

CSP Newsletter

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

Special Interest Articles:

- Advocacy from this Year into the Next
- PMHCA Conference Update
- Ship Dock on the PMHCA Conference
- Ship Dock Moves
- What Can We Do With No New Money?

Advocacy from this Year into the Next

Thanks to everyone who shared their stories via the Commissioner's Forum, Letters to the Editors, writing letters and making phone calls to their legislators and the governor's office. Your efforts allowed us to make progress in reducing the cuts that were in last year's proposed budget. That doesn't mean that we're finished.

This year more than ever, it's important to stay active in advocating and educating our legislative leaders and the governor. This way we can make sure that future year's budgets are less challenging to creating a recovery-oriented mental health system.

Cumberland/Perry Community Support Program is here to help you tell your story of how these budget cuts have personally affected you, and your family members.

We can help you to write down your concerns about these impacts in a positive and strengths-based way, and help those concerns get to the County Commissioners, legislators, deputy secretary, secretary and Governor.

We are expecting another 10% or

larger cut in the county Mental Health budget. It'll be important to have a record of the results from this year's budget cuts to go into the next year's budget process.

Because the state budget process means the Governor will begin to look for cuts before even looking at the ramifications from this year's budget cuts, we need to be able to provide the evidence of how these budget cuts are affecting those who are already affected from the loss of General Assistance and other services. The limits of the public systems for mental health, substance abuse, and homelessness being stretched to their maximum capacities.

Together we can work to rise above the challenges that this year's budget process brought with it; and to navigate the changes that will come with next year's budget process, and keep recovery moving forward in our communities.

Written by: Joseph Alex Martin

PMHCA Conference Update

The **Pennsylvania Mental Health Consumers Association** (PMHCA) conference was held on June 5-7th at the Sheraton Harrisburg Hershey.

The theme for this year's conference was "Recovery Unlimited: Rising Above Challenges".

The conference featured three keynote speakers, workshops on a variety of topics, and time for stakeholders around the state to get to know each other and to share what has been working in their local areas.

The first of the keynote speakers was Carol Kivler, a mental health advocate, author, trainer, and speaker from Lawrence NJ.

Paolo de Vecchio, the Acting Director of the Substance Abuse and Mental Health Services Administration, was the featured keynote speaker on the second day. Paolo is a self-identified consumer with over 40 years experience as a consumer, family member, provider, advocate, and policy maker.

Rounding out the conference was the final keynote speaker, Mike Veny. Veny is a professional studio drummer, who was identified as having depression and other mental health diagnosis early in his childhood. Mike utilized drumming to improve his school work, and has made drumming his life's work, including performing at charitable endeavors for the mental health community.



Some Cumberland/Perry CSP attendees comments about the workshops that they attended:

"My favorite workshop was the one about emotional intelligence and recovery. I also enjoyed learning more about the peer support movement and the different styles/approaches used by others." – CG

"Creativity Changes Everything was about the exploration, discovery, and transformation that are parts of creativity. The workshop featured a group activity that I haven't ever done before which was Creative Visioning: Visualization Exercise – Meet Your Muse; and an applied art activity where I made an A-muse-ing Affirmation Booklet." – KS

"Connecting with Legislators with Representative Gene DiGirolamo was the most important workshop that I had the opportunity to attend. It provided an opportunity to learn how to engage with our government officials to help with advocacy efforts through educating them how those decisions personally affect our lives, and the lives of those whom we care about." – JM

"The workshop that impacted me the most was The Family Perspective on Co-Occurring Disorders led by Genny Dailey. This workshop discussed the impact that a co-occurring disorder (such as an addiction to drugs and having bi-polar disorder) has on the family of the person with the addiction and how one family dealt with that co-occurring disorder. It was really insightful to see that even though everyone's story is unique, everyone that spoke up in the workshop had similar questions and feelings. I learned that family members often go through the stages of grief because they feel as though they are losing their loved one to addiction and mental illness. Perhaps one point that was most important though is recovery from a co-occurring disorder, like recovery from mental illness, is a non-linear process and recovery will take time." – KW

Written by: Joseph Alex Martin

Ship Dock Members on the PMHCA Conference

We attended the June 2012 conference at the beautiful Hershey/Harrisburg Sheraton. We were treated with respect and our every needs were met.

Each day we had a wide variety of groups to choose from.

Drumming was one of the most popular groups with over 60 people! The energy was out of this world. Every single person had their very own solo and the group drummed with abandon.

Wednesday was dedicated to members' writing and telling their "story" and to present it to representatives of local government in a forum setting. Seven attendees shared various testimonials to rounds of applause.

