



Minding Your Health

Chester County's Mental Health Newsletter



August, 2017

Chester County MH/IDD Welcomes Linda Cox as Administrator

Linda Cox has been in the disability field for more than two decades, creating opportunities to make a positive impact on the lives of the people she's served. Now the Newark, Delaware resident brings her broad range of experience and her passion for the work to Chester County. On July 31, Cox began her new role as the Administrator for the Department of Mental Health/Intellectual and Developmental Disabilities.



Linda Cox

[Continue reading.](#)

Stepping Stones is *Stepping UP!*



There's nothing like a coat of fresh paint, de-cluttered reorganization, and a little spit and polish to make a Clubhouse shine. For the past few months, members of the Stepping Stones Clubhouse in Coatesville have been creating a new look and a new feel to the psychiatric rehabilitation program of Human Services, Inc. A few of the members, pictured above with staff, stand in front of one of the newly painted walls.

Kristine Vuocolo, (far right, front row) who became the clubhouse program director six months ago, said she's excited for her new position and working with such motivated

members. "They inspire me on a daily basis to learn new skills and reach for my goals," she said. [Continue reading.](#)

Chester County recognizes National Recovery Month in September!



Join the Community Conversation about **Mental Health, Substance Use Disorder and Recovery** on Wednesday, Sept. 13 at the West Chester Book Outlet in the West Goshen Shopping Center. Look for more for Recovery Month plans will in the September issue of *Minding Your Health*.

Mental Health and Older Adults

Mental health and emotional well being are fundamental to our overall health at any age, but can be over- looked in older adults.

According to the World Health Organization, the older adult population is increasing rapidly. The number of adults aged 60 and older is expected to exceed 2 billion by the year 2050.



To help individuals understand the risk factors and warning signs of mental health concerns in older adults, **Mental Health First Aid** has a program focused on the older adult population. The new public education course is available at no cost to participants in Chester County. The next class is scheduled for September 29 at the Brandywine Hospital. [Click for details.](#)

Staying Strong - A Step At A Time

Chester County has been on the move with [Walkworks Chesco](#), a program that has encouraged residents to improve their health with the simple and effective exercise of walking every day.

Anyone can join the movement. Go to [Walkworks Chesco](#) to learn tips to help you get started, set goals, find other walkers, and track your activity. Join, and help Chester County reach one billion steps in 2017!



Chester County Suicide Prevention Task Force will hold its first quarterly meeting on **Wednesday, August 9, from 3 PM until 5 PM** at the Government Services Center, 601 Westtown Road, West Chester.

This meeting is open to the community and offers opportunities to learn more about suicide prevention efforts and local resources. Email ccsptaskforce@gmail.com with questions or for more information.



Stay Connected!

Charting the LifeCourse can help families find and achieve their vision for a good life. August 14 at the Chester County Library. Free, registration required.

Support for Grandfamilies - registration deadline is August 30.

Post-Adoption Family and Children's Groups - registration deadline is August 30.

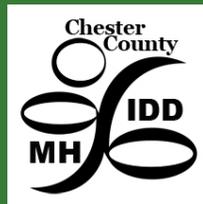
Resiliency Workshop - using the arts to promote resiliency on August 26.

Assist Suicide Prevention Workshop - Sept 13 & 14 in Delaware County.

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](#).

Hearing Distressing Voices is scheduled at the VA Medical Center in Coatesville on October 26 from 9AM - 12:30 PM.

Calendar of Events - info on monthly meetings and support groups.



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