

Minding Your Health - January 2018

HAPPY NEW YEAR!

Chester County's monthly publication has changed its look for the New Year, but will continue to bring you local mental health information and updates in 2018! Forward this issue to your friends and suggest they subscribe by using the button below!

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Stigma. It's Still A Thing.

A recent survey of Pennsylvanians showed that almost 80% of people believe society thinks of individuals with physical, mental or intellectual disabilities "with discomfort and awkwardness." The Stigma Project aims to change that.

Launched in 2016 and overseen by the PA Mental Health Consumers' Association, the project encourages individuals to learn more about the topic, as well as the tremendous impact of stigma. Acknowledging that many people do not intend to stigmatize, the project encourages participation with an online quiz to assess personal thoughts and feelings, and asks individuals to take a pledge to end stigma.

Learn more and find out how you can become in engaged at the [Stigma Project website](#).

Chester County's Trauma Training Series Returns in 2018

In 2017, Chester County's Department of Human Services held 22 trauma class sessions, covering 10 different trauma-related topics for both clinicians and general audiences. The six and a half hour courses covered everything from basic "Trauma 101" information, to more specific sessions on suicide risk management and motivational interviewing. Offered through Drexel University, the popular classes are returning in 2018.

[Click here](#) to view the upcoming general audience program schedule with class descriptions. To register for the classes, use the Department of Human Services [Schedule Me](#).

Join the more than 2,000 people who have taken Mental Health First Aid (MHFA) in Chester County! Go to [Chester County's MH/IDD website](#) for information on upcoming free classes.

The Science of Loneliness

Last year the American Psychiatric Association reported loneliness as a growing health concern. It is linked to both physical and mental health conditions, with new research showing potential connections between loneliness and Alzheimer's disease. Conversely, developing and maintaining strong, supportive relationships has been shown to have positive health benefits. [Read more](#).

Chester County / Main Line CHADD 16th Annual Conference

February 10, 2018

8:30 AM - 1:00 PM

Neumann University in Aston, PA

Find out more about this year's Conference, Less Stress, More Success - Cutting Edge Strategies for ADHD. [Click here for details and registration.](#)

Chester County's Suicide Prevention Task Force

After months of strategic planning and reorganization, [Chester County's Suicide Prevention Task Force](#) (CCSP) is ready to roll into 2018 with a new look and renewed energy.

The group has a brand new logo, pictured to the left, and will be electing two new officers at the next scheduled meeting, **Wednesday, February 15 from 3:00 - 5:00 PM** at the Government Services Center, 601 Westtown Road, West Chester. Anyone who wants to learn more about suicide prevention and become involved in local efforts, is welcome to attend the quarterly meetings. Local speakers are featured each month. In February, the power of friendship and Chester County's Compeer program will be presented by Don Altemus, the program manager.

CCSP would also like to thank member Tracey Whalen for securing a Penn CAREs Grant in the amount of \$2,000 to go towards local suicide prevention efforts.

Resources & Classes!!

[Accessing the Adult Serving Systems](#) is a free 4-hour course offered at the Chester County Library in Exton that outlines how to access adult services in Chester County systems. Use link to register for the January 17 session. Registration is required.

Philadelphia Coordinated Health Care (PCHC) offers free trainings. January classes include "Mental Health Wellness & Recovery" and "Naming It." [Click here for latest flier on both classes.](#)

FREE Naloxone Community Trainings are being offered by Chester County's Department of Drug and Alcohol Services and Good Fellowship EMS. [January 18 in Phoenixville](#) and [January 27 in West Whiteland.](#)

[Calendar of events](#) - Information on local monthly meetings and support groups.

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