

**WORDS
TO PONDER**

“Hope,
Hope,
Hope.

It has to be there. Rob the person of hope, and there won't be any recovery.”

Dan Fisher, psychiatrist and executive director, National Empowerment Center

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Newsletter of the Community Support Program of Bucks County

VOLUME 2 ISSUE 2

SPRING 2015

The Peer Support Issue

By: Nancy Scheible

Peer support happens when people with similar experiences offer each other encouragement, resources, and support. Peer support is a natural phenomenon and occurs in many different forms, in regards to many different life experiences. Key principles and values of peer support include mutuality, respect, shared responsibility, trust, and hope.

One of the most widely known forms of peer support that exists today is Alcoholics Anonymous and every other

kind of Anonymous group out there - Overeaters Anonymous, Narcotics Anonymous etc. Millions of individuals worldwide have sought help with addiction issues through an Anonymous support group since AA's inception in 1935.

Another example of the power of peer support is the National Alliance on Mental Illness (NAMI). NAMI began in 1979 in Madison Wisconsin with two mothers around a kitchen table who were struggling to get help & support for

their sons who were diagnosed with Schizophrenia. When they reached out to connect with other parents the response they received was immediate and positive—there was a great need for such support. Today NAMI is the largest grass roots mental health organization working on issues affecting those with serious mental illness. There are 1,000 NAMI affiliates nationwide and most of what they accomplish they do so with thousands of volunteers.

How to Become a Certified Peer Specialist

Pennsylvania is a national leader on the issue of Peer Support in mental health services.

In 2004 the Office of Mental Health and Substance Abuse Services began the PA Peer Specialist Initiative (PSI) when it was awarded a three year grant from the federal Center for Medicaid and Medicare services. The grant provided for the development of a training curriculum and a peer certification process. The PA Mental Health Consumer's Association played an integral role in helping to develop the standards and curriculum for the peer specialist training.

The first peer training classes occurred in 2006 and by 2007 Peer Support Services

were included in the state's Medicaid Plan which provided a mechanism for billing Medicaid for the delivery of Peer Support Services. Since then, there have been developments in continuing education for CPS's which cover areas such as: health, and supporting individuals in the criminal justice system.

Peer Specialist certification training focuses on recovery as its core value. The training is two weeks long (75 hours). Certification training explores active listening, cultural competency, appropriate self-disclosure, inspiring hope with our own recovery stories, goal setting and other important skills that are essential to providing effective peer support.

What is Peer Support, Continued from Front Page

So with these examples of peer support successes many asked “why can’t it work for people in recovery from mental illness supporting others with a mental illness?”

Peer support in mental health can actually be traced back to the 1790’s in France when Jean Baptiste Pussin, the superintendent of Bicetre Hospital in Paris, where he had himself been a patient, began to systematically hire as many staff for the hospital as possible from among recovered patients. Dr. Phillipe Pinel the chief physician at the hospital agreed with this strategy finding the former patients “gentle, humane, and disposed to kindness” which was in direct contrast to the common practice of physical punishment which was used as a management strategy in such hospitals at that time. Pinel & Pussin’s strategy was so successful in eliminating cruelty that they were able to do away with shackles and usher in what has since become known as the “moral treatment era.”¹

There is a great article about the global history of peer support at: www.imgur.com/a/flLbR.

Today the peer support role in mental health treatment is more defined and there are specific training programs to prepare a peer specialist for their special role in supporting the recovery of an individual with a mental illness.

The peer support role is a complimentary pathway of support for the person living with mental illness to access. Peer support does not take the place of clinical support, but rather compliments clinical treatment by providing that extra support that can come from only someone who has walked the same path.

So grab a cup of Joe, put your feet up and spend some time perusing the newsletter. We have some great articles from current peer specialists about their experiences, a first hand account from a person who has experienced the power of peer support and information on the current state of peer support use in Bucks County by mental health organizations.

Happy Reading!

