Minding Your Health

Chester County Mental Health Services

Did someone forward this monthly publication to you?

Click here to subscribe and be sure to get your free issue each month from Chester County Department of MH/IDD

Finding A Path to Hope

Holly O'Connell is a registered nurse and fearless mental health advocate, but foremost, she's a mom. In September 2018, she used her experiences in these roles to create *A Path To Hope*, a Downingtown-based non-profit aimed at helping other parents who have children struggling with mental health conditions.

"I started by inviting a few friends over to my house," said O'Connell, pictured to the right. "I shared my story of helping a family member with mental health concerns, and I was surprised to hear how many others had similar situations."

In the five months since she began, she has not only created a website with a comprehensive listing of local resources and a following on social media, she has held more and larger community meetings, and is now planning her first large mental health and wellness fair, set for Saturday, March 2. **Read more**.

PA Residents Encouraged to Speak Up

Last month, the office of Pennsylvania's Attorney General launched *Safe2Say Something*, an anonymous reporting system for every school across the Commonwealth. The program enables students, teachers, school administrators and others to detect and report potential threats of violence and other problems before they happen. In the first week of operation, the system received more than 600 tips and calls statewide.

"Pennsylvania's students deserve a safe place to learn, free from the threat of violence from classmates or other individuals," said Attorney General Josh Shapiro.

Learn more at the *Safe2Say Something* website: **www.safe2saypa.org**.

Riding Along in Coatesville

If there's one thing Sergeant Roger H. Ollis, Jr. has learned in his almost 10 years on the City of Coatesville Police Department, it's that one must take time to get to know a community in order to best serve it. That's why Ollis invited Rich Mollica, the Community Outreach Coordinator at Human Services, Inc., to ride along in his patrol car and tour the city last month. The two men are pictured above.

The invitation proved to be an invaluable introduction for Mollica, who has been working to connect homeless and vulnerable individuals to services and resources throughout Chester County since June, 2018. **Read more of the article**.

Transgender Therapy Training Webinar

This 60-minute webinar begins a series of trainings from the Children's Hospital of Philadelphia's (CHOP) Gender and Sexuality Development Clinic, in partnership with the Department of Human Services. It is focused on supporting transgender and gender expansive clients. The presenters will review language and terminology related to gender identity and introduce stages of gender identity development.

FEBRUARY 12 FROM 1:30PM – 2:30PM

Click here for the flier and registration information.

Check out our calendar of monthly meetings and support groups here.
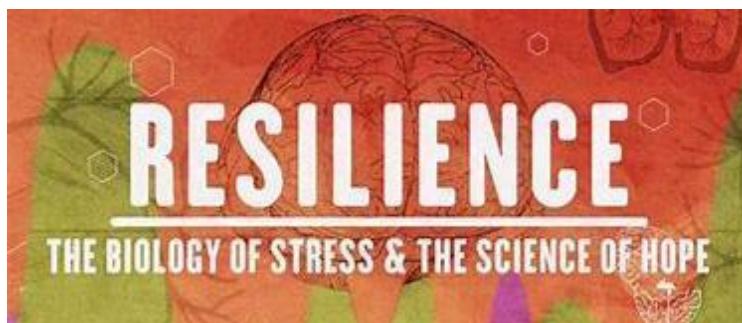
Contact us if you have additions!

MEDICAL CANNABIS A N D RECOVERY

TUESDAY, FEBRUARY 19, 2019
9:00 AM-12:30 PM OR 1:30 PM-5:00 PM
601 WESTTOWN ROAD, RM 171
WEST CHESTER, PA 19380

Kenneth A. Dickinson, BS (Pharm), MS, RPh, HonDSc."Pharm-Assist" Trainer & Consultant, will provide a 3 1/2 hour workshop designed for professionals who are invested in understanding and assisting persons with qualifying medical conditions for medical cannabis. The potential for diversion, misuse, and abuse will be discussed as well as the role of cannabis in relapse to those in recovery.

REGISTER HERE:
HTTP://SCHEDULEME.LINK/3321/

RESILIENCE
THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

2 Free Screenings of the Ground-breaking Film, Resilience
Thursday February 7th
12pm-1pm and again from 6:30pm-7:30pm

At the Park Springs Apts. Community Center
1800 Park Springs Blvd. Spring City, PA 19475

Hosted by Owen J. Roberts Middle School and the Chester County ACEs Coalition.

The average teen spends 6.5 hours a day looking at screens.
What's the impact?

Screenagers explores struggles over social media, video games, academics and internet addiction. Through poignant and unexpectedly funny stories, along with insights from authors, psychologists and brain scientists, this film shows how tech time impacts youth development and offers solutions on how adults can empower kids to best navigate the digital age.

Admission is free, but registration is required. Use this link to register and to find out more about the film.

Click here to visit the CHADD website and find out about other local events.

More Resources, Events & Classes

The Incredible Years - an evidence-based 20-week program developed in 1983 to help families with over-active, inattentive, non-compliant and aggressive children. Being offered at Child Guidance in Coatesville.

Mental Health First Aid classes are scheduled in Chester County. Check class fliers for registration in and information at the **MHIDD website**. Scroll down to MHFA classes.

Stewards of Children - a free training from Crime Victims Center of Chester County. There are two upcoming dates: Feb. 20 or 27.

Charting a Lifecourse - What's your vision of a good life? Learn about the Lifecourse tools, offered at no cost.

HELP WANTED - Voice & Vision, Inc. is seeking an outreach and education person for Chester County.

Code Blue information

Chester County Refer web - a user-friendly database for social services.

Chester County Department of Mental Health / Intellectual and Developmental Disabilities
601 Westtown Road, West Chester, PA 19380
www.chesco.org/mhidd

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