

September 2018



Chester County Department of Human Services 601 Westtown Road, West Chester, PA 19380

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## September is Suicide Prevention Month

*September includes National Suicide Awareness Week, the 9th - 15th, and World Suicide Prevention Day, September 10.*

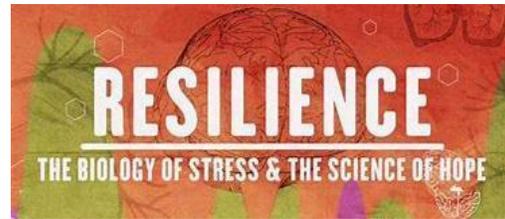
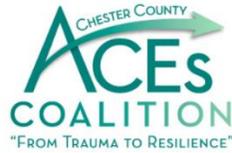
Chester County and the Suicide Prevention (CCSP) Task Force recognizes September as Suicide Prevention Month each fall, and supports events and activities throughout the region to increase awareness and understanding about suicide. [Click here](#) for a list of local events related to suicide prevention throughout September and October, and [click here](#) information from the Delaware County Suicide Prevention Task Force.

[Click here](#) for Prevent Suicide PA, the state website.



**Citizens Bank Park, home of the Philadelphia Phillies, holds 43,647 people. In 2016, 44,965 Americans died by suicide.**

**We need to talk about it.**



**Chester County's ACEs Coalition**  
is hosting a free screenings of the acclaimed film,

### **Resilience: The Biology of Stress and the Science of Hope**

**Tuesday, Sept. 18**  
**6:30 PM - 8:30 PM**  
The Garage,  
115 S. Union Street, Kennett Square  
[Click here for the free tickets](#)

**Tuesday, Sept. 25**  
**7:30 - 9:30 PM**  
The Colonial Theater,  
227 Bridge Street, Phoenixville  
[Click here for the free tickets](#)



### **Back To School Anxiety**

The start of a new school year can produce some anxiety in almost any student. The anxious feelings that help us prepare and stay motivated are appropriate and helpful. But when the feelings persist, and a young person becomes preoccupied with the fears, anxiety can take a toll. Anxiety can hinder the development of social connections, limit academic performance, and have a negative impact on one's overall health and well being.

But there is good news. With early intervention, children and youth can develop coping skills manage stress and anxious feelings. If a young person continues to struggle, he or she may have an anxiety disorder, one of the most common and treatable mental health conditions. There are different types of anxiety disorders, and the median age to develop an anxiety disorder is 7 years.

NAMI (National Alliance for Mental Illness) has an [anxiety fact sheet](#) with information on different types of anxiety. [Very Well Family has tips](#) help children with anxiety at the start of school.

Please join us for breakfast, Trauma 101 workshop, & conversation with a focus on the role of faith community in building resilience.

**Friday September 28, 2018**

9:30 AM – 12:00 PM (registration starts at 9:00)

St. Paul's Baptist Church

1 Hagerty Blvd, West Chester PA 19382

Sponsored by: The Chester County Faith Leaders Addressing Poverty, the Chester County ACEs Coalition, and the United Way of Greater Philadelphia and Southern New Jersey

The workshop is free, but registration is required.



## TRAUMA 101: Becoming Trauma Aware

Workshop will focus on:

- The serious problems with the overall health & well-being of our population.
- Exposure to trauma and toxic stress is an important root cause of these problems.
- Scientific evidence regarding effective prevention and treatment of traumatic exposure and its consequence.
- Helping members of the faith community gain knowledge about trauma-informed care

**PLEASE register by September 20, 2018**

<https://www.surveymonkey.com/r/trauma101faithleaders>

or email Janet Zeis at [jzeis@chesco.org](mailto:jzeis@chesco.org)



**Attention Deficit Hyperactivity Disorder (ADHD) is a brain disorder that affects a person's executive functioning, and is often present alongside other mental health conditions. Chester County's CHADD (Children & Adults with ADHD) affiliate is a comprehensive resource. The group holds monthly meetings, sponsors events, provides resources and a regular e-newsletter with information on many different topics surrounding ADHD. [Visit the website](#) for more information.**



**The Peal Center** has resources and information for families that have children with disabilities and health care needs. Visit the website at [this link](#).

## Domestic Violence Symposium - October 2 at Cabrini University

Trauma and Trafficking will be the focus of this free symposium next month. The event runs from 9:30 - 12:30 and will examine the issues with featured panelists. Find out more information and how to register at [this link](#).



## More Resources, Events & Classes

[West Chester University's Community Mental Health Services](#) is offering new groups aimed at self-care.

[Accessing the Child Serving System](#) - Wednesday, Oct. 17 at the Chester County Public Safety Training Campus. Registration required.

[The PA Department of Aging](#) is holding a LGBTQ Aging Summit, Oct 9 and 10 in Harrisburg

[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](#) - a user-friendly database for social services information.

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



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601 Westtown Road, West Chester, PA  
[www.chesco.org/mhidd](http://www.chesco.org/mhidd)

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