

CSP Newsletter

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

Special Interest Articles:

- D.C. Trip with the Housing Alliance
- Fairweather Lodge Conference
- MH Plan Meetings get Underway
- Quilt Days
- 2011: Year in Review

Mental Health Advocacy, Trip to Washington D.C.

On October 6, 2011 a delegation arranged by the Housing Alliance of Pennsylvania went to Washington D.C. to inform, encourage, and ask for both Pennsylvanian U.S. Senators, Bob Casey, Jr. and Senator Patrick Toomey to include, support and vote for adequate funding levels around a variety of housing options for needy and vulnerable populations to be maintained, restored or added to the current budget. Visit their website at www.housingalliancepa.org for details on their housing policy and information.

Of the 18 people that went from across the state, four were from Cumberland County including Ben Laudermilch, Deputy Executive Director Cumberland County Housing and Redevelopment Authorities; Joseph Alex Martin, Chair Cumberland and Perry Community Support Program (CPCSP); Theresa Myers and Andrea Sokol both mental health advocates.

The morning began with an 8:30 a.m. "meet and greet" social time with Senator Casey in the Russell Senate Office Building where this picture was taken. The social time was followed by separate one hour meetings with each of the two Senator's key staff on housing issues. Finally before walking back to Union Station to start the trip back to Carlisle, Andrea and I joined the others in the group for lunch at the "American Grill" located in the basement in the Connecting Corridor between the Dirksen/Hart Senate Buildings.

Andrea, Joseph, and I all live with significant mental health challenges. Our role was to share parts of our personal recovery stories specific to housing choice, needs, and how that having not only stable, safe, accessible living arrangements is a necessity (housing/shelter) but that appropriate/timely supportive services and health care access is essential to our ability to recover and in turn be productive citizens.

All three of us are part of the CP CSP Speakers' Bureau. If you are interested in being trained in Advocacy and Personal Recovery Storytelling, NAMI PA Cumberland and Perry will be providing its 3rd training in May of 2012. This training is sponsored by the Cumberland/Perry Counties Mental Health Program. Be on the lookout for details in the early spring on www.namipacp.org or if you want information about the Speaker's Bureau contact the CPCSP office www.cspcp.org

Written by: Theresa Myers



Mental Health Plan Meetings Get Underway

Each year, the Mental Health Plan Sub-Committee of the Cumberland/Perry Community Support Program begins work in helping to provide advice and guidance in the Cumberland/Perry Mental Health Plan.

The Mental Health Plan is a document which is submitted to the state Office of Mental Health and Substance Abuse services which provides a snapshot of what our counties' mental health system is like.

The plan is written by the county with the feedback of interested stakeholders; consumers, family members, and providers. The majority of the feedback comes through the regular Mental Health Plan Sub-Committee meetings, which this year, are being held on the first Wednesday of each month at Aurora Café in Mechanicsburg. Additional feedback comes from meetings with NAMI, and specialized advisory committees on forensics, housing, and employment.

This will be the first update following the submission of last year's five-year plan; and **we need as many stakeholders as possible to participate in this important process.** Last year's panel decided that it did not have sufficient knowledge to know the needs of special populations which may have different needs, such as Transition-Age Youth, Older Adults, Deaf and Hearing Impaired, Blind and Visually Impaired, and the Lesbian, Gay,

Bisexual, Transgendered, and Intersex (LGBTQI) communities.

The panel decided to plan and hold focus groups to solicit feedback from members of these special populations, in addition to the work that the Mental Health Plan Sub-Committee does annually.

The first several meetings of the Mental Health Plan Sub-Committee will be for planning the focus groups, and then it will transition to reviewing and updating last year's plan submission.

The Mental Health Plan Sub-Committee is how the Cumberland/Perry Community Support Program, and its members perform the requisite function of advocacy, and advising the county Mental Health and Intellectual and Developmental Disabilities office what the wishes of stakeholders are regarding policies, procedures, and funding.

Written by: Joseph Alex Martin

ROSI Review Panel meetings are on hold as no current directive has been issued from OMHSAS. A discussion of the Initiatives identified by the ROSI Review Panel will be held at the next CSP meeting. Those initiatives include increasing consumer representation on boards and developing a consumer-operated business. Thank you for your continued interest and participation.

Written by: Robin Tolan

Quilt Days

On Thursday, October 20, 2011, Cumberland/Perry Community Support Program had its first Quilt Day at Aurora Social Rehabilitation in Mechanicsburg. It was a great opportunity for people to get together to work on their squares for the Recovery Quilt project. We are creating a Recovery Quilt to serve as the back-drop for the 2012 Dauphin/Cumberland/Perry CSP Recovery Conference. The conference theme is Making the Pieces Fit: Community Support Program.

The month of November has 4 Quilt Days scheduled:

Wednesday, November 9th - Shippensburg Empowerment Dock at 301 W Penn St, Shippensburg from 12:00pm-3:00pm.

Friday, November 11th - Aurora Café at 104 W Main St, Mechanicsburg from 6:00pm-10:00pm.

Monday, November 14th - S.T.A.R. at 253 Penrose Pl, Carlisle from 9:30am-11:00am.

