

Minding Your Health

October 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

STALL STORIES

News you can use — on the wall of your bathroom stall.

Talking about our
mental health can literally be a life saver.

How?

Really depressed people may even attempt suicide.

Suicide happens more often than people think.

**In fact, more Americans now die by suicide
than die in car accidents.**

That's true.

But suicide can be prevented. If we talk about it.

You can learn more about this at a lot of
reliable websites, including ours—

www.chesco.org/mhidd

Can't remember that address?

Take a picture, it will last longer!

Need immediate help?

Call the Chester County Crisis Intervention
Hotline. It's **24/7** and always open. And you
can make the call for your friend.

610-280-3270



This message is brought to you by the
Chester County Department of Mental Health/
Intellectual & Developmental Disabilities



Increasing Awareness in October

The first full week in October has been recognized as National Mental Illness Awareness Week for 25 years. But these days, with such full calendars and multiple lists of "things to do," a week-long observance doesn't seem quite long enough for an effective awareness campaign. This dilemma of having too little time has encouraged us to both extend our local campaign throughout October, and consider creative approaches for the community outreach.

Pictured to the left is one of three versions of Stall Stories, informational posters created for public bathrooms. The poster shown focuses on suicide prevention, encouraging the reader to talk about suicide, and get help if needed. The second poster features a picture of an older adult, and explains that depression is not a normal part of aging. The third poster states that we're all sad sometimes, and asks, "So, how do we know if our sadness is really depression?" Information for Chester County's Crisis Intervention Hotline is included on each poster.

If your place of business would like to post this information, please contact Chester County MH/IDD at tbehinger@chesco.org. Supplies are limited!

If you would like to learn more about Mental Illness Awareness Week, visit the national NAMI website, www.nami.org.

Suicide Symposium to Launch Strategic Plan

More than 30 local leaders and individuals interested in suicide prevention met at a symposium last month to examine the issue. One objective was to launch a local strategy aimed at reducing suicide in Chester County.

David A. McKeighan, the executive director of the Chester County Medical Society, was the keynote speaker at the morning meeting. One of the founders of the Delaware County Suicide Prevention Task Force, McKeighan presented both the national and local suicide statistics. His talking

points included the importance of education, as well as promoting mental health screenings and emphasizing the benefits of depression treatment. McKeighan also supported the integration/co-location of physical health and behavioral healthcare practices.

A crucial next step is to identify individuals from different sectors of the community to be involved in a work group. The group will look at information provided at the symposium, as well as other best practices, to develop a plan.



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



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



How are you keeping up with ALGEE?

The first MHFA class was held in Chester County in July 2014. If you were in one of the early classes, how have you kept your ALGEE skills sharp? Practice pays off. This is especially important for MHFA-ers who want to appear confident in their approach.

MHFA can be applied in many situations beyond our professional lives. If you know someone who seems to be struggling, ask them about it. More importantly, engage in active listening, without trying to “fix” or solve the problem. Give reassurance and information. Remember this “G step” includes giving someone respect, practical help, and hope for recovery.

On November 16, Chester County MHFA stakeholders are holding another morning MHFA-er gathering. It’s a good chance to replenish your local resources and network with other certified first aiders. Information will be emailed about the event. And we hope to see you there!



Have you checked out the Mental Health First Aid of Chester County Facebook Page?

<https://www.facebook.com/BrandywineHealthMHFA/>

*In addition to the National Suicide Prevention Phone Hotline,
there is a **National text line: 741-741***

We Have An App For That!



People have been using smart phone applications to help monitor or improve their mental health for years, with varied levels of success. Just a quick look in your phone’s App Store will turn up dozens of programs that push the power of positive thinking, track moods, or claim to diagnose mental health conditions. Some of them are free to download, some come with a price. So, how do you know which apps to use?

While apps are given ratings by users, some also come with endorsements of recognized agencies or professional organizations. The Anxiety and Depression Association of America has a section of their website devoted to rating all types of mental health apps, and the online resources Psych Central has their own top 10 list of these apps.

The Substance Abuse and Mental Health Services Administration (SAMHSA) now has Suicide Safe, a prevention app for mobile devices and optimized for tablets. It helps health care providers integrate suicide prevention strategies into their practice and address suicide risk among their patients. Information is available at [their website](#).

