

Minding Your Health

November 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

More than 900 Local Students Trained in Suicide Prevention

It was all in a morning's work. On October 19, the entire ninth grade class in the West Chester Area School District was trained in the suicide prevention program called QPR (Question, Persuade, Refer). Designed much like CPR or the Heimlich Maneuver, QPR is a nationally acclaimed program that teaches participants how to recognize warning signs of a suicidal crisis and how to help.

The approximately 900 students at Henderson, West Chester East and Bayard Rustin High Schools participated in the QPR training while other grades were taking standardized tests. In the three schools, 38 certified QPR instructors, many of them volunteers or community stakeholders, paired up to deliver the program in the ninth grade homerooms. In one and a half hours, students learned basic steps to take when they are concerned about someone. Students also learned that asking someone about suicide will not put the idea in his/her head. Talking about it may, in fact, save lives.

The collaborative effort was led by Chester County's Suicide Prevention Task Force (CCSP) and the West Chester Area School District, with support from Chester County's Departments of Human Services and Mental Health, as well as the Chester County Intermediate Unit, the county Youth Center, Coatesville VA Medical Center, Brandywine Hospital, COAD and Valley Creek Crisis Intervention.

QPR has been extensively researched and proven an effective training for youth and adults. All instructors must be trained and certified by the QPR Institute and abide by the program requirements. CCSP regularly offers QPR trainings for the Chester County Community at no cost to participants. The next offering is on Friday, Nov. 4 from noon until 2:00 PM at the Government Services Center, 601 Westtown Road, West Chester. To register for this class, please email ccsptaskforce@gmail.com.



Concerns for Youth

National data compiled in Mental Health America's report, *The State Of Mental Health in America 2017*, shows an increase in rates of depression among the nation's young people from

↑ 8.5% in 2011
to
11.1% in 2014

In Chester County —

The 2015 PA Youth Survey, taken by all 6, 8, 10 and 12-graders enrolled in Chester County public schools reports that in the past 12 months, 12.8% of students (all grades) have considered suicide, compared to 16.0% of students at the state level.



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



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

Breakfast Gathering for MHFA-ers



Calling All Mental Health First Aiders! Join other First Aiders at the next Mental Health First Aid Celebration and Gathering on Wednesday, November 16 from 7:30 AM until 9:00 AM at the Brandywine Hospital, 201 Reeceville Rd., Coatesville. The event will be in the Conference Room on the third floor. Hear what exciting things are happening in Chester County, share your success stories, reconnect with your classmates! Please RSVP using the link below:

<https://chesco-mhfa.ticketleap.com/mhfa-celebration-november-16/>



In the just-released report,

The State of Mental Health in America 2017,

the national nonprofit organization, Mental Health America, has ranked Pennsylvania among the top 10.

Using national survey data on 15 different measures, all 50 states were ranked on the prevalence of mental illness and the access to care for both youth and adults.

Pennsylvania earned some the highest scores for effectively addressing issues related to mental health and substance use.

The data provides a snapshot for mental healthcare, policies and outcomes throughout the country.

To see the entire report, go to

www.mentalhealthamerica.net

We've reached a Milestone!!

The 30th Liv Live Concert



Since 2006, Chester County's Suicide Prevention Task Force has sponsored Liv Live Concerts to raise awareness about this public health concern that is on the rise. The events are named in memory of Jake Kelleher, a young man who died by suicide in 2004. His family has supported the events with the hope of sparing other families the loss and the unimaginable grief they have experienced.

Held in collaboration with a number of community partners at various venues throughout Chester County, the music and message of Liv Live has touched many individuals from all walks of life.

The 30th Liv Live will be held:

Tuesday, November 1, from 5:30-9:30

At West Chester University

Sykes Student Union Building, Rosedale Ave, West Chester

Donations accepted at the door.

Open to the public.

For more information, email
ccsptaskforce@gmail.com



Many Chester County residents know the Copeland Center For Wellness and Recovery because of the WRAP (Wellness Recovery Action Plan). But these days, the center has an expanded scope and expanded menu of programming. **The Mentoring for Re-Entering Summit**, taking place in West Chester next month, is one example.

“This summit is bringing together experts from around the country to share experiences and strategies that are transforming the forensic system,” said Rachelle Weiss, the Project Development Director for the Copeland Center’s new Technical Assistance Center. “It’s an opportunity for Chester County peers to connect with people who are doing innovative, important work around the country.”

The summit is also significant because Chester County MH/IDD is partnering with the Copeland Center to offer scholarships for local Peer Specialists who would like to attend the event on Monday and Tuesday, November 14 and 15 from 8:30 AM until 5:00 PM. The conference will be held at the Center Stone West Chester Inn and includes lunches. The cost is regularly \$175 for individuals with a lived experience and \$210 for others.

