



# Minding Your Health

Chester County's Mental Health Newsletter

 JOIN OUR MAILING LIST

June 2017

## Calling All Mental Health First Aiders!

*A Gathering Planned for June 14*

Chester County's Mental Health First Aiders are invited to a free event on **Wednesday, June 14 from 3:30 until 5:00PM** at the Government Services Center in West Chester.

Almost 2,500 individuals in Chester County have become certified Mental Health First Aiders since the program launched locally in July of 2014. The numbers alone are an indication of the program's success, but the MHFA coordinators are just as committed to keeping local First Aiders engaged, informed and updated. Regular gatherings such as the one planned this month help to make that happen. [More information and registration.](#)



**ALGEE - The MHFA Mascot**

**What's your guess on the number of Mental Health First Aiders in the United States today? How many in Pennsylvania?**

[Check out the Algee-ometer to find out!](#)

## Spotlight on Layla Gros & Mental Health Housing Options

Layla Gros knows the importance of having a place to call home. Part of her job as the Mental Health Housing Coordinator is to help individuals in recovery navigate the often complex process of finding and maintaining housing.

**"When someone is homeless and having a hard time, or if someone is struggling in an apartment on their own and you can connect them with support, those are changes you can see," Gros said. "It's the best part of the job."**



Gros stepped into her new role in February, 2016, and said she has already learned a lot about housing options for disabled individuals in Chester County. And there are more options than most people realize. [Read more.](#)

*From the Chester County Suicide Prevention (CCSP) Task Force*  
**A Strategy to Move Forward & Save Lives**

The CCSP Task Force began a strategic planning process in February of this year to address rising suicide rates, a major public health concern nation-wide. With the planning process now complete, group members have an energized approach and a streamlined focus to their work in suicide prevention. CCSP has identified objectives and goals to move forward.



[Read more and find out how you can become involved.](#)

***Are You Social Media Savvy?***

**A Social Networking Training from Shape the Sky**

**Tuesday, June 22 from 9AM - Noon**

Chester County Government Services Center  
601 Westtown Road, West Chester



Young people know about Snapchat, Kik, Tumbler and Ask.fm. Now adults can delve into the internet youth culture, learn about social networking, and identify sites for spreading gossip or bullying, promoting self-harm and more. This FREE training is offered through Chester County Department of Human Services. Registration required by June 22.

**[Click for more information and to register.](#)**

Go to **[Shape the Sky website.](#)**

**Smart 9-1-1**

With more than 70% of calls made to 9-1-1 coming from mobile phones, the dispatchers have little information to provide immediate help. Smart 9-1-1 aims to change that.



When individuals sign up for Smart 9-1-1, key information is on record and accessible even if the 9-1-1 call is made on a mobile phone. Everything from the home location and floor plan, to photos of someone who may be missing, medical conditions, and even information about pets can be helpful in an emergency. The person signing up for this free service decides how much or how little information to provide.

Smart 9-1-1 can be an excellent resource for service providers and individuals using residential services, and an entire household can be on one account. Go to [Smart 9-1-1 online](#) for details.

**Mental Health Awareness Month 2017 Recap**



### Chester County Commissioners Proclamation Ceremony, May 11, 2017

*Left to right - Gary Entrekin, Administrator, Chester County MH/IDD, Ashley Doyle, MH/IDD Board Member, Candy Craig, MH/IDD Deputy Administrator, Commissioner Michelle Kichline, Michael Fortney, from West Chester Book Outlet, Commissioner Kathi Cozzone*

[More about Mental Health Month 2017](#)

## Stay Connected!

**Chester County Department of Human Services** offers professional training at no cost to participants. View upcoming classes at [this link](#).

**Community Care Behavioral Health Organization** provides members with Pat Deegan's [Recovery Library](#), an online resource with tools to help individuals get well and stay well.

**[This is My Brave](#)** is a mental health non-profit organization dedicated to ending the stigma surrounding mental health issues by sharing personal stories of individuals living successful, full lives despite mental illness. Find out how to share your story or access other resources.

**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.

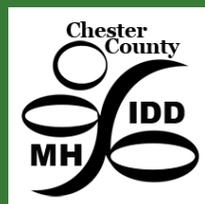
**West Chester University** has opened a new community health clinic and is looking for advisory board members. [More information](#).

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



Click the Link Below

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



Chester County Department of Mental Health/Intellectual & Developmental Disabilities - [www.chesco.org/mhidd](http://www.chesco.org/mhidd)

Chester County Department of Human Services  
601 Westtown Road, West Chester, PA 19380  
Chester County Commissioners  
Gary Entrekin, Administrator  
Candy Craig, Deputy Administrator



Like Chester County's Department of Human Services Facebook Page!

