

Minding Your Health

December 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

Happy Holidays from Chester County MH/IDD

Wishing you and your loved ones a season of comfort, joy & peace!



Chester County Awarded Crisis Intervention Grant

Chester County is embarking on a new era in crisis intervention in 2017. Through a grant just awarded by the PA Commission on Crime and Delinquency, the county is creating a Crisis Intervention Team (CIT) program to promote effective collaboration among the criminal justice and behavioral health systems, and law enforcement. The goal is to decrease the involvement of individuals with mental illness in the criminal justice system.

CIT programs have been implemented in communities across the country, and are built on strong partnerships between law enforcement, mental health providers, individuals, and families affected by mental illness. For the past decade, Chester County's departments of Human Services and Mental Health have built relationships with local law enforcement, the courts and the prison to appropriately serve people

with serious mental illness. Part of that process has been to strengthen training and develop protocols to help police who respond during a mental health crisis. The CIT project is a natural extension of this work.

In January, a cross-systems Steering Committee will be developed and the membership will eventually guide the planning process in such areas as developing the CIT curriculum and a pool of trainers, coordinating protocols between systems, and securing participation of Certified Peer Specialists, families and individuals using services. In addition, the CIT program will identify measures of success and evaluate outcomes.

"Being awarded this grant is a confirmation of the dedicated partnership built over the years, and to the great work ahead us," said Candy Craig, the Mental Health Deputy Administrator for Chester County.

From the new Surgeon General's Report on Substance Use Disorders —

"Alcohol and drug misuse and severe substance use disorders are some of America's most pressing public health concerns. Nearly 21 million Americans – more than the number of people who have all cancers combined – suffer from substance use disorders"

Read the full report, released last month, at <https://addiction.surgeongeneral.gov/>



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**

First Aiders Gather and Learn



Jayne Van Bramer provided a glimpse behind the closed doors of a psychiatric in-patient unit at the Mental Health First Aid breakfast gathering, held November 16 at Brandywine Hospital in Coatesville. Van Bramer, the Vice President of Brandywine Behavioral Health, explained the intake process for someone being admitted for psychiatric treatment, and described a typical “day in the life” of someone at the hospital psychiatric unit. It was valuable information to the First Aiders in attendance, who may be in the position to help someone in a mental health crisis and needing hospitalization.

First Aiders also shared how they have used their MHFA skills at the event. One First Aider told of a random encounter with someone in a local store that led to meaningful and helpful communication. Another spoke about using MHFA when interacting with people at her job.

The breakfast was a collaboration of the Brandywine Hospital, The Brandywine Health Foundation, The COAD Group, and Chester County MH/IDD. It is one of two such events held annually to strengthen Chester County’s MHFA community.



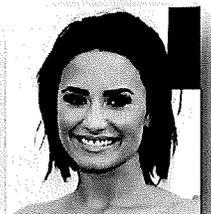
From the November 16 MHFA Breakfast Gathering, L to R— Beth Quinn, Linda Hershey, Brad Bentman, Jacquelyn Taylor, Dana Heiman, Jayne Van Bramer, Gary Entrekin, and Tracy Behringer. Photo by Karol Collins



More than Feeling Blue

Seasonal Affective Disorder (SAD) is a diagnosable illness that affects about 5% of Americans each year, most of them women and girls between the ages of 15 and 55. But like other mental health conditions, SAD can be treated. Learn more at:

www.mentalhealthamerica.net



Singer-songwriter Demi Lovato has teamed up with national mental health advocacy groups to launch a new initiative aimed at encouraging people across America to use their voice in support of mental health.

Lovato tells her story at the Be Vocal website, and along with the advocacy groups, offers simple steps individuals and communities can take to advocate for themselves and their communities. See more at the website below: www.bevocalspeakup.com,

Parenting a typically developing child has its own set of challenges, but when your child is struggling with a mental health disorder, parenting challenges can quickly become overwhelming. That's the premise behind the Respite Care program from Child and Family Focus (CFF), which was launched in Chester County this year.

Respite care supports families without resources or natural supports to help care for a child with a mental health diagnosis. Provided by trained individuals, the service can increase overall family health and wellness by giving parents and caregivers much needed break.

Natalie Coqueron, who has worked at CFF in Kennett Square for two years, became Chester County's Respite Coordinator when the program began in September, 2016. In just three months, she said, the program, and the demand for respite service, has grown.

"Families must be referred to Respite Care, and right now we do have a waiting list," Coqueron said, noting that she has reached out to every family on the list to assess and prioritize needs.

"The families I've talked to are just so happy know the service is available. Visiting them in their homes, and helping parents get some relief, that's the best part of my job," she said.

But another crucial part of the job is to recruit respite providers to keep up with the demand. Coqueron says providers must be 18 years of age and be a high school graduate with a car. At CFF, providers tend to fall into two groups: people still in college or post-college looking to get experience in the mental health field; or older adults, mostly retired, looking to help families that are struggling.

"Being a respite provider is a great way to build a re-

sume, and the job is very flexible," Coqueron said. "The provider's role depends on the person's time and comfort level."

Respite providers may decide to only work with one family at a time for approximately 12 hours a month, usually evenings or weekends. They also have the option to work with multiple families.

All respite providers are required to have specific clearances and basic first aid trainings, in addition to an orientation provided by CFF.

Families with children between the ages of 3 and 21 that meet the eligibility requirements may receive respite service for a period of 3 months. Caregiver participation in support and networking meetings is a requirement in order to receive additional respite. The services typically do not exceed 6 months in duration.

CFF's Respite Program recently began working with parents and caregivers to use effective goals during their respite time. Coqueron says the process has helped parents and caregivers take full advantage of the blocks of three to four hours respite can provide.

"Parents may decide to use the time for personal self-care, and go the spa or the gym. They may want to reconnect with old friends, or spend time with their other children. It's up to them," Coqueron said.

Learn more at www.childandfamilyfocus.org.



Natalie Coqueron

Newsflash!! Information For Mental Health Providers



A Holiday Bake Sale is being held to support the local Toys for Tots program. Stop by the Government Services Center lobby on Tuesday, Dec. 13 from 8:15 until 9:00 AM or 11:30 until 1:00PM to purchase baked goods, including gluten free items, or donate an unwrapped toy for children in need.

La Comunidad Hispana (LCH) in Kennett is holding a coat distribution on Friday, Dec. 16 from 3:00 PM—

6:00 PM at 731 West Cypress Street Kennett Square. There will be coats, hats and gloves for children of all ages. Children must be present to receive donation.

Check out the new online resource from SAMHSA-HRSA Center for Integrated Health Solutions. Organizations can find tips and examples of how to implement integrated primary and behavioral health care at the site. Go to <https://integrationedge.readz.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!