

Minding Your Health

September 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

Recognizing Recovery Month

Personal stories always grab our attention. They can also impact our outlook for just about any situation. This September, National Recovery Month, there are many opportunities to hear positive and empowering messages in the form of personal stories. This year the national theme is *Join the Voices of Recovery*.

With millions of Americans affected by behavioral health disorders, the issue touches, not only the individuals, but their families, friends, colleagues, and neighbors too. Behavioral health is a community matter. It is essential to the overall health and wellbeing of every individual, as well as the communities in which we live. And there's no doubt, we all have stories to tell.

Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), National Recovery Month has increased awareness and understanding about mental and substance use disorders for the past 26 years. It also celebrates the successes of individuals in recovery. This year social media has expanded the reach of the observance. You can find stories and videos on Facebook, Twitter and Youtube through the SAMHSA website, www.samhsa.gov.

Locally, several agencies and organizations are working together to sponsor activities for National Recovery Month.



On September 22, West Chester University is holding its second annual *Take A Mental Health Day*. The event encourages students to think about and care for their mental health and emotional wellbeing. After a full day of activities and speakers for students, Dr. Richard Kogan, a renown musician with a unique focus on mental health, will perform for the public. Ticket and other information at www.wcupa.edu.

A public screening of the new documentary "*Generation Found*" is scheduled at the Downingtown Regal Cinemas on September 22 at 7:30 PM. Advance tickets are required, and more information can be found at www.checo.org/drugandalcohol. On September 23, a *Recovery Celebration* is being held at the Coatesville VA Medical Center Campus. Contact Crossroads Recovery Center for information at 610-429-1702. Visit the county MH/IDD and Drug & Alcohol websites www.chesco.org for more events and information.

Symposium to Look at Suicide Prevention



Earlier this year, the Centers for Disease Control and Prevention issued a report on the sharp rise in suicide rates in the United States among both males and females under the age of 75. It was said to be the highest rates in 30 years. The data sparked many national news articles and much debate about the reasons for the increase, as well as questions about effective prevention.

As part of Chester County's response to this public health concern, a Symposium on Suicide Prevention has been planned for the morning of September 21 in Exton, during

National Suicide Prevention Month. Local leaders have been invited to learn more about the complex issue, including the Chester County's rise in suicide rates, the local response, and prevention efforts.

The event is a collaboration of the Chester County Suicide Prevention Task Force (CCSP) and other stakeholders. It will help to launch a local strategy aimed at reducing suicide, and will look at the best approaches to support survivors of suicide loss.



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



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on facebook

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



Have You Met ALGEE?

He may be small, but make no mistake, ALGEE can pack a powerful punch to the stigma and misperceptions surrounding mental health and substance use disorders. More than a mascot or a Koala, ALGEE is a mnemonic for Mental Health First Aiders to remember the important tools to help someone developing a mental health concern or crisis. You can meet ALGEE, and learn what the letters represent, by taking the 8-hour class.



Mental Health First Aid is a free community education program. Upcoming classes are advertised on the Chester County MH/IDD website: www.chesco.org/mhidd.



Liv • Live Concert

A concert event to raise awareness about depression & suicide prevention

featuring

- Katie Dougherty**
- Pete Gadonas**
- Chucky Hugh**
- Judah Kim**

- East Goshen Park ●
East Goshen Township Stage
1661 Paoli Pike, West Chester, PA
- Thursday, September 15, 2016 ●
5:00 - 7:00 PM

alongside the East Goshen Farmer's Market and
Antique & Classic Car Cruise-In
Please bring a blanket or chairs for your comfort!



Sponsored by the
Chester County Suicide Prevention Task Force
www.chestercountysuicideprevention.com

SE REGIONAL CSP PRESENTS



ADVOCACY DAY MONDAY OCT 3, 2016 2 – 5 PM

This CSP Advocacy Day event is being held at Hopeworx Inc., 1210 Stanbridge Street, # 600, Norristown
Please RSVP - use the link or call
www.surveymonkey.com/r/HMLHSK7
610-270-3685

Candy Craig is ready to put her experience to work. The new Mental Health Deputy Administrator for Chester County, Craig has worked in the county's human services for almost two decades. The last 17 years have been in the office she now leads.

"I've been here a while, but now my role entails a different level of involvement and taking a broad perspective of the system as a whole," said Craig, who most recently served as the county's Mental Health Clinical Coordinator.