This month, another app project aimed at conducting the largest world-wide mental health survey is being launched. Called, *How is the World Feeling?* the project will begin October 10 and end six days later. The data will be used to reduce suicides. Read more at the project’s Facebook page: <https://www.facebook.com/spurprojects>.

The very nature of crisis intervention involves traumatic and emergency situations. As the Director of Crisis Services at Holcomb Behavioral Health Systems for the past nine years, Leslie Lipson knows the demands and the challenges that come with the work. She also appreciates the rewards of seeing someone through a critical, frightening time.

But Lipson says the concepts of community healthcare and serving others was part of her upbringing. Her father was a physician with a public health emphasis, and her mother was a medical social worker. Both of her sisters, including her twin, worked in community healthcare professions as well.

"My parents were socially conscious, and they stressed that to my sisters and I. Serving others was valued," said Lipson, who grew up in Rockville Maryland.

Her first job in mental health was 25 years ago, working with chronically mentally ill adults in partial hospitalization program. That direct care experience was important, because it ignited her passion for serving a population that needed a voice.

"I loved that job because I had the opportunity to really know these adults who had so much to offer, but [much of society] had given up on them," said Lipson, who earned her Masters of Social Work at the University of Pennsylvania.

In the late 1990's Lipson was working in mobile crisis, which brought the care to individuals in the community. It broadened her view of mental healthcare because not only did she see chronically ill adults, she saw young people, and others who were new to the system.

"At that time, I went to my first suicide prevention conference and came back with a greater understanding."

After the conference, Lipson worked with others to develop the Delaware County Suicide Prevention Task Force, one of the largest and most active suicide prevention groups in the

region. Last month she was one of the speakers supporting the Chester County Suicide Prevention Symposium. She said the need for increased awareness has never been greater.

"In the last nine years, we have never served so many people," she said referring to the September 2016 statistics for Holcomb's Valley Creek Crisis Intervention Services.

Some of the challenges include more complex cases, where individuals are using multiple systems and having multiple medical problems.

"Collaboration among the systems is better today," Lipson acknowledged. "But, yes, [working in crisis intervention] can still be stressful."

Managing the job stress is important, and Lipson says that being a parent to her 10-year-old son, Max, has helped her find work-life balance.

"Being a parent is a very mindful practice. I have a lot of different self-care, from walking, yoga and cooking, but engaging with my son is the best."

And although much of her work today is less direct care and more oversight, outreach, and developing policies, there are still times when Lipson has the chance to see positive outcomes from those who used Chester County's crisis services.

"We have satisfaction surveys, and some of them can make you want to cry. Someone will say that they had no hope, but we were able to help them through it," she said. "This is why we're here. This is what keeps us going."



Leslie Lipson

Newsflash!! Information For Mental Health Providers



Looking for resources for Certified Peer Specialists? Check out Doors to Wellbeing, a National Consumer Technical Assistance Center for training and webinars. Go to www.doorstowellbeing.org.

Congratulations to Devereux for their new Health & Wellness program for adolescents. The goal of the program is to improve the whole health and wellness of adolescents and their families. It promotes healthy nutrition, relaxation and stress management, smoking cessation and physical activity.

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.

Recovery involves making choices and taking responsibility for our own wellness.

There are a lot of ways to take charge, including the FREE tools below developed by Pat Deegan and Associates. This online resource is available to Community Care Behavioral Health members.

Free Online Tools for Your Recovery and Wellness!

Community Care members can use our free online tools to track their weight, sleep, or get help quitting smoking. Now, members can access the extensive online resources of RECOVERYlibrary!



RECOVERYlibrary is for people in recovery, created by people in recovery. It has videos, worksheets, and stories about wellness strategies and ways to be more involved in your recovery.

Signing Up is Easy!

All you will need is the 10-digit recipient code located on your ACCESS card. On the Internet, go to:

<http://www.ccbh.com/secure/start>

Follow the easy steps to create an account! You can then access RECOVERYlibrary and our online weight, sleep, and quitting smoking tools. Once you create your account, access the RECOVERYlibrary by visiting <https://secure.ccbh.com>



Need help? Email us at ccbh_webappsupport@ccbh.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!