

CSP Newsletter

Cumberland / Perry County Community Support Program

(717)243-2278 x 11

Special Interest Articles:

- C/FST Training highlights
- Holiday Stress Busters

Individual Highlights:

- Holiday Stress 2
- Ralph's Story 2

C/FST Training

Eight people were trained on October 16, 2008 to survey the mental health consumers of Cumberland and Perry counties. Cindy McClucas- Herman led the training and Robin Tolan spoke on the importance of the surveys to the County Mental Health office.

The training emphasized listening skills, such as looking directly at the speaker when he or she is

talking. We also practiced the survey taking process.

When asked to take a survey it is important not to rush through the answers. The more honest an assessment that a person gives on the survey the better the county can make changes and address any problems that may be brought up. Also keep in mind that these surveys are confidential. The names of the people surveyed will

never be associated with the survey itself.

The C/FST surveys offer consumers a chance to voice their opinions about the mental health services they receive. The surveys are an important part of the County Mental Health Office's Quality Improvement Plan offering valuable information about the quality of services and areas that may need improvement.

Open Mic Night was a success



Open Mic Night was a lot of fun. There was karaoke. Some people read poems. There were a lot of good refreshments. One lady brought both of her dogs. It was a fantastic recovery celebration.





Holiday Stress Busters

The holiday season is upon us and with it can come unwanted stress. Holiday stress mainly falls into three categories; unrealistic expectations, relationships and money. Here are some tips for dealing with all three.

First, acknowledge your feelings. If you're not feeling like celebrating you cannot expect yourself to get in a festive mood.

Next, seek support. If you're feeling isolated or down seek out family members or friends. They can offer comfort and support. Also if you're hosting the holiday don't try to do it all by yourself. Enlist others to help.

Set differences aside. Try to accept family members as they are, even if they don't live up to your expectations. Set aside grievances until it can be

discussed at a more appropriate time.

Some other tips are to stick to a budget, plan ahead, and learn to say no. Above everything else don't be afraid to seek professional help. If you are experiencing symptoms of depression, please don't suffer through it alone. There is help out there all you need to do is ask.

"I could have been a statistic, a lost soul."

Ralph's Recovery Story

In the last decade I was an isolated personality. I kept to myself and never interacted with others. I had medical problems such as gall stones, gall bladder and spleen. I went to Chambersburg Hospital and was sent home. My medications weren't regulated and I was getting worse. I went to Carlisle Hospital by ambulance and had surgery. Doctors worked

to get the proper medications prescribed for me.

After my mother passed away, I moved to Episcopal Square Apartments. I began to attend Prince Street United Brethren Church on Prince Street. For eleven years I've been going to all three services every Sunday and some Wednesdays.

I started using the Warm Line and it was a major help. It saved my life! I talked to Chris and Jennifer when I was alone looking at four walls.

In March 2005 I spent two weeks at the Meadows Psychiatric Center in State College. I received outpatient services from NHS Stevens Center for several months. I started to like the Steelers and

(cont. p. 4)



Melancholy Time Warp

Sometimes the emptiness
I feel in this isolated place

Kills my spirit inside

I feel stuck in a time warp
of inadequate housing

A melancholy mindset

A series of darkly lit days

where nothing ever
happens

And things remain the
same

And I feel powerless to
make a positive change

Sometimes

Written by Laura Baldino

Upcoming Meetings

CSP- Tuesday, January 20, 2009 10 AM
 - Tuesday, February 17, 2009 10 AM

Meetings are held in the S.T.A.R. kitchen

NAMI-Thursday, January 22, 2009 7PM
 -Thursday, February 19, 2009 7PM

Meetings are held at S.T.A.R.

MH Plan –Wednesday, January 7, 2009 9 AM

Meeting will be held at Café Aurora

Super Bowl Party- Sunday, February 1, 2009 5PM

At S. T. A. R.



Super Bowl Party at
 S.T.A.R.
 February 1st

MH Plan Update

The first meeting for the Mental Health plan update for fiscal year 2010-2011 was held on December 3, 2008. The meeting was held at Café Aurora and about twelve people were there to help participate.

The MH Plan is a three year plan for the county with yearly updates. The plan discusses what the county's goals are concerning mental health for the coming years. It sums up where we are and where we are going with mental health

services in Cumberland and Perry Counties.

Wednesday was an organizational meeting to help us gather our thoughts for future meetings. We reviewed documents that we will be using including the 2009-2012 MH Plan; the 2009-2012 Guidelines; and the OMHSAS feedback on our plan submission in May 2008.

We discussed when and where meetings will be held. The committee decided on the first

Wednesday of each month at 9 o'clock at Café Aurora. Robin Tolan, from the County Mental Health Office suggested that we would need about four or five meetings total.

As mentioned earlier the first meeting was an organizational meeting. At future meetings we will be getting into the plan more in depth and need everyone's input. If you are interested, please join us at Café Aurora on January 7, 2009 at 9:00 am.

"The plan discusses what the county's goals are concerning mental health for the coming years."

Ralph's Recovery Story (cont.)

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Cumberland/ Perry County CSP

Meets every
third Tuesday
of the month @
10 AM
Meetings will
be held at
S.T.A.R.

now I'm a big fan.

Then I started at S.T.A.R.'s psych/social programs for one or two weeks.

Now I go to the Aurora Club in Mechanicsburg where I've been a member for three years. Shannon was the first woman to suggest that I try the Aurora Club. I'm a staff member for the past year now and I like to work with Teresa. I'm very involved with my job, outside activities and members of the Aurora Club.

I live in an efficiency apartment with a kitchen and bathroom. I'm an independent man doing all

About Our Organization...

The Community Support Program (CSP) is a coalition of mental health consumers, family members and professionals working to help adults with serious

activities of daily living like personal hygiene, cooking, cleaning, clothing and shopping. My Power of Attorney handles all of my major accounting. Since I have a job, I have my own personal checking account and ATM card and I handle my own "spending" money. I have a Tracfone, purchase my own minutes and log them into my phone. Once a month I go the CSP meeting. I've really come out of isolation! I'm very outgoing now and willing to help others. Everyone likes me; staff, members and visitors. And I like them! I could have been a statistic, a lost soul. It's wonderful to be alive and enjoy life!

mental illnesses and co-occurring disorders live successfully in the community.

*Written by Ralph
Keeseman*

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