

CSP Newsletter

Special Interest Articles:

- Why Serve on Boards?
- Giving Thanks
- Super Bowl Party
- Recovery Story

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

Why Serve on Boards?

The ROSI Sub-committee of Cumberland/Perry CSP has decided that a major focus of its efforts is increasing the number of consumers on boards. Being a part of a board is one way that consumers can experience inclusion in the community, and have opportunities to enhance their personal growth and recovery.

There are multiple types of boards, advisory and governing boards. While both offer a consumer the opportunity for personal growth, advisory boards are not considered for the purposes of the ROSI indicators, because they do not have final decision making authority in an organization.

An important reason for this distinction is the presence of self-identified consumers on governing boards allows for the discussion of business issues from the perspective of a consumer to occur during the board meeting. This discourse is hampered when there are no consumers on the board, or members of the board who have had mental health

challenges or are the loved one of someone who does, do not feel comfortable disclosing their status as a consumer or family member.

This is not to be seen as either a call for tokenism, or a call for pressuring board members to disclose their status, if they are not comfortable to do so.

The task is for a board to see the natural gifts that consumers have, and try to help consumers to nurture those gifts in a way that will help the organization, and the consumer grow; and to make the board environment one where members who have experienced mental health challenges would feel comfortable to disclose that fact.

As a member of committees, and boards, you may learn new skills, and enhanced your personal recovery.

Submitted by: Joseph Alex Martin

Giving Thanks

This time of year brings up thoughts of thankfulness and gratitude. Sometimes it is difficult to think of things to be thankful for because of our symptoms or even just because it is a difficult time that we are going through.

However, there are still lots of things that we have to be happy about and can give thanks for. A while back I started something called a “Happiness and Gratitude Journal”. It contains the things which make my days a little more enjoyable and pleasant and the things that bring a smile to my face. Some of these things include:

- Crocuses popping through the frosty soil
- Games of pinochle played with my grandmother
- Seeing the leaves change color
- A smile from a stranger on the street
- A hot cup of coffee on a cold morning

Being thankful reminds us of the good in life. It allows us to remember that life isn't always as bad as it sometimes seems. Sometimes when things get really tough for me I think of those less fortunate than me; those that don't know where their next meal is coming from or where they're going to sleep tonight. I know that sometimes those can be depressing thoughts but for me they remind me how blessed I am. I can then give thanks for the things that I often take for granted, such as:

- A bed to sleep on
- A coat on a chilly day
- Warm water to take a shower with
- Cold medicine for a stuffy nose

As this holiday season approaches, take a few minutes to remember what you have to be thankful for and remember the little things that make you happy as well. There are a lot of things to be grateful for, you just need to take the time to look for them.

Submitted by Katie Wilson



A Place to Call Home

On Tuesday, October 5, 2010, a screening event was held at the Carlisle Theatre for the video production of “A Place To Call Home in Cumberland & Perry Counties”, a short video which showcases the available housing options, and the impact that those housing opportunities have in the life of persons facing mental health challenges. The event featured award presentations for Taylor Andrews and Chris Gulotta, for their many years of public service to persons who have faced mental health challenges. The event concluded with a keynote by Patricia LaMarche, who serves as the Vice President for Community Relations for Safe Harbour, and author of “Left Out In America: The State of Homelessness in the United States”.



Ruth Woodlen, Katie Wilson and Joseph Martin at “A Place to Call Home” on October 5th, 2010.

Submitted by Joseph Martin

CSP Calendar

At a CSP meeting a few months ago, the committee at large was discussing seed grant ideas and that the Cumberland/ Perry Community Support Program could not do another calendar with the money from the seed grant. We discovered that we had a need for the calendars to get out into the community and discussed doing another calendar. With the county MH/MR office approval we are decided to do another calendar. Cindy McClucas – Herman volunteered to spearhead this project and now we are in the final stages of putting the calendar together. We wanted to focus on recovery with this calendar and so we were looking for recovery stories from mental health consumers in Cumberland and Perry Counties. We have 10 stories in hand as of the most recent count and are still waiting for a few to get to us. The Community Support Program is hoping to be able to get at least one copy of the calendar out to all of the schools in Cumberland and Perry Counties and possibly some will be able to be distributed to a few of the churches in the area. We are hoping for it to go to the printer’s in December and to have a completed project by January. For more information about the calendar please contact the CSP office at cspcp@cspcp.org or call 254-6060.

