



Minding Your Health

Chester County's Mental Health Newsletter



October, 2017

Participate in Chester County's Social Media Campaign for Mental Illness Awareness Week!



CHESTER COUNTY, PA
RECOGNIZES NATIONAL
MENTAL ILLNESS AWARENESS WEEK
OCTOBER 1-7, 2017!

#CHESCOMIAW

Upload messages to your social media accounts to spread awareness about mental health this first week in October! For images and messages to post, [click here](#). Write your own messages and use the hashtag #CHESCOMIAW.



Take A
**Mental
Health
Day** 2017

Details | Video | Tickets
use link below

October 26

THURSDAY - 7pm

Featuring

Kevin Hines



wcupa.edu/mentalhealthday/

Regional Symposium on Suicide Prevention to Address Addiction

Promote Hope: Where Addiction Meets Suicide is the topic for this year's Regional Suicide Prevention Conference, planned for November 9 from 8:25 AM until 4:30 PM at the Springfield Country Club. The event is being hosted by the Delaware County Suicide Prevention Task Force. Find out more or register at the link below.



[Click here.](#)



Chester County Focuses on Suicide Prevention

In September, National Suicide Prevention Month, Chester County's Suicide Prevention (CCSP) Task Force collaborated with the [Peyton Heart Project](#) to increase awareness. The project of distributing crocheted hearts with messages of hope were inspired by a young man who lost his life to suicide. Nancy Harkins, who lost her grandson to suicide in 1992, and her daughter-in-law, Gail McDyre, crocheted more than 300 hearts to distribute for the Chester County campaign. CCSP Task Force members left the small hearts in random locations, from hiking trails, to public restrooms, throughout the month.

This month, CCSP will once again deliver [QPR \(Question, Persuade, Refer\)](#) suicide prevention training to all ninth grade students in the West Chester Area School District. Last October, more than 900 students received the training, and additional evening classes were held for parents and other members of the school community. Other QPR classes are planned for community groups that have requested the training this fall. CCSP offers the two-hour QPR class to the community at no cost to participants.

Chester County's suicide prevention efforts also include an advertisement campaign for billboards and transit shelters. The advertisements are planned for various locations throughout the county and will provide information about the county's crisis intervention service. [Click here](#) to see the billboard ad design.

Second Crisis Intervention Training Planned for this Month

Chester County's second Crisis Intervention Training (CIT) will be held October 23 - 27 at the West Goshen Township building. CIT is an internationally renowned model for community policing that has been proven to increase public safety and divert individuals with mental illness from the criminal justice system to treatment.

The intensive five-day, 40-hour training connects law enforcement with mental health educators and treatment providers, hospital emergency rooms, and individuals who have experienced a mental health crisis. In April, 28 police and corrections officers graduated from Chester County's first CIT class.



Attention Chester County's Certified Mental Health First-Aiders!

If you're one of the almost 2,500 individuals who's been certified in Mental Health First Aid in Chester County, you're invited to the next MHFA Breakfast Gathering on November 8, beginning at 7:30 AM at Freedom Village in Coatesville.

Held twice a year, the MHFA-er gatherings are meant to be a vehicle to strengthen the local MHFA community, share information and stay connected to the latest resources. In November, the topic of compassion fatigue will be addressed.

Please look for your invitation this month!



Four Chester County residents are being recognized for their artwork at the Norristown State Hospital's 15th Annual Art Festival. The show runs all week in building 33 on the hospital campus. The four local artists participated in the art contest. Congratulations to all the artists!

1st place - Arnold Melton for "Tranquility"
2nd place - Donald Graham for "Evolution"
3rd place - Darryl Davis for "Watching Over The City"
Honorable Mention - Joanne Krivulka for "Tie Dye"

What can?
YOU do? The Campaign for
Disability Employment

www.whatcanyoudocampaign.org

October is National Disability Employment Awareness Month, which seeks to celebrate the many work contributions of Americans with disabilities and to educate the public on the employment difficulties they often face. In 2015, there were about 5.2 million people with disabilities employed in the United States. [Learn more.](#)

Stay Connected!

Save the Date - Saturday, November 4 is Chester County's second Color 5k to fight opioid and heroin overdose.

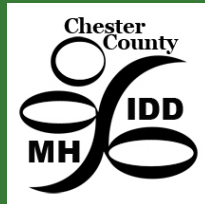
[Trauma Trainings are back!!](#) Chester County Department of Human Services offers free trauma trainings.

[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.



 JOIN OUR MAILING LIST



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



Like and follow Chester County's Department of Human Services Facebook Page for updated information!