

November, 2018



MINDING YOUR HEALTH

Chester County's Mental Health Newsletter

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Mental Health and Faith Communities



Kia Everett, PhD., has been in helping professions for more than two decades, but a near-death experience just three years ago renewed her passion for her work as a licensed Behavioral Specialist. It also gave her a new approach to reach individuals struggling with mental health conditions.

"Three years ago, on New Year's Day, I had a heart attack," said the 46-year-old wife and mother of three. "It wasn't long after that, I developed depression. I knew I needed help, and like many people raised in a church community, and I turned there, and to my pastors, for help with my mental health."

Everett, who has two Master's Degrees in Human Services and a PhD. in Christian Counseling from Grace Bible Christian Seminary in Georgia, soon realized she needed more specialized treatment for her depression. Her recovery journey gave her a new perspective, and ignited her mission to bridge the gap between churches and caring for mental health. For the past two years, Everett has organized mental health summits for faith communities, and last year she opened a Mental Health Urgent Care and Counseling Center in Delaware County, aimed at helping people in her community. [Continue Reading.](#)

24 Graduate Chester County Crisis Intervention Team Training



Chester County's fourth Crisis Intervention Team (CIT) pictured above, graduated on Friday, October, 26 at the Chester County Public Safety Training Campus in Modena. A collaboration between the mental health and law enforcement systems, the week-long, 40-hour CIT program has been offered in Chester County twice a year since April, 2017. A total of 89 individuals working in local law enforcement and corrections have graduated so far.

CIT is an internationally renowned model for community policing with proven results. Among the positive outcomes seen nation-wide are increased public safety, the diversion of people with mental illness from the criminal justice system to mental health treatment, the use of fewer restraints, decreased police officer injuries, and increased police morale.

Suicide Prevention Updates

*Interested community members are invited to the **Chester County Suicide Prevention (CCSP) Task Force quarterly meeting on Wednesday, November 14, from 3:00 - 5:00 PM** at the Government Services Center in West Chester.*

The featured speaker will present her research on the impact of losing someone to suicide, part of her doctorate dissertation at the Philadelphia College of Osteopathic Medicine.

Since August, the CCSP Task Force has delivered QPR (Question, Persuade, Refer) suicide prevention training to more than 1,500 individuals in Chester County, including educators, high school students and QVC employees. Last month, CCSP Task Force held a Liv Live Concert for suicide awareness at Steel City Coffee House in Phoenixville.



Delaware County's Suicide Prevention Task Force is holding its 15th Annual Symposium on November 15 in Springfield, PA. The focus this year is a *Combined Effort: How our Diverse Community Prevents Suicide*. [Click for registration.](#)

Report: Mental Health Diagnoses Among College Students on the Rise

The chances of a college student being diagnosed or treated for a mental health condition have increased over the past 5 years. According to a report from the international news agency Reuters, a survey from 452 colleges showed more diagnosed students accessing services, with depression and anxiety being the most common conditions.



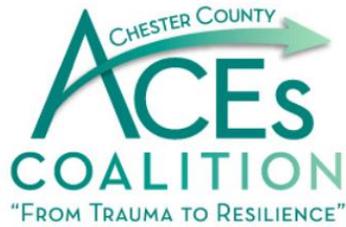
Because mental health conditions are so common, with about three-quarters of them developing by age 24, the National Alliance on Mental Illness (NAMI) has created several new resources for young people, including a 28-page guide for college students and parents, [Starting the Conversation, College and Your Mental Health](#). Other resources and video clips are at the [NAMI website](#).

Mental Health First Aid on Campus

West Chester University is one of many universities now offering more mental health resources for students, including Mental Health First Aid classes on campus. Through the College of Health Sciences, seven classes have been held so far this year, with 140 individuals certified.

The internationally acclaimed eight-hour public education program is designed to teach everyday citizens the skills to help someone struggling with a mental health concern or crisis. For more information about the classes at West Chester University, [click here](#).





Did You Know?

Adverse Childhood Experiences (ACEs) are common and can cross all socioeconomic, racial and ethnic boundaries. The majority of those who have an adverse childhood experience have had more than one. In fact, the more ACEs a person experiences, the higher their risk for developing health conditions throughout their lifetime. An Iowa study highlights this increased risk in easy-to-understand graphics. [Click for the link.](#)

Don't forget your flu shot this season!

Chester County's Health Department schedules appointments for flu vaccines on Wednesdays, Fridays and select Tuesdays.

[Visit the website for more information.](#)

Together We Can Beat the Flu

6 Tips to Stay Healthy this Flu Season



5K CHESTER COUNTY COLOR FIVE K
FIGHTING OPIOID AND HEROIN ADDICTION IN CHESTER COUNTY

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

[Use this link](#) for more information or to register for the Chester County Color 5K.

Stages Arts Initiative, created to benefit overall health and wellness through the arts, holds regular music jam sessions at Crossroads Recovery Center in West Chester. Participation is free and instruments are provided. Musicians may bring their own instruments as well. Contact Crossroads at 610-429-1702 for information.



On Saturday, November 10, Stages will also hold a Veterans Day Music & Art Tribute at Thorndale United Methodist Church.

[Click for event flier.](#)



More Resources, Events & Classes

[Meditation for Caregivers](#) is a FREE workshop being held Sunday, November 11 from 2-4 PM at the Downingtown Yoga & Education Center. RSVP for the event at 267-673-3890.

[HELP WANTED](#) - Voice & Vision, Inc. is seeking an outreach and education person for Chester County.

[Mental Health Resources](#) from [Shape the Sky network](#), an organization dedicated to enriching the online experience for our children through better education and more effective communication.

[The Peal Center](#), an organization made up of parents who have children with disabilities, has published a new directory of resources.

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

[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

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