

June 2018



# MINDING YOUR HEALTH

Chester County's Mental Health Newsletter

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## THE STEPPINGUP INITIATIVE

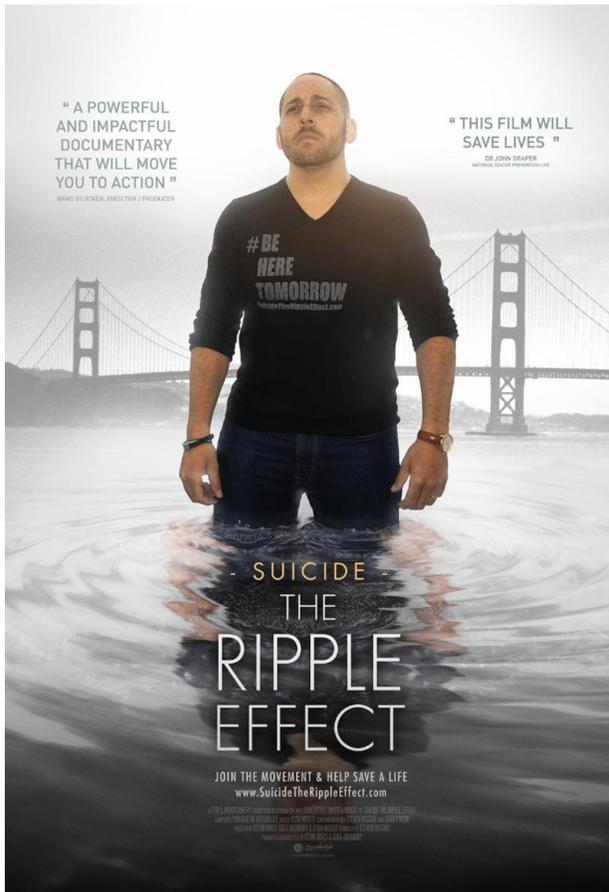
Chester County is participating in the National Stepping Up Initiative aimed at reducing the number of people with mental illnesses in jails. Local efforts were recognized by Chester County's Commissioners last month with a Proclamation and [video](#).

"We're proud of the progress we've been making," said Linda Cox, Administrator for Chester County's Department of Mental Health/Intellectual and Developmental Disabilities. "The partnership with our law enforcement community has allowed us to implement an on-going Crisis Intervention Team (CIT) training to give officers tools to better recognize, assess, and deescalate crisis situations, or help someone with a mental health concern." [Read more and see photo](#).

## Justice Family Support Group

When a loved one is involved in the justice system, the experience can be stressful, lonely and confusing. But families in Chester County can find support with Justice for Families, a support group now meeting in Coatesville. [Get the flier](#).





## Suicide Prevention in Chester County

The new Kevin Hines film, [\*\*Suicide, The Ripple Effect\*\*](#) will be shown August 8 from 5:00 to 6:30 PM at the Chester County Suicide Prevention Task Force general meeting. The viewing will be held at Sykes Student Union, West Chester University, and the public is invited to attend. A brief Task Force business meeting will be held immediately preceding the film. Admission to the event is free, but Chester County's Suicide Prevention Task Force accepts donations.

Local suicide prevention efforts have been on-going. Billboard and transit shelter advertisements with crisis intervention numbers have been running at various locations throughout Chester County since October, 2017. Now similar ads are being displayed in mobile apps as well.

Chester County is also reinforcing suicide prevention education by certifying 12 new QPR instructors this

month. The instructors will join approximately 20 other trainers delivering QPR ([\*\*Question, Persuade, Refer\*\*](#)) for the Chester County Suicide prevention Task Force. QPR is a Gatekeeper training from the [\*\*QPR Institute\*\*](#). For more information about the 2-hour QPR classes and to request a training for your group or business, contact the task force at [\*\*ccsptaskforce@gmail.com\*\*](mailto:ccsptaskforce@gmail.com).

## "13 Reasons Why" Toolkit Released with Season 2

Last spring, the popular Netflix series, *13 Reasons Why*, included tough topics of mental health, bullying, sexual assault and suicide among adolescents in the story line. Parents and mental health experts expressed concerns about some of the program's content and the impact it may have on vulnerable youth. The controversy did not prevent the production of a second season of the show, but no doubt prompted the show's producers to create a toolkit for adults to help young people navigate the issues addressed.

[\*\*Use this link\*\*](#) for the *13 Reasons Why* website and toolkit information specifically for parents, educators, clinicians, the media and youth.



## West Chester University Partners Recognized

During National Mental Health Month, Chester County's Commissioners recognized West Chester University for its commitment to the mental health and well being of its campus community, as well as the community at large. Two programs were highlighted at the ceremony, held May

22.

The university's [Community Mental Health Services](#), which opened in August 2017, is a nonprofit training and research facility that offers affordable, cutting-edge psychotherapy and testing for children, adolescents, adults and families from all backgrounds across Chester County.

The [Mental Health First Aid](#) initiative on campus has provided free Mental Health First Aid classes since February 2017. Since it began, more than 400 individuals, including students and many members of the community at large, have been certified to help others developing a mental health concern or crisis.

[Read more and see photo](#) of the Proclamation Presentation.

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## New Toolkit, Trainings and Resources for Substance Abuse and Opioid Overdose



Chester County's Department of Drug and Alcohol Services and the county's Opioid Overdose Task Force has been working on multiple approaches to combat the opioid epidemic in Chester County.

The department recently created an [Opioid Epidemic Community Tool Kit](#) in response to requests for such a resource. The 11-page document offers an overview of the problem and offers practical information on treatment, training and support.

In August they will offer [Addiction 101](#), a free three-hour class that covers treatment services available, as well as an outline of the recovery process. Registration is required.

The department also recently purchased [Deterra Drug Deactivation](#) bags, a means to safely dispose of old or expired medication, and [Pill Pods](#), a means to secure any prescription medication kept in the home. The department encourages everyone to remove unused/expired medications from their households, and secure any needed prescription medications kept in the home as a prevention initiative. Contact Kate Genthart ([kgenthart@chesco.org](mailto:kgenthart@chesco.org)) for more information on obtaining the bags or pill pods.

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## Summer's Calling



The official start of summer is June 21. This warm weather season is a great time to slow down, kick back, and unwind. Taking a long weekend, or even a day at the beach, can help us recharge and provide needed rest.

But many Americans in the workforce don't take advantage of all their paid vacation time, despite proven benefits to our overall health and well-being. Studies have shown that vacations lower our stress levels and increase our productivity. So this year, when summer calls, be sure to answer!

## Resources, Events & Classes

**[Friends wanted at Compeer, Chester County](#)** check out the website for this local organization.

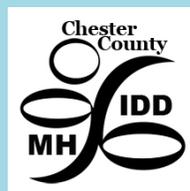
**[PA Vision Corps](#)** offers free vision exams and glasses for low income families.

**[Free Mental Health First Aid](#)** classes are offered throughout the year in Chester County. Check the MH/IDD website for classes in June



**[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.



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