

Oprah Winfrey Reports on ACEs for "60 Minutes" on CBS

Calling it one of the most "life changing stories I've ever done," Oprah Winfrey reported on the science behind Adverse Childhood Experiences, or ACEs, in a "60 Minutes" segment, Sunday, March 11. Winfrey, who has acknowledged experiencing trauma as a child, delved into the topic with experts and drew on her own life experiences. She discussed how the story changed her views on CBS This Morning. [See a](#)

[clip of that interview.](#)

Are You Ready?

The recent inclement weather and power outages served as a strong reminder about emergency preparedness. Chester County's official source for emergency information and government notifications is [free](#) and located online at [Readychesco.org](#). When you enroll online, you can receive alerts before, during and after a weather or other emergency.

Individuals can choose which kinds of alerts they want to receive when they sign up. Don't wait for the next storm. Go to [Readychesco.org](#) for more information and to enroll today!

Global Teen Health Week

Because the teenage years can be a vulnerable time, with tremendous physical changes and emotional development, teen mental health is an important part of [Global Teen Health Week](#), observed March 18 - 24 this year.

There are many different ways to recognize the week, including sharing basic information for students in schools and on social media. Here are some fast facts:



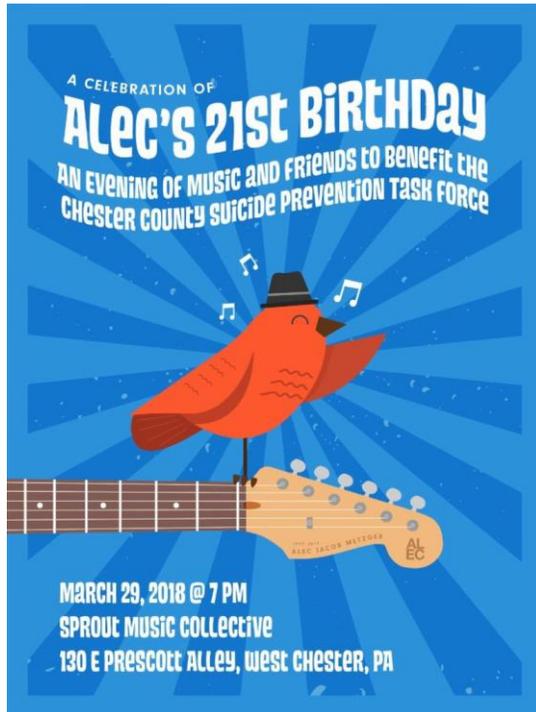
- Mental health conditions are common among teens and young adults, with 1 in 5 living with a mental health condition.
- Half of those who experience a mental health condition do so before age 14.
- 70% of youth in the juvenile justice system have at least 1 mental health condition, and at least 20% live with a serious mental illness.
- Globally, suicide is the second leading cause of death among young people aged 15 to 29.
- Mental health conditions are treatable conditions and people can recover.

Find out more information and ways to recognize this week at [this link](#).

Suicide Prevention in Chester County

Chester County's Suicide Prevention Task Force offers the free suicide prevention training, QPR, Question, Persuade, Refer. A nationally acclaimed community education program, QPR teaches 3 skills to help someone in a mental health crisis. Contact the Task Force to request a training for your group or organization today. CCSPtaskforce@gmail.com. The next Task Force meeting is scheduled for Wednesday, May 9.

See upcoming awareness events below!



Suicide Prevention Night at the Ballparks in Philadelphia

**Philadelphia Phillies
VS
Pittsburgh Pirates**

April 21, 4:05 PM

Get your half priced tickets with a donation towards suicide prevention in PA and more information by going to [this Phillies link](#).



Chester County Announces two Public Hearings for the Human Services Block Grant

Monday, April 9 at 4:30 PM in West Chester

Tuesday, April 10 at 1:00 PM in Coatesville

[Click here for details](#)

May is Mental Health Awareness Month!

It pays to plan ahead! How will your agency or organization recognize this national observance in 2018? If you are planning events, displays, or other kinds of recognition during Mental Health Awareness Month, let us help to promote your efforts! Contact tbehringer@chesco.org.



Chester County's 6th Annual Single Mother's Conference is FREE and FUN!
[Click here](#) to find out more about this event and how to register.

[Click here](#) for information about the Belinda R. Harrison Award for an outstanding single mother.

Resources, Events & Classes

[PA's 2018 Annual Suicide Prevention Conference](#) - May 10 and 11 in Harrisburg.

[Free Mental Health First Aid](#) classes are offered throughout the year in Chester County. Check the MHIDD website for upcoming classes. Information is posted regularly.

[PA System of Care's 20th Interagency Conference](#) - April 30 - May 3 in State College.

[Philadelphia Coordinated Health Care \(PCHC\)](#) offers free trainings.

[Chester County Refer web](#) is a user-friendly database for social services information.

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



**Chester County Department of Mental Health /
Intellectual and Developmental Disabilities**
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www.chesco.org/mhidd

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Deputy Administrator: Candy Craig