¹From Article: [Peer Support Among Persons with Severe Mental Illness: a review of evidence and experience](#), by Larry Davidson, Chyrell Bellamy, Kimberly Guy and Rebecca Miller. Published 2012 in World Psychiatry.

What is Reach Out Foundation

The Reach Out Foundation is a fine example of the power of peer support. Founded in 1995 by several individuals who were attending a once a week support group who decided “something more” needs to be done to help people with mental illness get information about resources, navigate the system, and learn to advocate for themselves. Today Reach Out Foundation is a non-profit, consumer founded and consumer run organization in Lower Bucks County. In fact, it is the only organization of its kind in Bucks County. Their mission is to empower individuals with mental health and addiction disorders to live in recovery. Reach Out provides a safe and accepting environment for everyone who walks through their doors.

The main office located at 152 Monroe Ave. in Penndel is a walk-in center, meaning there is no need for an appointment, to check your insurance or to have an “intake” in order to take advantage of their help and support services. The services provided by Reach Out include providing a safe & accepting environment where individuals can build relationships that are supportive & aid in the recovery process. Reachout also provides education to consumers about their illnesses, treatment options, recovery & self-help principles, a variety of support groups and training to help consumers become leaders in helping themselves and others live in recovery. They also provide the space for fun and socialization with a game night and movie nights.

Most of the services occur at the main office in Penndel but there are some support groups that occur at other locations in the community. Check out their website for a listing of the support, educational groups, and activities they have at: www.rofbucks.com Not able to get on the internet? —give them a call at 215-970-5462 to find out what groups and activities they have.

The Way I Found The Reachout Foundation

By: Rosemary McCallum

The book I wrote, “Dead and Moving: Beyond the Despair of Bipolar Disorder” was the catalyst that brought me to my family and friends at the Reach Out Foundation of Bucks County in Pennel, PA. I had just finished publishing my long awaited memoir when I read in the local paper that an open reading would take place at the Morrisville Library.

When it was my turn, I stood up, walked slowly to the lectern, opened to a chapter I was hoping everyone would like and slowly began to read. I was extremely nervous since it was my first time in front of a crowd I didn’t know.

After I read a few pages, I stopped, and then; the clapping began, and people stood! One person came up and introduced himself. He told me about Reach

Out, which at that time was meeting in Morrisville. “Why don’t you come and visit with us. We’re meeting right after this event. You can follow me over.” His name was David and later became one of my best friends. “I would love to.” I replied. Before we left the library, I met at least a half-dozen other people who were from Reach Out. That was four years ago.

The Morrisville Library does not have an open reading any longer, but the Reach Out Foundation of Bucks County is still an important meeting place for people with mental and/or addiction disorders. It is the only 100% consumer-run facility in the area. The staff works to create a safe and accepting environment for anyone in need of support, education and resources. Support Groups are many and include sessions for people who are diagnosed

with Depression, Bipolar Disorder and Schizophrenia. Also, Double Trouble is a Twelve-Step self-help group for people with a dual diagnosis of mental illness and substance abuse and/or addiction. There are writing and craft groups and even movie and game nights.

Before Reach Out, I never had a home away from home. Somewhere I could go and people would listen without judgment; where I felt understood and where I could understand, listen and possibly help someone else.

.....
 Rosemary is a member of the board of directors at Reachout Foundation, a member of the Lower Bucks CSP and is hoping to become a certified peer specialist this summer.
 If you are interested in her book it can be found on Amazon under her previous name Rosemary Quarteroni.

Becoming a CPS, Cont'd from Front Page

Participants in the Certified Peer Specialist training, learn to support others recovery by relating elements of each training session to their own personal experiences of recovery through small group exercises, role playing, reading, and discussion. Peer support specialists become living role models of recovery.

In PA the Peer Specialist certification process is overseen by the OMHSAS and there are just two organizations who are authorized to provide the training: the Mental Health Association of Southeastern PA and Recovery Innovations.

