

# Minding Your Health

July 2016



Chester County Department of Mental Health/Intellectual & Developmental Disabilities (MH/IDD)  
601 Westtown Road, Suite 340, West Chester, PA 19380-0990 • [www.chesco.org/mhidd](http://www.chesco.org/mhidd)

## June Event Recognizes Individuals in the Mental Health Community

Friday, June 17 was a day for wellness and celebration in Chester County's mental health community. **Walk this Way for Wellness** was held at Crossroads Recovery Center, and many individuals using mental health services were recognized at the event.

The top two winners from the Mental Health Photo contest, highlighted to the right, received prizes. An additional 13 photos received honorable mention. This year, photographers were asked to use Chester County's Mental Health Month theme, *Walk in My Shoes* as inspiration.

Twenty-three people were recognized for their volunteerism during the month of May. Giving back to the community while managing often serious and persistent mental illnesses, the individuals provided many different types of community service. The volun-

teer activities included delivering meals and serving food to those in need, folding church bulletins, teaching art, and assisting with various landscaping duties throughout the county.

Others participated in the wellness celebration by writing about the *Walk in My Shoes* theme.

The event on June 17 was a collaboration of Chester County MH/IDD and local stakeholders. It gave adults using mental health services an opportunity to participate in fun and healthy activities, such as learning about mindfulness, creating art projects, planting flowers, and listening to live music.

The celebration also included lunch and a panel discussion, where three individuals in recovery shared their experiences.

*Photos from the event are on page 2.*



Photo by Joe Overdeest

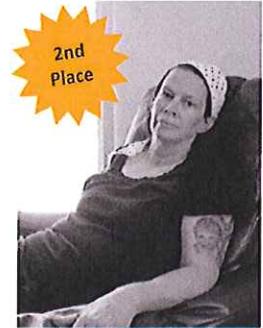


Photo by Taylor Thomas



## Recovery Conference This Summer

On Thursday, August 11, Community Care Behavioral Health is sponsoring a full-day Recovery Conference to focus on the importance of developing and maintaining relationships in one's long term recovery.

The event, being held at the Wyndham Garden hotel in Exton, is intended for individuals in treatment, their families, social workers, psychologists, psychiatrists, nurses, certified peer specialists, and others interested in behavioral health services.

The conference is free to those who are Community Care members, as well as their families. Medical residents and students are also welcome to attend at no cost.

For behavioral health professionals, this conference costs \$35.00, which includes CEUs and lunch. Contact [shipmand@ccbh.com](mailto:shipmand@ccbh.com) for more information and to find out how to register.



Chester County Commissioners — Terence Farrell, Kathi Cozzone, Michelle Kichline  
MH/IDD Administrator—Gary Entrekin



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MH/IDD regularly posts on the Chester County Department of Human Services Facebook page.

For mental health crises  
call  
Valley Creek  
Crisis Intervention

610-280-3270

Toll Free  
877-918-2100



## Chester County has New MHFA Instructors



### Congratulations to Chester County's New Mental Health First Aid Instructors

Chester County's Mental Health First Aid (MHFA) movement took a big step forward on July 1, 2016. After an intense, weeklong instructor course, 24 individuals became certified to teach the adult module of this popular public education program. The instructor class, which took place at West Chester University, was a collaboration between Chester County MH/IDD, West Chester University and The COAD Group.

Among the new instructors are five police officers, eight representatives from the university, two representatives

from Brandywine Hospital, two from Chester County's Department of MH/IDD and one from Valley Creek Crisis Intervention. In addition, two of the new instructors are bilingual, which will help Chester County expand the program to the Hispanic community.

Using their newly acquired education and expertise, this group will increase the capacity for delivering MHFA throughout Chester County.

Look for fliers and registration information on upcoming classes at [www.chesco.org/mhidd](http://www.chesco.org/mhidd).



Photos from  
**Walk this Way  
for Wellness**  
June 17, 2016



**July is  
Minority  
Mental Health  
Awareness  
Month**

**Minority Mental Health  
Awareness Month**



We know that recovery from mental health or substance use disorders is a process. It's not just about the short-term goals, but a commitment to a person's whole health and wellness to live the life they chose, and their ability to reach their full potential.

