



Minding Your Health



A New Format!

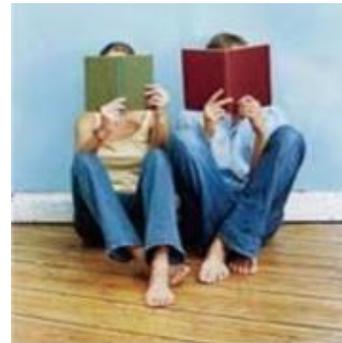
May 2017

Chester County Department of Mental Health/
Intellectual & Developmental Disabilities

Read About It, Talk About It!

May is Mental Health Awareness Month, and we invite readers to learn more about this important topic with Chester County's ***Read About It, Talk About It*** campaign.

Individuals are encouraged to read a book on the topic of mental health and have discussion about what they learn. Pick up suggested reading lists and bookmarks, which include both new and classic books to read, at local libraries. Join one of the [book discussion nights](#) on the new book by bestselling author, Ron Powers. There are other activities this month as well. Use the link below!



[Click here for Information about](#)
Mental Health Awareness Month Events in Chester County this May!
Additional information at www.cheso.org/mhidd.

Chester County's First CIT training Class Graduates



pictured above: CIT training graduates, instructors and program supporters

Twenty-eight local law enforcement officers graduated from Chester County's first CIT (Crisis Intervention Team) training on Friday, April 28 at the West Goshen municipal building. The officers completed the intensive, 40-hour training, which has been proven to increase public safety, divert people with mental illness from the criminal justice system, and decrease officer injuries.

“Superb,” was the one-word description from Stephen MacDonald, an officer from the Phoenixville Police Department. “In my eight years as a police officer, this is the most valuable program I’ve attended. It will definitely stay in my mind as I move forward.”

Police officers Wes Holman, from the West Goshen Police Department, and Vic Machese, from the East Coventry Police Department, were program graduates, as well as members of the CIT training team. Both officers are certified Mental Health First Aid instructors and their 8-hour session kicked off the week-long training.

[Read More.](#)

Netflix Series *13 Reasons Why* Sparks Discussions

Suicide, as it relates to teenagers or any other age group, has never been a popular topic. But the release of the Netflix series [13 Reasons Why](#) last month seems to have changed that.



The fictional story of a high school student who died by suicide and left behind audio recordings for the 13 people she believes responsible have sparked endless discussions and debates in schools, homes, and on social media. Some say the series has prompted important spotlight on the [second-leading cause of death among 15 to 24 year-olds](#), and the exposure may have life-saving results. Mental health professionals have also pointed out that the series misses the mark by glamorizing suicide and with potentially dangerous consequences, especially among vulnerable young people.

It's never been more important for parents learn about suicide prevention. Know the [warning signs](#), learn about [resources](#), and ask for help if you are concerned.

Announcements:

West Chester University has opened a new community health clinic and is looking for advisory board members. [More information.](#)

Smart 911 is a service available in Chester County to help anyone in the area when they dial 911. Once individuals sign up, first responders will be aware of important information to help in an emergency. This could be a valuable service for residential settings. Go to the [website](#) to learn more.

Are you a certified Mental Health First Aider? Join this growing community of helping individuals by completing the free 8-hour course. Class fliers at [our website](#) or contact COAD - 484-713-1040.

Monthly support group meeting times are included in the monthly calendar of events, below.

[Chester County Mental Health Monthly Calendar of Meetings and Events](#)

Stages Arts Initiative invites community members and individuals in recovery to their FREE event on the 13th. There will be lots of music, art and craft projects!

[Click here](#) to visit the website.



Adverse childhood experiences, trauma, substance abuse and mental health are inextricably intertwined and can have a profound impact on a young person's life.

The documentary film, *Paper Tigers* delves into these topics as it explores how one school community changed its approach to interacting with struggling students, and ended up changing lives.

During Mental Health Awareness Month, join us to view this award-winning documentary. Please see details to the right, and check out the [website](#).



Please join us for a FREE screening of the award-winning documentary **Paper Tigers.**

Thursday, May 25, 2017

Location:

Gordon Early Literacy Center Auditorium
351 Kersey Street
Coatesville, PA 19320
6:00pm-8:00pm
Light refreshments provided

RSVP:

Please contact Chelsea Buckley at
cbuckley@homeofthesparrow.org
or 610-436-9067 Ext. 310

About the Documentary:

Paper Tigers follows a year in the life of an alternative high school that has radically changed its approach to disciplining its students, becoming a promising model for how to break the cycles of poverty, violence and trauma that affect families. It explores the impact of adverse childhood experiences (ACEs) and toxic stress on struggling teens and is a testament to the latest research on childhood adversity: *one caring adult can change the trajectory of a young person's life.*



This screening of *Paper Tigers* was made possible by:
Home of the Sparrow www.homeofthesparrow.org
The Chester County ACEs Coalition www.ccacescoalition.org



Chester County Department of Mental Health/Intellectual & Developmental Disabilities - www.chesco.org/mhidd
Chester County Commissioners
Gary Entrekin, Administrator
Candy Craig, Deputy Administrator

Chester County Department of Human Services: 601 Westtown Road, West Chester, PA 19380