One of the groups was about the Pennsylvania budget's effect on all human services, in particular mental health. We listened to a panel from Pennsylvania government and what we could still do to get our needs heard. We were encouraged to write our stories and email, fax, mail, and call as many house representatives and state senators as possible before the June 30th deadline.

The conference was exhausting and so uplifting.

We both want to attend next year's conference.

Written by: Donna J and Pamela P

Shippensburg Empowerment Dock Moves

At the end of August the Ship Dock made the big move to the new Dock at 142 East King Street. It was a beautiful day and there were many that showed up to help. The move itself was accomplished in a couple of days although preparing the Dock for the move took many, many months and a lot of hard work. We are still working on finding a place for everything but we are sure up and going.

The comment we hear most about the new DOCK is it is a lot homier then the old DOCK. We are having an open house Friday Nov. 2, from 10:00 am to 2:00 pm to show off our new place and to let people know what is going on here at the DOCK.

We hope you will come check us out. We look forward to seeing you.

Written by: Mary Truax



Photo: Google Maps

What Can We Do with **NO NEW MONEY**....? Or Worse, a 10% Cut!

Given the challenging fiscal environment we are presently in, this could easily be a time to share stories of defeat, loss, and blame, yet what value would that be? We realize that during the economic downturn in recent years, the ripple effect has definitely impacted our community in many ways. We as a community could blame our policy makers and vow to not vote for whoever we believe created "*this mess*" or we could take a step back and begin to ponder how....or if....we may be able to creatively as a community "unite" through and in spite of this financial crisis.

At the August Community Support Program (CSP) Meeting, a discussion was facilitated about wellness. It is important that we all, as stakeholders, not only in the community mental health system, but as citizens in our community, work together to support each other. We as a community invest in each other's lives by being an "*active presence*" for each other. We believe in recovery, which is about much more than being compliant on a medication. Medication is often a very important part of being well, but certainly not the only factor. We as family, friends, co-workers, and colleagues, can encourage each other to constantly do our best, work hard, find time to exercise, rest, eat, laugh, clear our minds, and be alert to what our bodies are communicating to us. Our friends and families can pour into our lives and let us know when they see us as looking tired, or perhaps irritable, or sad. We also pour into our friends and families lives and hopefully are equally as honest, because we care about each other.

About a week ago, I saw this "*active presence*" thing in action. I was driving home from work and passed by a group of friends out together for an evening stroll. I was sitting at a red light in Carlisle, when I heard a familiar "Hey.....!" It was so nice to see people taking a leisurely walk, getting a bit of exercise, spending time together, on a gorgeous fall like evening. Alas..."*active presence.*"

Really, when there are less fiscal resources available, we learn more about who we are, what is important to us, and how our life choices impact not only ourselves but each other. Do we each see ourselves as a valuable part of our community? Are we thinking about how we can help another?or what can we get out of this? In my mind these are very valid questions for each of us to consider.

More than ever, this year, let's work to be intentional about choosing to be an active caring presence to another person. The person that you see sitting alone, or looking upset, let's choose to offer a few minutes of our time. I believe these types of interactions can be life changing not only for the person we're talking to, but for us as well.

Written by: Annie Strite

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

Editor: Katie Wilson

**Cumberland / Perry
Community Support
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Co-Chair: Katie Wilson

Secretary: Karen Sunday

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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



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>



CUMBERLAND, PERRY & DAUPHIN COUNTIES
NOVEMBER 8 FROM 2-6PM
PARK INN HOTEL
5401 CARLISLE PIKE
MECHANICSBURG, PA 17050
LIGHT REFRESHMENTS WILL BE AVAILABLE

CBHNP
INVITES ALL MEMBERS OF THE COMMUNITY AND PROVIDERS
TO
BRIDGE THE GAP
BETWEEN MEMBERS & PROVIDERS

COME ONE, COME ALL!
GENERAL PUBLIC & PROVIDERS ALIKE
MEET & GREET RAFFLES!
PRIZES EVERY HOUR

CONTACT LISA MCCOY AT 717.671.6502 OR 1.888.700.7370 x6502

C/P Community Support Program

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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

Recovery Quotes....

"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."
-Ambrose Redmoon

"Determination, patience and courage are the only things needed to improve any situation." – Peter Sinclair

Your Voice Made A Difference!!!

Thanks to your hard work you helped to slow down the implementation of the block grant, and reduce the proposed cut to 10% in mental health, intellectual & developmental disabilities, drug & alcohol, homeless, child welfare, and other essential and vital services!

Thank You!!!



Aurora Cyber Café Consumer Run

Fridays 6-10 PM



Upcoming Events for October

Oct 5th - Games
Oct 12th – BINGO
Oct 19th – Open Mic Night
Oct 26th- Halloween Costume Party

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
www.reverbNation.com/auroracafe