

# CSP Newsletter

## Special Interest Articles:

- Stitching our Stories
- Meet Our New Secretary
- Peer Specialist Training
- WRAP Around the World Conference

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

## Stitching Our Stories Together

This year's seed grant project began as a suggestion from the Dauphin/Cumberland/Perry CSP Conference Committee, to consider doing a quilt to be displayed at next year's conference.

The quilt will include squares designed by anyone who wishes to include a square: consumers, family members, providers, and the community as a whole may contribute. The squares will tell the unique story of their creator or creators as well as collectively tell the story of our cumulative journey to recovery.

The Cumberland/Perry Community Support Program will host days where all stakeholders can come together to build their personal and collective quilt squares.

Each of our individual stories is woven into the fabric of the stories of all those we have the honor to walk beside in this process of recovery. As our stories touch one another we become a whole community.

Everyone's story contributes to our collective recovery

journeys and to the fabric of our CSP's Recovery Quilt.

What we are hoping to create is a unified symbolic picture of recovery, which depicts the recovery journey of each other, and of our community as a whole.

The specific theme for the conference is still being selected by the conference committee.

We are planning on displaying the quilt at various agencies and functions throughout Cumberland and Perry counties. It will be an inspiration for us all.

The seed grant project will be a part of the Dauphin/Cumberland/Perry CSP Conference Committee, and the committee welcomes anyone who wants to help plan the conference or the quilt. Please contact the CSP office for information on when the next Dauphin/Cumberland/Perry CSP Conference Committee Meeting is.

Submitted by: Joseph Alex Martin

# WRAP Around the World

WRAP Around the World opened on Monday with an introduction by National Association of Peer Specialists President, Gladys Christian, and a welcome by Matthew Federici, Executive Director of the Copeland Center.

I attended the Eliminating Seclusion and Restraints institute, presented by Erica Buffington and Gina Calhoun, from the Copeland Center, and Edna McCutcheon, from the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS). The institute also featured the introduction of a whitepaper by the Copeland Center. The institute was based on Substance Abuse and Mental Health Services Administration's (SAMHSA) Roadmap to Seclusion and Restraint Free Mental Health Services, and a look at Pennsylvania's implementation on its road to making Pennsylvania's remaining State Hospitals 100% seclusion and restraint free.

Tuesday opened with the Commissioner of the Department of Behavioral Health & Intellectual Disability Services presenting a keynote on how integral WRAP and Peer Support has been in transforming Philadelphia's mental health services

delivery system. The second keynote on Tuesday was Mary Ellen Copeland who looked at the growth of WRAP over the past 15 years, and the continued growth of WRAP for the next 15 years.

Tuesday my workshops included, looking at WRAP as a tool to help us to heal from our past traumas, it also provided an introduction to Trauma-Informed Care; and a presentation by Dr. Judith Cook on the research in Ohio which enabled WRAP to be recently proven as an Evidenced Based Practice. Dr. Cook briefly explained how the study was organized, and how the WRAP training curriculum was standardized for the research study. Now a follow-up of the original Ohio study is being performed in Chicago.

Wednesday workshops included Developing Systems of Support by Kathyann Corl, which looked at how to help build and keep a network of supports that you can utilize, and Gina Calhoun's recovery storytelling workshop, which used Gina's story to model how to develop your own personal story for speech or print.

WRAP Around the World was a great and very informative three days.

Joseph Alex Martin

## NAPS Conference

Raleigh, NC hosted the National Association of Peer Specialists Conference, this year. The conference was an opportunity to network and further develop skills for offering and developing peer support services.

There were workshops on a wide-range of topics of a professional and personal interest to peer supports, peer support supervisors, and providers of peer support services.

I had the honor to be presenting a workshop on WRAP for Compassion Fatigue in Peer Specialists, which was focused on how to utilize our personal and professional Wellness Recovery Action Plans to keep ourselves well while we walk with our peers through challenging circumstances.

Joseph Alex Martin

## Certified Peer Specialist Training Held Aug.15- 26, 2011

The newest class of certified peer specialists graduated on August 26, 2011. Cumberland and Perry Counties now has six new people who are able to work as certified peer specialists. The whole class consisted of 18 individuals from Lancaster, Lebanon, Dauphin, and Cumberland counties. The training was held over the last two weeks of August for a total of 75 hours of class time at the Holiday Inn East in Harrisburg.