After Caroline Smith, the former Deputy Administrator, retired on June 30, Craig applied for her position. Craig's appointment was announced August 16.

"Caroline was an amazing mentor. When I started working for her, I knew I found someone who had the same passion I did, and someone who would foster growth on both a personal and professional level," she said.

Craig began her career in mental health working in a children's residential treatment facility, and later transitioned to a position as a Therapeutic Support Staff, working one-on-one with a young girl on the autism spectrum. She then moved on to work as a crisis counselor before taking a position in Chester County's Department of Children Youth and Families in 1997. Craig said she's enjoyed the challenges of the work she's done, and often relied on her creativity to tackle difficult situations.

"Creativity and innovation are important when thinking about system change and development, and are key components in the work we do," she said.

Looking ahead, Craig plans to put energy into developing and enhancing the local mental health system, in collaboration with the community, all of the System of Care stakeholders, and individuals in recovery. A focus will be on how to continually incorporate holistic approaches to wellbeing, which would include not only evidence-based treatment practices, but building natural supports for wellness in the community,

to include all of the essentials for a fulfilling life, working, and living.

Craig recognizes the power of peer support as a component of recovery and foresees peers taking on more leadership roles throughout the mental health system, noting that one of the key focus areas of Chester County's Recovery Oriented System of Care (ROSC) is to expand and develop the "peer culture."

"We want to build natural peer support networks in our community, and give people opportunities to develop friendships and contacts in a natural way, not connected to their mental health treatment."

Originally from the small town of Hanover, Pennsylvania, Craig now lives in Downingtown with her 14-year-old daughter, Hannah. She enjoys yoga, acting in a local theater group, finding flea market treasures, and helping out at a local barn.

A graduate of the University of Pittsburgh, Craig also earned Master's Degrees in both Criminal Justice and Clinical Psychology at West Chester University and Immaculata University, respectively. Currently enrolled in the Doctorate program for Clinical Psychology at Immaculata, Craig said her formal education will be on hold for now, as she settles into her new position.

"I do plan to finish my doctorate. I will be a lifelong learner, as I continually look to learn about new areas to broaden my scope." For now, however, her focus will be on the new job.

"It's about reviewing what our system has, evaluating, identifying and filling gaps, and creating new and exciting ways to move forward."



Newsflash!! Information For Mental Health Providers



Mentoring for Re-Entering Summit is set for Nov. 14-15, 2016 in West Chester. This annual conference focuses on grassroots peer Community converging together around our collective experience and practical approaches using WRAP, Peer Support and other recovery-based programs to overcome and transform the challenges in the criminal Justice systems. Registration is now open. Learn more at the website: www.copelandcenter.com.

Free Peer Support Continuing Education is offered through the Coatesville Veterans Affairs Medical Center and Chester County MH/IDD. No registration is

required and classes go towards Peer Specialists' required continuing education. Next class, Spirituality, will be held at the Coatesville VA Medical Center, 1400 Black Horse Road, building 5, room 3, on Sept. 21 from 1:00 to 4:00 PM. Participants earn 3 CE hours.

Provider staff are invited to register for the **Accessing Child-Serving Systems in Chester County** presentation, being held October 13 from 8:30 AM—12:30 PM at the Chester County Training Campus in Modena. Register by October 3 at this link: <https://chescodhstrainings.schedulemeappointments.com/>.

Chester County Mental Health Stakeholder Meetings — For resources check out 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 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 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 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. Call 610- 430-3508.
- **Every Wed. -- Celebrate Victory**, expanded initiative includes entire national Celebrate Recovery faith-based support model for mental health, substance abuse and other struggles. 6:15 p.m. to 8 p.m. at Calvary Fellowship, 95 West Devon Drive (rear parking lot entrance) at Rt 113, Exton/Lionville. Contact care@cfdowningtown.com or (610) 363-7171 x2154.
- **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 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 - 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.
- **2nd Mon. — Adult MH Subcommittee of the MH/IDD Board Meeting** - 5:30-7:30 pm at 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 or 610-429-4060.
- **3rd Tues. — Behavioral Health Family & Friend Support Group** - 6:00—7:30 pm at Brandywine Hospital, 201 Reeceville Rd., Coatesville, 1 West, first floor conference room.
- **1st Wed. — NAMI; West Chester Family Support Group** - 7:00 -9:00 pm at 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.
- **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 dates - 610-344-6265.

Please email tbehringer@chesco.org with additions or updates!