

CSP Newsletter

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

Special Interest Articles:

- Mental Illness Awareness Week
- Silver Linings Playbook
- Reflections on Recovery

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Mental Illness Awareness Week

Mental Illness Awareness Week was established by the United States Congress in 1990 to recognize the efforts of the National Alliance on Mental Illness (NAMI) to educate and increase awareness about mental illness.

Mental Illness Awareness Week takes place during the first full week of October.

According to the National Institute of Mental Health "Mental disorders are common in the United States and internationally. An estimated 26.2 percent of Americans ages 18 and older — about one in four adults — suffer from a diagnosable mental disorder in a given year. When applied to the 2004 U.S. Census residential population estimate for ages 18 and older, this figure translates to 57.7 million people. Even though mental disorders are widespread in the population, the main burden of illness is concentrated in a much smaller proportion — about 6 percent, or 1 in 17 — who suffer from a serious mental illness. In addition, mental disorders are the leading cause of disability in the U.S. and Canada. Many people suffer from more than one mental disorder at a given time. Nearly half (45 percent) of those with any mental disorder meet criteria for 2 or more disorders, with severity strongly related to comorbidity."

However, the 1999 Surgeon General's Report on Mental Health cited stigma as being a major barrier preventing people from seeking the help that they need.

Cumberland/Perry Community Support Program is locally coordinating with a number of resources within Cumberland and Perry counties to join with mental health advocates and organizations across the United States to sponsor a variety of events to promote community outreach and public education concerning mental illness.

Our events for Mental Illness Awareness Week are designed to create community awareness and discussion in an effort to put an end to stigma and advocate for recovery.

Joseph Alex Martin

Silver Linings Playbook

Filmed on location in south-eastern Pennsylvania, Silver Linings Playbook is a film based on Matthew Quick's novel "The Silver Linings Playbook".



Pat Solitano Jr moves back in with his parents in suburban Philadelphia after spending eight months in a mental hospital after getting in a fight with his wife's boyfriend. While he was in the hospital, his wife leaves him and receives a restraining order, but he still wants to get back his job, and his wife. Will Pat find his silver linings?

Cumberland/Perry Community Support Program is pleased to be partnering with Dickinson College to present a screening of Silver Linings Playbook and a panel discussion on Thursday, October 3rd, 2013 at 6:30 pm in Denny Hall room 317, 199 W. High St. Carlisle.

Joseph Alex Martin

“You don’t have to be judged by your illness any more, your illness is no different from cancer. It’s a part of your life, but you can still live.”

Reflections on Recovery

In the few months that I have worked with CSP and the Consumer/Family Satisfaction Team, I have seen determined individuals. Individuals like you and me that should not be looked at or pre-judged on their illnesses.

I have suffered from brain cancer most of my adult life, I have been in remission for a few years but on and off of medication and treatments. I hit a very low period in my life and contemplated suicide for a long time. I wanted a release, a way out. I truly believed that no one would miss me, no one felt my pain.

You don’t have to be judged by your illness any more, your illness is no different from cancer. It’s a part of your life, but you can still live.

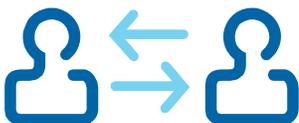
Tina

Do You Have Something To Share?

Do you have something that you want to share with the other members of the Cumberland/Perry Community Support Program?

A success, a poem, something that you use to help get you through your challenges? Please consider sharing it in the Cumberland/Perry Community Support Program Newsletter.

Contact us at cspcp@cspcp.org or (717)254-6060, for more information.



Candlelight Vigil

This year, we are holding our first Candlelight Vigil as a part of Mental Illness Awareness Week, on Sunday October 6, 2013 starting at 6:30 pm.

The Candlelight Vigil will feature Dennis Marion, Deputy Secretary of the Pennsylvania Office of Mental Health and Substance Abuse Services, as well as entertainment and inspirational stories of mental health recovery.

Join members of our community as we unite just before sunset in front of the Cumberland County Courthouse to celebrate recovery, while basking in the warm glow of candlelight.

This year's theme for Mental Illness Awareness Week from the National Alliance on Mental Illness is "It's Time", and we were asked to come up with a theme for the Candlelight Vigil which is related to the national theme for the week.

In keeping with the Shelley Bishop's speech from the Mental Health Awareness Walk in May, we want to come together to celebrate that "It's Time: To Be the Evidence".

Joseph Alex Martin



Celebrating Hope, Encouragement and Recovery

Cumberland/Perry Community Support Program is proud to announce that we have partnered with the I'm the Evidence/Mental Health Campaign (ITE/MH), a grassroots initiative that celebrates people who are the living Evidence of mental health recovery, as well as those individuals, organizations, and communities that provide support.

Founded in 2011 by the Mental Health Association in Pennsylvania (MHAPA) and Support the Journey, the Campaign works to increase awareness that people recover from mental illness; engage individuals, organizations, and communities in the support of recovery; and celebrate people who are the living examples of recovery and those who support them. At the heart of the Campaign is a poem expressing the Campaign's values — belief, hope, giving, connectedness, action, example, encouragement, and possibility. (Read the entire poem at www.itecampaign.org.)

Join us! Be part of the Campaign. Learn more or get involved at itecampaign.org or call us at 717-254-6060 to honor the Evidence in you or someone you know.

Joseph Alex Martin

“Join us! Be part of the Campaign. Learn more or get involved at itecampaign.org or call us at 717-254-6060 to honor the Evidence in you or someone you know.”