In Bucks County there is an extensive screening pro-

cess to ensure that individuals are ready for such an intense training and for the subsequent role as a peer specialist. Though the training is quite costly to provide it is usually provided free of charge to participants as it is funded in part by Magellan Health, the County Office of MH/DP and for some individuals the Office of Vocational Rehabilitation. There is a training this coming June, which is already filled, so there will be an additional 15 to 20 CPS’s in Bucks County this summer!

If you are interested in becoming a CPS or have questions about a future training contact Anthony Pacifico at 215-444-2876.

My Road to Recovery & Becoming a Peer Specialist

By: **Christopher Cramp**

When I thought about writing my story of recovery, I really didn't know where to start because there was a long time that I did what I call "Fake it to Make"

In 2001, I was in the hospital for my mental health. They gave me a diagnosis of Bipolar Disorder. When I got out, I followed up with aftercare for a while but it got complicated with insurance not covering the care so I ended up stopping. That's when I started "faking it" big time. Things in my family life were getting bad and the therapist that my kids were seeing had noticed that I was "faking it to make it." She urged me to go back in treatment. So I did but was still "faking it" even to the doctor.

So when I got hurt at work in July of 2010, things that I thought were good started to fall apart. This is when I found out that I was not ok. The way I found out was I really wanted to die, and thought about it all the time. I was taking meds for depression, but they were not working and I didn't know how to tell the doctor. Every time I went, I got a prescription and got it filled. But this was not what I needed. I didn't realize that I had gotten so good at faking it that I was doing the same to the doctor so she didn't really know that what she was seeing in the office was not the real me.

I decided that I would stop faking it, and tried to advocate for myself and let the doctor know treatment wasn't working. When I asked the doctor about why my diagnosis changed from when I was in the hospital in 2001 (at this point just "Depression" instead of "Bipolar") she said that she didn't see the mood swings that I would have, all she saw was that I was depressed. This didn't sit well with me and I got real mad and drove home from the office. I didn't remember how I got home, but when I got home I started to drink, told my children that they had to go out and made a plan to kill myself. My children knew that something was wrong and wouldn't leave me. They called a friend of mine and it ended that night with me in Lower Bucks Hospital where I stayed for ten days. When I got out of Lower Bucks I was sent to Penndel Mental Health Center for my after care. In my eyes this was the start of my recovery. This is where I started to really learn about me and what was going on with me. Through the groups and individual therapy, I slowly moved to recovery.

When I got about half way through the TOP program at Penndel, one of the staff told me that I should go to the Certified Peer Specialist training class. I was not sure and so I put it off, but she kept on me, SO I finally filled out the application and was accepted. When I went to the first class I was not sure what to expect. But this class taught me so much about how I would like to recover and how I can help others do the same. Now, not only am I using my Peer Specialist Certification at my job at Penndel Mental Health Center helping others in their recovery journey, but I have been able to get my credit report cleaned up, was able to take my first vacation in about 12 years this past January and I am currently enrolled in college.



There is light at the end of the tunnel, and it's your recovery—you just have to keep moving forward toward it day after day.

Chris Cramp currently works full time at Penndel Mental Health Center in the Path/McKinney Homelessness Program supporting individuals while they are homeless and working on connecting them with resources for re-housing.

From the West Wing to the Wizard of Oz

By: Eve Zavodnick

I love being a Certified Peer Specialist. The idea of helping others on their personal journey of recovery is so rewarding. Peer Specialists model "recovery" for our consumers/peers by sharing our own stories of our own recovery. Once I started doing the job, I was instantly reminded of a scene from one of my favorite television shows of all time, 'The West Wing'. During the scene, one White House staffer is approached by the White House Chief of Staff in a great time of need and is told a joke/story. <http://www.youtube.com/watch?v=p37L3veJzQ>. The story/joke is an old one and has been told in many ways over many years, this clip is my favorite though.