ROSI 101

As a part of the state mental health services planning process, the state Office of Mental Health and Substance Abuse Services (OMHSAS) has adapted a tool called the Recovery Oriented Systems Indicators (ROSI) to be used by a panel which is a part of the Community Support Program (CSP).

The six indicators that the state has chosen to focus on as a part of the ROSI process are:

1. Independent Peer/Consumer Operated Programs
2. Peer/Consumer Delivered Service Funding
3. Diversion from the Criminal Justice System
4. Affirmative Action Hiring Policy
5. Local Agency Recovery Oriented Mission Statement.

6. Consumer Representation on Boards

The two indicators that the ROSI panel for Cumberland & Perry counties has chosen to focus on are Consumer Representation on Boards, and Local Agency Recovery Oriented Mission Statement.

The ROSI panel reviews information from the counties' mental health system providers, and discusses the results, and offers ways that the counties' mental health system can continue to move in a recovery-oriented manner.

The ROSI panel provides a great opportunity for consumers to work alongside of family members, providers, and the county to help shape our mental health services.

Submitted by: Joseph Alex Martin



Terry's Recovery Story

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. 2nd Floor
Carlisle, PA 17013

Telephone: (717)254-6060

Website: www.cspcp.org

Email

cspcp@cspcp.org

Officers:

Chair: Joseph Martin

Vice Chair: Katie Wilson

Secretary: Victoria Smith

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.

My recovery story begins with me struggling with panic attacks and depression. I wanted to just stay home, lay around, not interested in anything.

I decided to see a psychiatrist for medication treatment, and also began therapy. I realized medication and therapy was helping me. My supportive living person recommended I attend Aurora Social Rehabilitation Services to get me out of the house. I was spending time taking care of my Mom who was dying. I attend Aurora four days a week. I have developed many friends, and meet people in the community. I successfully worked through grieving the loss of my Mom. One of the things which help me through good and bad times is my sewing, also church.

For a few years now I have made several beautiful embroidered blankets, baby bibs, and scarves. I am active in participating in all recovery groups available. I've been through the Wellness Recovery Action Plan, and have developed a WRAP plan. Now I am currently participating in Illness Management Recovery Group. I am concerned about my weight, and now see a nutritionist. We discuss many ideas about how to eat healthy and follow a food plan. I have lost 23 pounds and continue to follow my food plan, and working with my nutritionist. I believe all this helps me to move forward and become more social and active in life.

I reach out to people by calling them and seeing how their doing. I read often about things related to mental health, and spirituality.

This year I decided to change my church. I am an active member attending church weekly, and during special activities.

I am a mother of three sons. This is quite a blessing. I'm in touch with my son's on a regular basis. I have two adult sons who are maintaining their life styles. My one son is in therapeutic foster care. I am always contacted about all matters concerning my son, and I do participate in decision making.

More often now I'm going out with friends. I enjoy going to craft shows, movies, dinner, and shopping. Also I enjoy walks in the parks, and seeing nature. This gives me opportunities to reach out to those in the community. For example when I see a baby I speak to the mother asking questions about her baby.

I am more active at Aurora also. I socialize often; help put puzzles together, and participate in arts and crafts.

I feel happier and healthier, enjoying life.

Submitted by Terry W.

Double Trouble

1st & 3rd Tuesdays

7-8pm

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.

C/P Community Support Program

501 S. Hanover St.
2nd 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

Recovery Quotes....

*"You don't have to control
your thoughts; you just have
to stop letting them control
you."*

-Dan Millman

*"Our greatest weakness lies in
giving up. The most certain way
to succeed is to try just one more
time."*

- Thomas Edison

Super Bowl Party

When: Sunday, February 6th 2011

Where: STAR



What: Watch the game, play games like commercial bingo, and
Have FUN!!!

Needed: Committee members are needed to help plan this event. If
you are interested in attending- WHY not help us plan it???

Have Fun and Get Involved!

For more information: Please call 254-6060 or email
cspcp@cspcp.org

Aurora Cyber Café Consumer Run



Fridays 6-10 PM



Upcoming Events for November

November 12th – Keychain and Scrapbooking Demonstration
By Andrea S.

November 19th- Trivia Night

November 26th- Share your Thanksgiving Story
"I am thankful for..."

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