The Faces of Mental Health Recovery

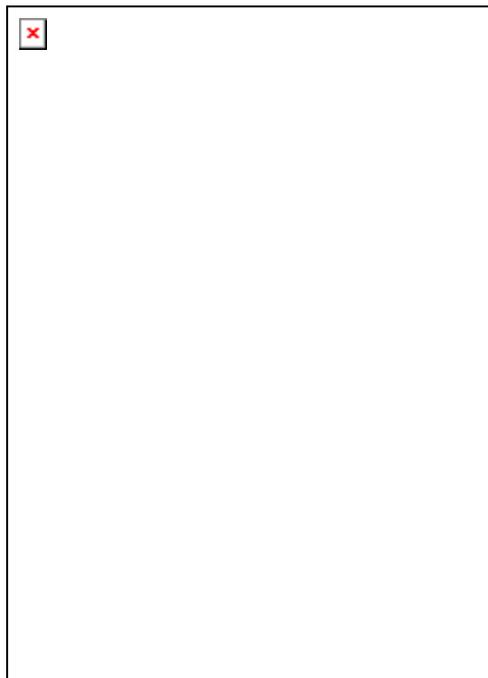
To put a spotlight on mental health recovery, the I'm the Evidence/Mental Health Campaign (ITE/MH), a grassroots initiative of the Mental Health Association in PA (MHAPA) and Support the Journey, announces the Faces of Mental Health Recovery Public Art Project, which celebrates individuals in recovery from mental illness and those who offer them hope, encouragement, and example along the way.

Faces of Mental Health Recovery uses photography to engage individuals, organizations, and communities in the support of recovery. It launches in September in Perry County with a photography workshop led by artist and community organizer Kara Newhouse. During the two-day workshop, people in recovery and individuals from their support networks will learn photography skills and how to tell their personal stories.

Then, in October, Perry County Council of the Arts (PCCA) will showcase select portraits created during the workshop in an exhibition at its Landis House community art space. Produced in large-scale format, these portraits will be wheat pasted onto wooden panels installed outside of Landis House. Inside, participant testimonials and additional photos will also be displayed.

The exhibition opens with a reception on October 11 from 6:00pm-8:30pm—during Mental Illness Awareness Week—and closes on November 22. For more information visit <http://www.perrycountyarts.org> or view the press release at <http://www.itecampaign.org>.

Shelley Bishop



“To put a spotlight on mental health recovery, the I’m the Evidence /Mental Health Campaign (ITE/MH), a grassroots initiative of the Mental Health Association in PA (MHAPA) and Support the Journey, announces the Faces of Mental Health Recovery Public Art Project.”

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NAMI Connection Support Group



Find help. Find hope.

These groups for people living with Depression, Bipolar Disorder, Schizophrenia and other disorders meet for 90 minutes and offer a structured group process designed to Encourage, Support and Empower. Connection support groups, open to consumers with any diagnosis, are forming all over the United States as a new community peer service to offer help in the Recovery Journey.

NAMI support and resources are free and confidential.

WHEN: 2nd Friday of each month 7:00 pm – 9:00 pm
 WHERE: Aurora Café 104 West Main Street, Mechanicsburg, PA 17050
 (717) 591-9598
 WHO: Jen and Chris, NAMI National trained Support Facilitators
 CONTACT: Any group related questions can be directed to Jennifer at
 (717)385-8028.

<http://www.nami.org/connection>

Budgeting Matters in Recovery

There was a time that I found myself using charge cards and maxing them out over a number of years. Because of it, I lost all control over my finances, lost good credit, and had to be assigned a Representative Payee.

I was unable to pay all of my debt, I had a lot of phone calls, always from debt collectors. I thought this to be my very lowest part of my life. I thought that I was going to have a nervous breakdown from all of this.

I wasn't left with many ways out, except for bankruptcy; it wasn't an easy road to follow.

It allowed me to get a fresh start, so that I could focus on my recovery, using my coping skills, and getting help from my supports and my doctor.

If there is anyone out there that is or was in a similar situation, I just want to take a minute to say that you too can find encouragement, help and hope in your recovery.

Karen Sunday

Publisher: Mental Health Association of the Capital Region (MHACR) with support from Julia Mallory, Executive Director

Editor: Joseph Martin

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

Secretary: Karen Sunday

County Mental Health Office:

Silvia Herman: 240-6320

Annie Strite: 240-6320

Robin Tolan: 240-6320

Rehab Centers Newsletter Liaisons

Aurora New Bloomfield:

Matt Johns

Aurora Mechanicsburg:

Still Needed

New Visions Ship Dock:

Victoria Smith

NHS STAR:

Melony Smith

Cumberland/Perry
Community Support
Program

501 S. Hanover St
Second Floor
Carlisle, PA 17013

PHONE:
(717) 254-6060

E-MAIL:
cspcp@cspcp.org

WEB:
www.cspcp.org

The Cumberland/Perry
Community Support
Program holds their
monthly meetings on
the third Tuesday of the
month at NHS S.T.A.R.
Center, 253 Penrose
Pl, Carlisle.

Recovery Quotes

“It's not how far you fall, but how high you bounce that counts.”

Zig Ziglar

About Our Organization...

The Cumberland/Perry Community Support Program (CSP) Advisory Committee is comprised of individuals living with mental illness, family members, providers, professionals, and community members who work together as committed equal partners and apply CSP principles to offer hope and assure that every person with a serious mental illness will enjoy the highest possible quality of life.

The Committee advises the Cumberland/Perry Mental Health and Intellectual and Developmental Disabilities (MD/IDD) office on how to improve the quality of services and supports, and the Committee facilitates cooperation between providers, community organizations and stakeholders.