Matthew Federici is the Executive Director of the Copeland Center. He said of the summit, “I am very excited after many years meeting people and advocating for recovery around the world, to be hosting our first ever Summit in my home community of Chester County. This is our first ever Summit specifically addressing the challenges of the criminal justice system and the valuable role of peer support and self help in the journey toward the healthy reentry into our communities.”

Federici also noted that the summit was called for and developed by a community of peers who have begun the work of mentoring one another through their lived experience of recovery to achieve community wellness and recovery.

“It is very encouraging as we bring this convergence of national peer support to have received the support of the Chester County Department of Mental Health and IDD. Many years ago my family was in our darkest moments because of mental health challenges intersecting with the criminal justice system. Thankfully my family and I had very supportive friends and extended family that work together with Chester County services to recover from those challenges. It is important to me that we bring those stories of what worked and the hope of recovery back to our community as peers to support others that may be in a crisis or trying to overcome a current mental health crisis.”



Matthew Federici, Executive Director of the Copeland Center

In addition to **The Mentoring for Re-Entering Summit**, the Copeland Center recently launched their Technical Assistance Center, called Doors to Wellbeing (D2W). The center is funded through the Substance Abuse and Mental Health Services Administration (SAMHSA). Project Development Director Rachelle Weiss says the center promotes the values of peer-run organizations and peer-empowerment and offers many different resources, including trainings, a webinar series, and network-building meetings. Working with the Copeland Center, D2W is also introducing The Peer Generation Toolkit. Developed by peers, the toolkit provides instructions and guidance for you to support their peers. Find out more at www.doorstowellbeing.org.

Find out about the summit at www.copelandcenter.com. For scholarship information, contact Jeanette Easley at jeasley@chesco.org. Space is limited.

Newsflash!! *Information For Mental Health Providers*



Please note—this is the CODI season. All mental health service providers should have received correspondence about the monitoring process. If you have questions, contact Chester County MH/IDD.

Please read about the Mentoring for Re-Entering summit, taking place Nov. 14 and 15 above.

There is a Peer Specialist Continuing Education program, **Ethic and Boundaries** (3 CE hrs.) being held on Wednesday, Nov. 6, 1:00-4:00PM at the Government Services Center. Individuals who attend are responsi-

ble for their own travel, snacks and beverages. For more information, contact Dorinda Westmoreland, at dwestmoreland@chesco.org

Mental Health First Aid Trainings continue to be offered to all community members, including mental health providers, at no cost to participants. There are currently four sessions planned throughout November and December. Visit the Chester County MH/IDD website for fliers with the dates, times and locations. Registration is required and space is limited.



Congratulations to Chester County's winners at the October 13, 2016 Norristown Art Show

Third Place Overall Prize Winner:

Arnold Melton for Young Himba Women, pictured left

The prize winners for the Chester County category:

1st- Elizabeth Levine for Sycamore

2nd- James Gambill for Untitled #1

3rd- Marcella Sivco for Summer at The Seashore

Honorable Mention- Tobia Disciullo for Autumn In Chester County

Anxiety and Depression among adolescents the focus of November 7, 2016 issue of TIME

Millions of American teens are struggling with anxiety and depression, according to the most recent issue of TIME magazine. Several factors play a role, says Susanna Schrobsdorff, the author.

For this post-9/11 generation, she notes,

"They've never known a time when terrorism and school shootings weren't the norm. They grew up watching their parents weather a severe recession, and, perhaps most important, they hit puberty at a time when technology and social media were transforming society."

Chester County

Color 5k



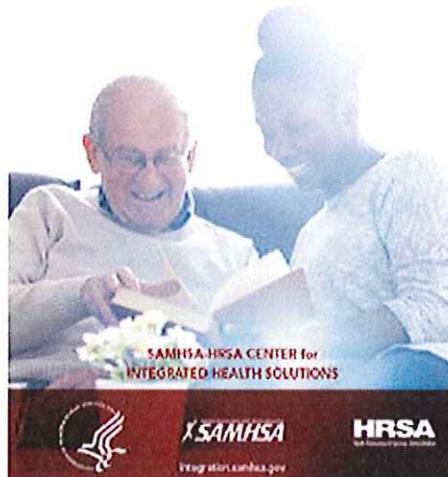
Registration 8:00 am
Race 9:00 am

chesco.org/color5k

November 5th
Everhart Park, West Chester

GROWING OLDER

Providing Integrated Care For An Aging Population



Growing Older

A New Resource from the Substance Abuse & Mental Health Services Administration (SAMHSA) and the Health Resources Services Administration (HRSA) is available online to download at the Center for Integrated Health Solutions. Click link below:

<http://store.samhsa.gov/shin/content/SMA16-4982/SMA16-4982.pdf>

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!