

CSP Newsletter

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

Special Interest Articles:

- Looking Forward to 2014
- Silver Linings Playbook
- Candlelight Vigil 2013

Individual Highlights:

- Do You Have
Something to
Share? 2
- The Faces of Mental
Health Recovery4
- NAMI Connection
- Beating the Winter
Blues 5
- Recovery Quote 6

Looking Forward to 2014

As we approach the end of this year, and start looking towards the next. We are reflecting on some of the changes that we've made over the past year, and how we can continue to grow in the next.

The largest growth this year was in our Mental Health Awareness Walk. Thanks to our partnership with Shippensburg University, and their assistance in planning our marketing for this year's walk, we were able to have a more than 50% increase in attendance, and a substantial increase in media coverage for this year's walk. We are appreciative of the seed grant that we were able to obtain from Central Region CSP to help make those improvements possible. Looking forward we have a marketing plan for next year's walk, and we will begin planning the walk at the November CSP meeting.

The next largest area of growth was in working collaboratively, in October we held a number of events for Mental Illness Awareness Week, but these projects featured a lot of collaborative work with community partners, as opposed to being exclusively Community Support Program projects. This allowed us to have a number of innovative projects to work on, and have a variety of events to participate in. Looking forward we want to continue to reach out to new community partners to try new and innovative events.

Looking forward we are going to continue to try new things; adding new events that we hope will become annual occurrences, make changes to try to get more people involved with committees, and continue to work towards expanding in the year ahead. We always welcome your suggestions as to how we can try to grow as an organization. You can always provide ideas and feedback via e-mail or phone.

Joseph Alex Martin

Silver Linings Playbook

On Thursday, October 3rd, 2013, Cumberland/Perry Community Support Program was pleased to have partnered with Dickinson College to present a screening of Silver Linings Playbook and a panel discussion.



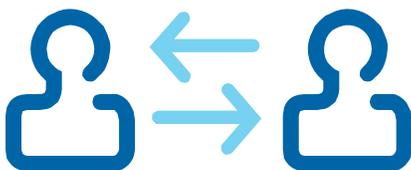
We had 30 people in attendance and enjoyed fresh-popped movie theatre popcorn and sodas, an incredible movie, and a rich and vibrant discussion which covered topics from mental health and the criminal justice system, family interpersonal dynamics, the hazards of labeling persons based on behavior, stigma, and much more.

We want to thank everyone who came out to the screening and panel discussion for your attendance and thought provoking discussion.

Joseph Alex Martin



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 2013

This year, we held our first Candlelight Vigil as a part of Mental Illness Awareness Week, on Sunday October 6, 2013, in front of the Cumberland County Courthouse. There were 60 people in attendance for this year's Candlelight Vigil, and everyone was given a candle and a green "Recovery Works" wristband.

The evening started with Taylor Y. Andrews playing instrumental music, with the warm glow of candle light from the edges of the courthouse landscape.

The speakers for the night included Dennis Marion, Deputy Secretary of the Pennsylvania Office of Mental Health and Substance Abuse Services, Annie Strite from the Cumberland/Perry Mental Health Office, interviewed Angela Pieruccini about the poem that she wrote about her recovery, and a full band played the song that Angela's poem inspired, and Joseph Alex Martin, Chair of Cumberland/Perry Community Support Program.

The theme for this year's Candlelight Vigil was "It's Time: To Be The Evidence".

Karen Sunday



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 launched 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 learned photography skills and how to tell their personal stories.

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

The exhibition opened 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



I'm the Evidence™

I'm the Evidence
for how belief inspires
how hope transforms and
how giving heals the soul

I'm the Evidence
for what can be achieved
how feeling connected can ground
and how there is invaluable worth
in an act of faith

I'm the Evidence
for how an example can lead
how far encouragement can take you
and how one step begins
a journey towards endless possibilities

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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>

Beating The Winter Blues

Some people suffer from symptoms of depression in the winter months, with symptoms subsiding during the spring and summer months. Seasonal Affective Disorder (SAD) is a mood disorder associated with depression and related to seasonal variations of light. SAD affects half a million people every winter between September and April, peaking in December, January, and February. SAD appears in varying degrees.

There are many effective treatments for SAD, some of which you can do to help yourself.

- **Keep active.** Research has shown that a daily one hour walk could be as helpful as light therapy for coping with the winter blues.
- **Get outside.** Go outdoors in natural daylight as much as possible, especially in midday and on brighter days.
- **Keep warm.** Keep warm with hot drinks and hot food. Wear warm clothes and shoes and aim to keep your home between 64 and 70 degrees.
- **Eat healthy.** A healthy diet will boost your mood, and give you more energy.
- **Light therapy.** Light therapy can be effective in up to 85% of diagnosed cases. One way to get light therapy during the winter months is to sit in front of a light box for up to 2 hours a day. Light boxes give out bright light that is at least 10 times stronger than ordinary home and office lighting.
- **Start a hobby.** Keep your mind active with new interest for example painting, journaling, blogging, drawing, sewing and/or knitting.
- **Communicate.** Visit friends and family. Make an effort to keep in touch with people you care about. Accept invitations to social events even if you only go for a little while.
- **Speak with your mental health team.** Psychotherapy and cognitive behavioral therapy can help with your symptoms.

If none of these techniques seem to help your depressive symptoms, you should consult your family physician and/or mental health professional.

Tina West

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Rehab Centers Newsletter Liaisons

Aurora New Bloomfield:

Matt Johns

Aurora Mechanicsburg:

Still Needed

New Visions Ship Dock:

Victoria Smith

NHS STAR:

Melony Smith

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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

“In the midst of winter, I finally learned that there was in me an invincible summer.”

Albert Camus

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.