Tuesday, November 29th - Aurora New Bloomfield Center at 8401 Spring Rd, Suite 2, New Bloomfield.

Everyone is invited to come to all of the Quilt Days. We want the Recovery Quilt to tell the collective stories of all stakeholders: consumers, family members, and providers.

Written by: Joseph Alex Martin

Fairweather Lodge Conference

September 28th through the 30th, 2011 saw the 27th Annual National Fairweather Lodge Conference come to Carlisle, PA. Cumberland and Perry Counties were highlighted by the nation-wide group which promotes Lodges, The Coalition For Community Living (www.thecccl.org). Lodge members, Coordinators, and Administrators from Minnesota, Iowa, North Dakota, and of course all corners of Pennsylvania, converged in Carlisle for workshops, socialization, entertainment, and most of all, sharing their Recovery experiences. Workshops focused on peer specialists, knowing the signposts on your recovery journey, and how to handle emergencies. For administrators and staff, our own Annie Strite and Robin Tolan presented on how transformation of services supports recovery efforts, and Chris Gulotta highlighted how our Redevelopment Authority worked with New Visions to find funds to create 2 of our 3 Lodges in Cumberland and Perry Counties. The CCL's Executive Director, John Trepp, presented on the newly developed Lodge Toolkit which can assist both new and growing Lodge programs in doing the things it takes to be "Lodgey".

Workshops on business development and innovation assisted programs from around the Commonwealth with new ideas. Esther Onaga, professor at Michigan State University, long-time CCL board member, and former student of Dr. Fairweather presented a keynote speech on the history of Lodges and how we have survived in "uncertain waters". We also honored national award winners as Innovator of the Year, Lodge Member of the Year, Lodge Coordinator of the Year, and Lodge Program of the Year.. in addition to our Courage award – this year presented to both Chris Gulotta and Silvia Herman, without whom, there would likely not be Lodges in Cumberland and Perry Counties.

Attendees enjoyed a tour of the battlefield at Gettysburg, shopping "On the Block" here on Pomfret Street, a reception featuring the Ken Jankura Jazz Quartet, a pig roast, and the best of local and national presenters on recovery, Lodges, and mental wellness. As the Conference Theme stated, we were all "Living a Life Meant To Be".

Written by William McHenry



Shelley Bishop, from Support the Journey, presents on "I'm The Evidence/ Mental Health Campaign".



Chris Gulotta hosts a workshop about how to find appropriate funding by creating partnerships between local and county government and Lodge providers.

2011: Year in Review

2011 was a very busy year for everyone involved with the Community Support Program. For everyone from the executive committee to the members of the committee at large it seemed as though there was always something going on.

Our first event of the New Year was our Super Bowl party, which featured commercial BINGO and football trivia with prizes and pizza. Even though the Steelers lost, everyone still enjoyed themselves.

Starting on April 29th we began Mental Health Awareness Month which we kicked off with the MH Awareness Walk. This year we tried a new venue for the walk and held it at Le Tort Park in Carlisle. During the month of May we also held the Wellness Summit. The Wellness Summit was a seed grant idea and consisted of six presentations that centered around different aspects of holistic wellbeing focusing particularly on the mind/body connection. We also had our annual CSP Conference in New Cumberland. Tammy Miller was the keynote speaker and everyone had fun wearing clown noses and playing kazoos. There were a number of different events during the month of May that happened at the social and psych rehabilitation sites as well as events that NAMI sponsored. It was a very active month across Cumberland and

Perry Counties for the mental health community.

June held the PMHCA Conference in Pittsburgh and there were 18 Cumberland/ Perry residents who went to the conference.

August was our 2nd Annual Picnic, which was held at Little Buffalo State Park in Newport this year. We had about 45 people show up and had a good time playing games and eating fried chicken.

Currently we are focusing on this year's seed grant project which is a quilt that will be put together and displayed for the first time at next year's CSP Conference. CSP is holding Quilt Days at each of the psych and social rehab locations as well as one in the evening at the Aurora Café.

At our meetings during the year we talked a lot about who we are as a committee and what we see our CSP doing. These will continue to be questions that are important to us as we move our organization forward into 2012. We hold a number of small committee meetings throughout the year and our goal is to serve our community in a way that best suits our needs. If anyone would like to help on any of our committees please contact our office at 254-6060.

Written by Katie Wilson

HAPPY NEW YEAR

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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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 New Bloomfield:

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: 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>

**NHS S.T.A.R. Center
Supported Employment**



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 S.T.A.R. Center at 243-2278 EXT.
11 or 13 for more information.**

C/P Community Support Program

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2nd Floor
Carlisle, PA 17013

PHONE:
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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

1st & 3rd 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.

Recovery Quotes....

*"He who has hope has
everything."*

- Arabian
Proverb

*"Every defeat, every
heartbreak, every loss,
contains its own seed, its own
lesson on how to improve your
performance the next time."*

- Og Mandino



Aurora Cyber Café Consumer Run

Fridays 6-10 PM



Upcoming Events for November

November 4th – BINGO

November 11th – Quilt Squares with CSP

November 18th – Karaoke/ Open Mic Night

November 25th - Movie Night

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