Essentially, the joke goes as follows; a man falls into hole in the ground. He asks a Doctor that is walking by for help and the doctor throws a prescription into the hole. Then a Priest walks by and again the man asks for help and the Priest says a prayer and walks on by. Finally a friend walks by and the man calls up to him and asks for help. The friend jumps down into the hole. The man says "Are you crazy? Now we're both stuck down here" "Yes" the friend replies, "but I've been down here before and I know the way out"

Upon starting as a Certified Peer Specialist, I realized that the story clearly illustrates the power of support and this thought is with me with every consumer/peer that I meet with.

After a few more weeks on the job, I came up with another thought about Peer Support Services and this one relates to one of my favorite movies of all time, "The Wizard of Oz". Everyone knows the story, but please indulge me in my recap of the main events of the story.

Dorothy arrives in the Land of Oz, after a terrible tornado in her home in Kansas. All

she wants to do is to get back home, despite the fact that she was horribly unhappy back there in Kansas and was in the process of running away from home when the tornado hit. When she lands in Munchkin land, she is greeted by Glenda, the Good Witch of the East who tells her that she should journey to The Emerald City where the Wizard lives and ask him to get her back home to Kansas. She points her to the beginning of the Yellow Brick Road, which began in a small swirl in Munchkin land. Dorothy sets out and in time, meets up with the Scarecrow, who agrees to accompany Dorothy on her journey, as he too could use the help of the Wizard. Next, they meet up with the Tin Man and eventually, the Cowardly Lion who both join them on the way to see the Wizard. Each of these individuals needed help from the Wizard, and each finds the strength within themselves as they helped each other. They faced great adversaries along the way but eventually succeeded and finally got to ask the Wizard for their wish. The Wizard and Glenda, the Good Witch from the East explained that Dorothy and her friends all had the answers within them all along.

I believe that the friends that Dorothy made were her Peer Support Specialists. Together, they worked to find the answers, they supported each other in their journey. No one did for them, they did for themselves but with the support and friendship of others. Glenda certainly could have tapped Dorothy with her wand and sent her back to Kansas, but what would Dorothy have learned that way? It's the old adage, give a man a fish and he eats for today, teach a man to fish and he will eat forever.

Eve Zavodnick currently works as a peer support specialist with Magellan Behavioral Health.





A look at Peer Support Services in Bucks County

Here is a peek into the local Bucks County mental health centers and organizations and how they are utilizing peer specialists.

Family Service Association

At Family Service Association in Lower Bucks we currently have 2 Peer Specialist employed. One of our Certified Peer Specialist (CPS) works in our Support Case Management Team (SCOT) program and has been working in that position since November 2013. In his role the CPS mainly goes into the community to meet the peer's one on one. He supports the peers on issues such as management of anxiety; depression; substance use and coping skills. Our other CPS works in the Behavioral Health department at FSA. He only sees peers in the office. This CPS has been employed since January 2012. He co-facilitates a Tobacco group and facilitates a Whole Health group along with seeing peers individually for both.

Both CPS's are involved in various team & committee meetings with nurses, clinicians, case managers, and the doctors. At these meetings they discuss and share how Peer Services can support clients goals allowing everyone to be on the same page when supporting a peer/client.

Penndel Mental Health Center

Penndel Mental Health Center currently employs five Certified Peer Supports. Two of our CPS's are full-time and embedded in PATH and Community Treatment Team (CTT), providing supportive services to enrolled clients. PMHC also has three part-time CPS's, one in residential and two in Outpatient services.

Our outpatient CPS's work in office and in the community and help consumers build social and community supports while working on coping skills that will help with their mental ill-

ness. Outpatient CPS's also run groups, including a Weight Management Group where consumer's are given tools to help guide them towards a healthy lifestyle.

Penndel's CPS embedded in CTT works with those consumers who are in CTT. The CTT CPS works mainly in the community, helping the consumer with medication maintenance, Activities of Daily Living/IADL's and other tasks that the consumer may need assistance with. Penndel's CPS embedded in the PATH program assists the homeless in finding housing while working on medication management and building skills to support the consumer in the community. The CPS working with the residential program coaches the residents in building their social skills, coping skills and overall skills to achieve independence.

