



# Minding Your Health

Chester County's Mental Health Newsletter



September, 2017

## A Month for Hope

Chester County recognizes two important national observances every September. The month-long campaigns for [Suicide Prevention](#) and [Recovery](#) promote encouragement, empowerment and hope for individuals and families across America.



Learn more about these topics and participate in local events and celebrations throughout the month. Details are included in articles below.

## West Chester University Focuses on Mental Health *with Resident Assistant Training and a new Community Mental Health Clinic*



Pictured above, one of the four Mental Health First Aid classes of RAs at West Chester University.

West Chester University begins the new academic year with a little stronger safety net for students who may be struggling with mental health concerns. Last month, 130 Residence Assistants (RAs), paid peer leaders in the residence halls, were certified in [Mental Health First Aid \(MHFA\)](#), and a new [Community Mental Health Clinic](#) opened on campus.

[Continue article.](#)

## SAVE THE DATE!

***On Thursday, October 26, West Chester University will be holding the 3rd Annual Take A Mental Health Day, featuring nationally acclaimed speaker, Kevin Hines. More information will be included in the October issue of Minding Your Health.***



Suicide is the public health concern that no one likes to talk about, and it has been on the rise for the past decade. Now the 10th leading cause of death in the United States, suicide kills more Americans than car accidents. But suicide is preventable.

Chester County offers free public education programs and community events to increase literacy on the topics of mental health and suicide prevention. [QPR](#) (Question, Persuade, Refer) is a two-hour class on suicide prevention and [Mental](#)

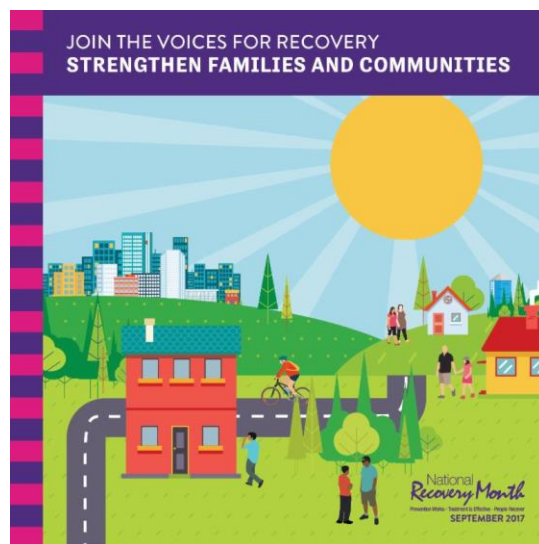
[Health First Aid](#) (MHFA) is an eight-hour training. Both of these nationally acclaimed courses are researched and found to be effective. Participants completing the courses receive certifications. General course information and how to find a class can be accessed at the links above.

On Thursday, Sept. 14, Chester County's Suicide Prevention Task Force is also partnering with East Goshen Park to hold a [Liv Live Concert](#) from 5:00 to 7:00 PM to increase awareness about depression and suicide. Teens and adults are welcome to come out to enjoy the music, food and prizes while hearing hopeful, informative messages. Regular updates are on the [Liv Live Facebook page](#). Please use the links to learn more.

## National Recovery Month is something to Talk About

Individuals in recovery rely on family and community support. That fact is highlighted with This year's national theme, ***Join the Voices for Recovery: Strengthen Families and Communities.***

Chester County has many opportunities to learn more about Recovery throughout September, including a viewing of the film, Generation Found. For information about that free event on September 14, as well as other events and the Chester County PRO-ACT September calendar of events, go to the [Drug and Alcohol Services website](#).



*We're Getting Real About **Mental Health & Substance Abuse***  
**Join The Conversation on September 13!**



For Recovery Month 2017, join Chester County's Community Conversation about Mental Health, Substance Abuse and Recovery. The free event is being held Wednesday, September 13 from 6:30 - 8:30 PM at the West Chester Book Outlet in the West Goshen Shopping Center, 967 Paoli Pike in West Chester. [Click here for the flier.](#)

**Happy 20th Anniversary to HealthChoices Behavioral Health!**



For 20 years, HealthChoices Behavioral Health program improved the lives of millions of Pennsylvanians and saved tax dollars. Chester County's Commissioners issued a Proclamation to recognize the milestone anniversary and support the program that has transformed the behavioral health system.

Pictured above is the Proclamation presentation, held on August 15. Left to right: Commissioner Terence Farrell; Vince Brown, Director of Chester County's Drug and Alcohol Services; Donna Carlson, Deputy Administrator for Chester County Human Services; Linda Cox, Administrator for Chester County MH/IDD; Bernie Zaber, Chester County Human Services Finance Director; Kim Bowman, Director of Chester County Human Services; Commissioners Michelle Kichline and Kathi Cozzone.

**Save the Date - October 19 & 20, 2017**

**The 8th Annual Infant Mental Health Conference in Philadelphia. Registration is open! [Click](#) for the flier.**

**Important facts to remember as students head back to school -**

Mental health conditions are common among teens and young adults.

One in 5 of these young people lives with a mental health condition — 50% develop the condition by age 14 and 75% by age 24.

**Stay Connected!**

[Assessing the Child-Serving Systems in Chester County](#)  
- a free training on October 11 from 8:30 - 12:30.

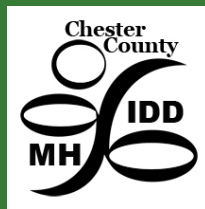
[Hearing Distressing Voices](#) is scheduled at the VA Medical Center in Coatesville on October 26 from 9AM - 12:30 PM.

[The Center For Families](#) has programs and events in Malvern.

[Calendar of Events](#) - info on monthly meetings and support groups.



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



Chester County Department of Mental Health/Intellectual & Developmental Disabilities - [www.chesco.org/mhidd](http://www.chesco.org/mhidd)  
Chester County Commissioners  
Candy Craig, Deputy Administrator



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