amy Y. at 591-9598 with any questions.

## Aurora Cyber Café Consumer Run

Fridays 6-10 PM

### Upcoming Events for September

**September 17<sup>th</sup>** – Art Show and Free-Hand Drawings  
By Amy Y.

**September 24<sup>th</sup>** – Karaoke and Carol Sokol

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](http://www.auroraservices.org)  
[www.reverbnation.com/auroracafe](http://www.reverbnation.com/auroracafe)



You are invited to the premiere event for the public screening of the local film production: **“A Place to Call Home: In Cumberland & Perry Counties.”**

**Free and open to the public. No RSVP or tickets needed.**

When: Tuesday, October 5, 2010

Where: Carlisle Theatre 40 West High Street, Carlisle, PA 17013

Time: Doors open at 6:30 pm with live music by The BODHI Tree band  
Program from 7:00 pm – 9:00pm.

It is a time of celebration, education & light refreshments. This event is coordinated by the Cumberland/Perry Housing and Community Partnership: Mental Health Housing Initiative.