We told our personal stories and practiced role plays with different scenarios. We also learned to use recovery language, reflective listening and ask open ended questions. The class laughed and cried together as we went through the rollercoaster of emotions during those two weeks. We developed friendship and camaraderie during those two weeks that will hopefully stretch out from class into our everyday lives and our careers. While we were learning the class material we also learned stuff about each other and ourselves.

Probably the biggest thing that any of us learned is that we can do it! Having that sense of accomplishment will give us the strength that we need to go out and do whatever life may bring to us. As peer specialists we have already overcome many of life's hurdles but the class just gave us more confidence in ourselves that we can help walk with others as they are facing life's challenges.

Submitted by Katie Wilson



## Getting to Know CSP's New Secretary

Karen Sunday is the newest member to the executive team for the Cumberland/ Perry Community Support Program. She started her job as secretary on August 29, 2011. Karen feels that her job is important because she enjoys improving her computer skills while helping others in their recovery. Recovery, to Karen, means "feeling good about me and who I am and what I can do." Some of the things that Karen enjoys doing include knitting, crocheting, playing the piano and the clarinet. Karen has been involved with the Community Support Program for at least the last three years and her favorite CSP activity is attending the PMHCA Conference every June. Karen is looking forward to learning more in her position as secretary and about CSP.

# Recap of the CSP Picnic

The CSP Picnic was held this year at Little Buffalo State Park on August 4, 2011.

STAR attended with two vans and one car full of members, and brought along games, appetite, and enthusiasm.

When we arrived the ice breaker was just starting and STAR members jumped right in, participating in finding out all about the members from CSP, Shippensburg Empowerment Dock, and the Aurora Clubs (Mechanicsburg and Dromgold). The icebreaker required you to ask a different person questions ranging from who had a blue shirt on to who owned a car.

After the ice breaker, lunch was served, which consisted of fried chicken, potato or macaroni salad, fresh fruit, and chips or cheese curls! Staff from CSP, STAR and Ship dock helped to serve the food and everyone ate until they were full.

After lunch everyone settled in for a rousing game of BINGO.

This was the biggest BINGO game I've seen in a long time, consisting of 3 full picnic tables full of BINGO players!

Those that did not play BINGO, explored the area, and took walks through the beautiful greenery and checked out the swimmers at the pool. They also took the time to talk to friends from the other drop in centers, CSP employees, friends that no longer attend STAR, and our friends from Cumberland County Silvia Herman, and Robin Tolan.

Way too soon it was time to say goodbye but everyone did so with smiles and hugs. We loaded up our vans and car and headed back to Carlisle and the STAR Center.

As usual CSP had planned another great Annual Picnic and Little Buffalo was a beautiful place to hold it.

Reprinted with permission from  
the STAR Newsletter  
Written by Candace Mills



---

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

**Editor:** Katie Wilson

**Cumberland / Perry  
Community Support  
Program**

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

**Telephone:** (717)254-6060

**Website:** [www.cspcp.org](http://www.cspcp.org)

**Email**

[cspcp@cspcp.org](mailto:cspcp@cspcp.org)

**Officers:**

**Co-Chair:** Joseph Martin

**Co-Chair:** Katie Wilson

**Secretary:** Karen Sunday

**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.

---



---

## 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:** 2<sup>nd</sup> 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>

---



The peer-operated Employment Support Group is open to all peers in Cumberland and Perry counties who are concerned with employment-related issues. The Employment Support Group meets at S.T.A R. 253 Penrose Place, Carlisle; on the third Thursday of the month from 3:30 to 5:00 PM.

**Call 243-2278 EXT. 11 or 13 for more information.**

---

## 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

---

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

## Double Trouble

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

**September 16**– Card Games

**September 23<sup>rd</sup>** – Karaoke

**September 30<sup>th</sup>** – BINGO

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)

## Recovery Quotes....

*“Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born.”*

- Dr. Dale Turner

*“To accomplish great things, we must not only act, but also dream; not only plan but also believe.”*

- Anatole France