

October, 2018



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A graphic with an orange background. On the left, a white speech bubble with a black outline contains the text "Cure Stigma" in bold black font. To the right, the text "October 8 - 14" is written in red, and "Mental Illness Awareness Week 2018" is written in black below it. At the bottom, there is a call to action in black text: "Find out if you've been infected by stigma. Take a 3-question, multiple choice quiz at www.curestigma.org".

[Link to the quiz](#)

The Power of Peers

Reuters reported in an article by Lisa Rapaport last month that peer support is working to reduce repeat psychiatric hospitalizations. A study of more than 400 psychiatric patients in the UK found that those who met with a peer support specialist were 34% less likely to have a repeat admission in year following their hospitalization, than those who did not have such support.





TAKE A MENTAL HEALTH DAY at West Chester University Wednesday, October 10, 2018

West Chester University's College of Health Sciences is holding the third annual Take A Mental Health Day on campus. Learn more about the day and the screening of the film, *Suicide: The Ripple Effect*, [at this link](#).

Since June, Chester County's Suicide Prevention Task Force has certified more than two dozen new QPR (Question, Persuade, Refer) instructors to help deliver QPR suicide prevention classes throughout the county.

If you're interested in taking a QPR class, [click](#) for a flier about an upcoming class. Check out [@CCSPTaskForce](#) on Facebook, or visit the website, www.chestercountysuicideprevention.com.



Liv Live Concert for Suicide Prevention & Awareness

**Friday, October 19
7:00 PM**

**Steel City Coffee House
203 Bridge Street, Phoenixville, PA 19460**



Jake Kelleher
Liv • Live Concert

*A concert event to raise awareness
of depression and suicide prevention*

Come out to support this important cause & hear great music from local musicians!
Sponsored by the Chester County Suicide Prevention Task Force.
Donations accepted at the door.



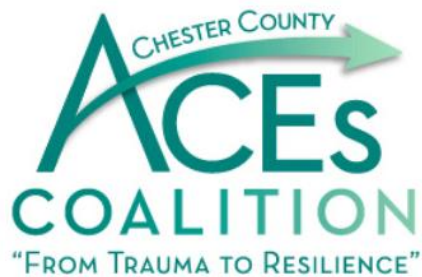
pennsylvania

CARE PARTNERSHIP

DEVELOPING SYSTEMS THAT CARE

The PA Care Partnership is sponsoring the
Ninth Annual National Family Week Conference
October 26, 2018 8 a.m. until 4:30 p.m.
A Community Built to Conquer Opioid Addiction

Find out more about this event, trauma informed training and other resources at the website www.pacarepartnership.org.



How Can We Prevent ACEs?

We know Adverse Childhood Experiences have a strong and lasting impact on a person's overall health and safety, but more research is now showing ways to prevent the trauma, build resilience and heal.

The Centers For Disease Control and Prevention, along with VetoViolence, have developed the ACEs Snapshot online resource. [Click here for more information.](#)

Chester County is holding the third annual Color Run to raise awareness and funds to fight opioid addiction and overdose. [Click here to register for this event.](#)

Independence  presents

CHESTER COUNTY COLOR FIVE K

FIGHTING OPIOID AND HEROIN ADDICTION IN CHESTER COUNTY

Saturday, November 10th | Registration 8am | Race 9am | Everhart Park, West Chester



More Resources, Events & Classes

[Prolonged Exposure Therapy for PTSD](#) - A 3 day training at West Chester University, October 17-19. [Click for flier.](#)

[Recognizing and Reporting Child Abuse Training](#) - Free from the PA Family Support Alliance, November 2nd. [Click for flier.](#)

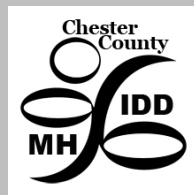
[The Center For Families](#) in Bryn Mawr is hosting a Symposium, **[Emerging Trends in Mental Health Treatment](#)** on November 8 - 9.

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

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

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

[Calendar of events](#) - 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