Chester County is committed to this **Recovery Oriented System of Care (ROSC)** for everyone receiving services. Designed to support long-term recovery through the delivery of exceptional treatment, paired with a focus on one's hopes, dreams and achievement of a fulfilling life in the community, ROSC focuses on four areas of one's life: health, home, purpose and community. Identified and defined by the Substance Abuse and Mental Health Services Administration (SAMHSA), "health" is about being able to overcome or manage one's disorder(s) and make informed choices to support recovery. "Home" is having a safe and stable place to live. "Purpose" is having meaningful daily activities or creative endeavors, and the independence, income, and resources to participate in society. "Community" is having relationships and social networks that provide support, friendship, love, and hope.



While each person's recovery is an individual journey, each is also built on his or her strengths, talents, coping abilities, resources, and inherent values. It is holistic, addresses the whole person and their community, and is supported by peers, friends, and family members.

We will periodically include more information on the concept of ROSC in *Minding Your Health*. You can also find out more at [www.samhsa.gov/recovery](http://www.samhsa.gov/recovery).



*Artistic expression offers unique opportunities for people to appreciate and understand the talent and perspectives of Pennsylvanians with a disability.*

The Department of Human Services (DHS), Pennsylvania Council on the Arts, and other collaborating partners is holding an art contest, *Art: the Universal Language*. Artists of all ages are encouraged to submit images of their paintings, drawings, photos, 3-D items, or multi-media pieces. Information, contest entry form, and winning artwork from the previous contest can be found here. Deadline for submitting materials is Monday, August 15. For more information, contact Rachel Kostelac at 717-425-7606.

### Newsflash—For Mental Health Providers



- The Medical Assistance provider enrollment/revalidation deadline is July 30, 2016. Please note that providers that have not submitted applications will not be paid until the process is completed.
- Chester County MH/IDD has been awarded \$46,915.00 grant from CCRES to provide Autism Spectrum Disorder trainings for BHRS staff. The mission of CCRES is to ensure quality educational, and human service programs for children, and schools. Information on the trainings will be forthcoming.
- Scholarships are available for the 10th International Association of Peer Supporters Conference. The Annual Conference is devoted exclusively to peer support and growing the peer support workforce will be held at the Philadelphia Sheraton Society Hill from Friday 8/25 to Sunday 8/28. Individuals who may be interested in applying for scholarships should go to the website, [www.INAOPS.org](http://www.INAOPS.org), or contact Elisha Coffey at [ECoffey@MHASP.org](mailto:ECoffey@MHASP.org).
- The Coatesville VA Medical Center will hold their annual Mental Health Summit on Wednesday, July 27, 2016 from 8:30 AM until 3:00 PM. The purpose is to enhance the mental health and well-being of Veterans and their family members through increased collaboration between the VA and the community. For more information or to register, contact Akiai Worthington, Mental Health Summit Coordinator at 610-384-7711 ext. 4923 or email [Akiai.worthington@va.gov](mailto:Akiai.worthington@va.gov).

Chester County Mental Health Stakeholder Meetings — For resources check out [www.referweb.net/chesco](http://www.referweb.net/chesco)

