



Minding Your Health

Chester County's Mental Health Newsletter

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Chester County Summer Institute ***from Community Care Behavioral Health***

Recovery, Wellness and Innovation in Behavioral Health Services are the focus of the 2018 Chester County Summer Institute. The event will take place August 23 from 8:30 - 3:30 at the Sheraton Great Valley Hotel in Frazer and is sponsored by Community Care Behavioral Health Organization with the Western Psychiatric Institute and Clinic.

The Summer Institute is intended for individuals in recovery, their families, social workers, psychologists, psychiatrists, nurses, certified peer specialists and others interested in behavioral health services. The cost is \$35, and includes CEUs and lunch. [Click for full brochure.](#)

The Depression Portal

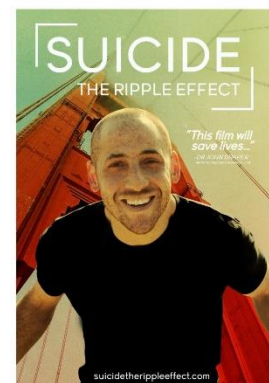
When West Chester resident Michael Eisenbud lost his adult son to suicide, he was motivated to create The [Depression Portal website](#). Dedicated to his son Dan, an internationally recognized journalist who lived with chronic depression for 25 years, the site includes regularly updated resources and information about depression and suicide, as well as Michael Eisenbud's blog.

Focus on Suicide Prevention

Chester County's Suicide Prevention (CCSP) Task Force is holding their quarterly meeting at West Chester University this week to include the viewing of the new Kevin Hines film, *Suicide, The Ripple Effect*. Information about the meeting and viewing is in the shaded box, below.

In September and October, there are several events planned to increase awareness about suicide prevention, including a yoga class to support the CCSP Task Force, the annual Cocktails & Camo event, sponsored by Christian's Compassionate Mission, a musical Liv Live Concert and West Chester University's Take A Mental Health Day.

[Click for more information on these events.](#)



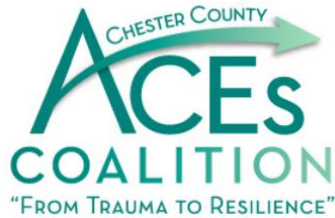
On August 23 from 3-4:30 PM, the Safe States Alliance is presenting a webinar titled, *Comprehensive Suicide Prevention, It's More than A Mental Health Concern*. Registration information is at [this link](#).

CCSP Meeting & The Ripple Effect - Open to the Community

What: Chester County Suicide Prevention Task Force Meeting/Film Viewing.

When: Wednesday, August 8 at 4:00 PM Meeting start time, 5:00 PM - 6:30 PM film viewing

Where: West Chester University, Sykes Student Union, 110 West Rosedale Avenue, West Chester



Chester County's ACEs (Adverse Childhood Experiences) Coalition is collaborating with local stakeholders to present another free screening of the film **Resilience: The Biology of Stress and the Science of Hope** at Providence Church, 430 Hannah Ave, West Chester on Thursday, August 30 from 9-11AM.

Contact Kathleen Goughler at kgoughler@caloprograms.com to RSVP if you plan to attend.

September is National Recovery Month

Chester County recognizes National Recovery Month each September with local events and educational opportunities. The county's local, grassroots group PRO-ACT (PA Recovery Organization- Achieving Community Together) works to reduce the stigma of addiction, ensure the availability of adequate treatment and recovery support services. Each September, Chester County's PRO-ACT produces a calendar of events for the community, available at their website.



Chester County's Department of Drug and Alcohol Services supports and promotes local events and provides a wide array of services and resources. The department recently purchased [Deterra Drug Deactivation](#) bags which are a means to safely dispose of old or expired medication and [Pill Pods](#) which are a means to secure any prescription medication which are kept in home by an individual. The department encourages *everyone* to remove their unused/expired medications from their households, and secure any needed prescription medications kept in the home as a prevention initiative. Find out more about these and other resources by contacting Kate Genthert at kgenthert@chesco.org.

Events from Human Services, Inc.

On Saturday, August 11, there will be a Bowling Fundraiser from 5:40 - 7:40 PM at the Downingtown Bowling Palace. Cost is \$20 and includes 2 hours of bowling, shoe rental, pizza and soft drinks. On Saturday, September 30, there will be a Stomp Out the Stigma 5k fun run and 1k walk in Thorndale. Fee is \$35 for adults, \$20 for children.

To find out more about either of these events, call Human Services, Inc. at 610-873-1010.



The Philadelphia Peer Leadership Academy (PPLA) Fall 2018 begins September 25. Applications are now being accepted and interviews will be held during the month of August. Candidates are selected based on their commitment to recovery and their interest in the recovery transformation movement. [Click for brochure.](#) [Click for application.](#)

For all who would like to interview for PPLA Fall 2018 training please call Michelle Leister at **215-923-1661** to make an appointment.

The 2018 East Coast Journey of the Heart Conference for mothers who have experienced a loss of a child is being held Friday and Saturday, September 28 and 29 in Ocean City, New Jersey. [For information, use this link.](#)



SAVE THE DATE

PENNSYLVANIA DEPARTMENT OF AGING

 **LGBTQ**
AGING SUMMIT

CONNECTING COMMUNITIES & INSPIRING CHANGE

OCTOBER 9-10, 2018

Sheraton Harrisburg Hershey Hotel
4650 Lindle Road
Harrisburg, PA 17111

Resources, Events & Classes

West Chester University's Community Mental Health Services is offering new groups aimed at self-care.



ChescoLife is looking for candidates for a part-time position as a Bilingual Family Support Specialist in Exton.

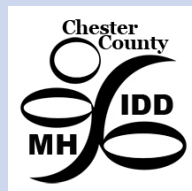
Friends wanted at Compeer, Chester County check out the website for this local organization.

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.



Chester County Department of Mental Health /
Intellectual and Developmental Disabilities
601 Westtown Road, West Chester, PA
www.chesco.org/mhidd

Chester County Commissioners
Administrator: Linda Cox
Deputy Administrator: Candy Craig