- **Every Mon.—Parent Support Group**; for parents whose families are affected by alcohol, drug abuse and related behaviors of their children. 7:00-9:00 PM at Westminster Presbyterian Church, 10 West Pleasant Grove Road, West Chester. Contact: Lyle or Deidre 610-793-3446.
- **Every Tues. — Depression/Bipolar Support Group**; for those in recovery from affective disorders - 7:00-8:00 pm at Community Crossroads Center, 825 Paoli Pike, West Chester. Contact—610-429-1702.
- **Every Tues.—Transition Age Depression/Bipolar Support Alliance**; for 14-25 age group – 6:30-7:30 pm at Community Crossroads Recovery Center, 825 Paoli Pike, West Chester. Contact – 610-429-1702 or call Adessa at 484-706-2110.
- **Every Tues.—Celebrate Recovery**; faith-based support for mental health and substance abuse; 6:00-8:15 pm at Hopewell UMC, 852 Hopewell Rd., Downingtown. Contact - 610-269-1545. **Every Thurs.—6:45-8:45 pm** at Westminster Presbyterian Church, 10 West Pleasant Grove Road, West Chester. Contact - 610-399-3377x109.
- **Every Tues. & Thurs. — Double Trouble**; for those recovering from addiction and mental health problems - 3:30-5:00 pm at Community Crossroads Recovery Center, 825 Paoli Pike, West Chester. Contact – 610-429-1702.
- **Every Wed.— Recovery Group** to help with “Hurts, Habits or Hang-ups,” 7:15 pm (immediately after community dinner at 6:15 pm) at Cornerstone Christian Fellowship Church, 426 West Gay Street, West Chester. Contact— 610- 430-3508.
- **Every Thurs.— Parent Support Group**; for parents whose families are impacted by alcohol & drug abuse of their children- 7:00– 9:00 pm at the First Baptist Church, 415 W. State St., Kennett Square. Contact - 484-888-9682.
- **Every Thurs.—Nicotine Anonymous—** All are welcome. 7:00-8:00 PM at Community Crossroads Recovery Center 825 Paoli Pike, West Chester. Contact John for information - 610-429-1702 or 610-696-0813.
- **Every Tues.—Parent Support Group**; parents whose families are impacted by alcohol, drug abuse and related behaviors of their children—(two locations) 7:00 - 8:00 pm, Upper Octorara Presbyterian Church, 1121 Octorara Trail (Rt. 10) Parkesburg. Contact - [betsy.kaciescaus@gmail.com](mailto:betsy.kaciescaus@gmail.com). 7:00-9:00 at Westminster Presbyterian Church, 10 West Pleasant Rd., West Chester. Contacts: Lyle or Deidre 610-793-3446
- **Every other Thursday — Eating Disorders Support Group**; for both genders aged 13 and older, family members and supporters - 6:30 - 7:30 pm at the Brandywine Hospital, 201 Reeceville Rd., Coatesville. Go to - [www.brandywineeatingdisorders.com](http://www.brandywineeatingdisorders.com).
- **2nd Mon. — Adult MH Subcommittee of the MH/IDD Board Meeting** - 5:30-7:30 pm at the Community Crossroads Recovery Center 825 Paoli Pike, West Chester. Call to confirm meeting - 610-344-6265.
- **2d Tuesday- CHADD (Children and Adults with ADHD)**. Support, Education and Advocacy. Meetings 7:00-9:00 at Keshet Israel Congregation. Pottstown Pike, West Chester. [www.ccmlchadd.com](http://www.ccmlchadd.com) or 610-429-4060.
- **1st Wed. — NAMI; West Chester Family Support Group** - 7:00 -9:00 pm at Community Crossroads Recovery Center, 825 Paoli Pike, West Chester. Contact - 484-947-5643.
- **2nd Wed. — Chester County Suicide Prevention Task Force** - 3:00 – 4:30 pm Government Services Bldg. 601 Westtown Rd., West Chester. Contact - [ccsptaskforce@gmail.com](mailto:ccsptaskforce@gmail.com).
- **2nd Wed.— Survivors of Suicide ( S.O.S.)** - 7:30 pm, Willistown Room, the Paoli Memorial Hospital in Paoli. Please contact - 215-545-2242.
- **1st Thurs. — Southern Chester County Family Support Group**; sponsored by Chester County NAMI 7:30-9:00 pm at Friends Meeting House, Rt. 82, Kennett Square. Contact - 484-947-5643.
- **2nd Thurs. — Northeastern Chester County Family Support Group**; sponsored by Chester County NAMI. 6:30-8:00 pm at Phoenixville Medical Arts Building - 601 Gay St., Phoenixville, Penn Psychiatric Center - Suite 6. For information, contact Ginger Murphy at 610-348-9758.
- **3rd Thurs.— NAMI; PA Chester County General Meeting** - 7:00 pm at Christ Memorial Lutheran Church in Malvern. Contact - 484-947-5643.
- **4th Thurs. — MH/IDD Advisory Board Quarterly Meeting** - 6:00 pm at the Government Services Bldg., 601 Westtown Rd., West Chester, Room 149. Call to confirm meeting - 610-344-6265.

Please email [tbehinger@chesco.org](mailto:tbehinger@chesco.org) with additions or updates!