While the CPS's serve different roles in different departments their mission stays the same across the board. Their mission is to aid, teach and support their consumers in the recovery process by self-identifying their struggles with mental illness and encouraging them to work a positive recovery plan by sharing the skills that helped them lead a meaningful life.

Penn Foundation

We currently have 8 CPSs working at Penn Foundation through our FACT/ACT teams and a separate department which serves individuals across all other programs and in the community.

We serve roughly 125 individuals, and support them with wellness management, community exposure/inclusion, vocational and/or educational goals, and successful housing. The CPSs also offer WRAP (Wellness Recovery Action Plan) and general support groups, as well as a Hearing Voices support group. CPSs are also active team members in partnership with their participants.

Continued on page 8

According to OMHSAS:

Pennsylvania's total # of CPS's and supervisors at the end of calendar year 2014:

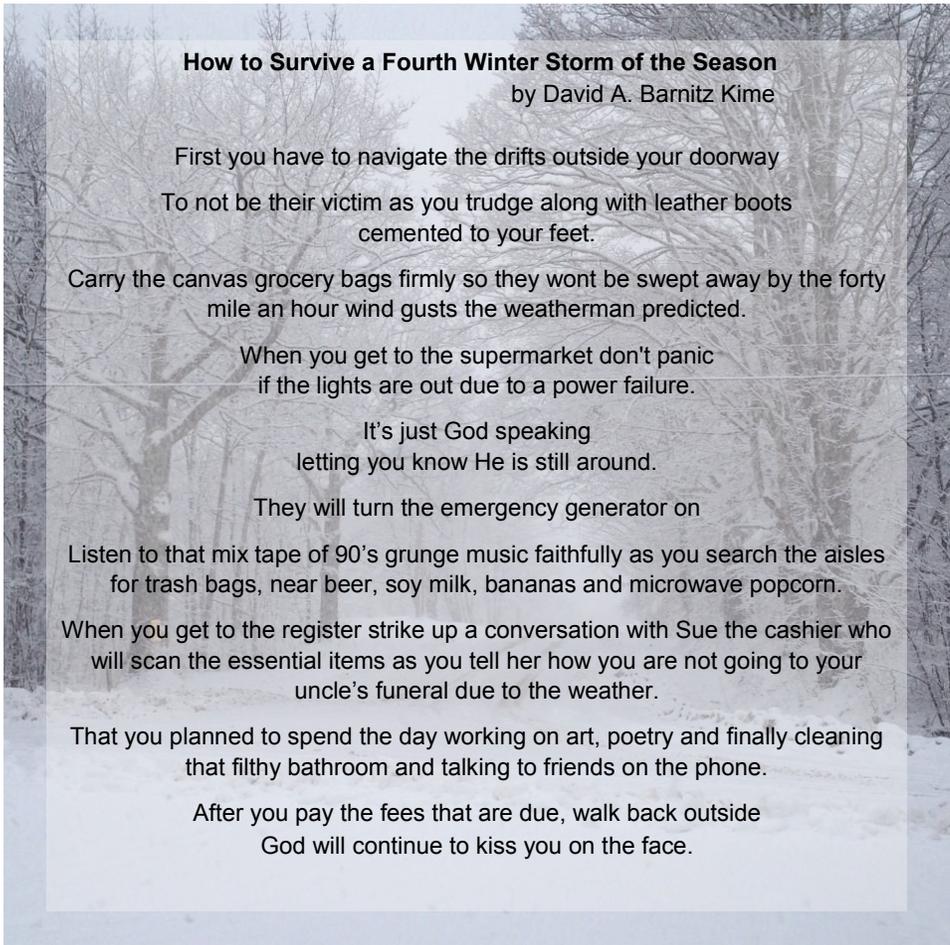
3670 Certified Peer Specialists

1454 Peer Supervisors

In November 2009 a Summit Gathering on Peer Support did a survey of the states that had active peer support programs.

Pennsylvania had the highest number of employed peer specialist . . . nearly 600.

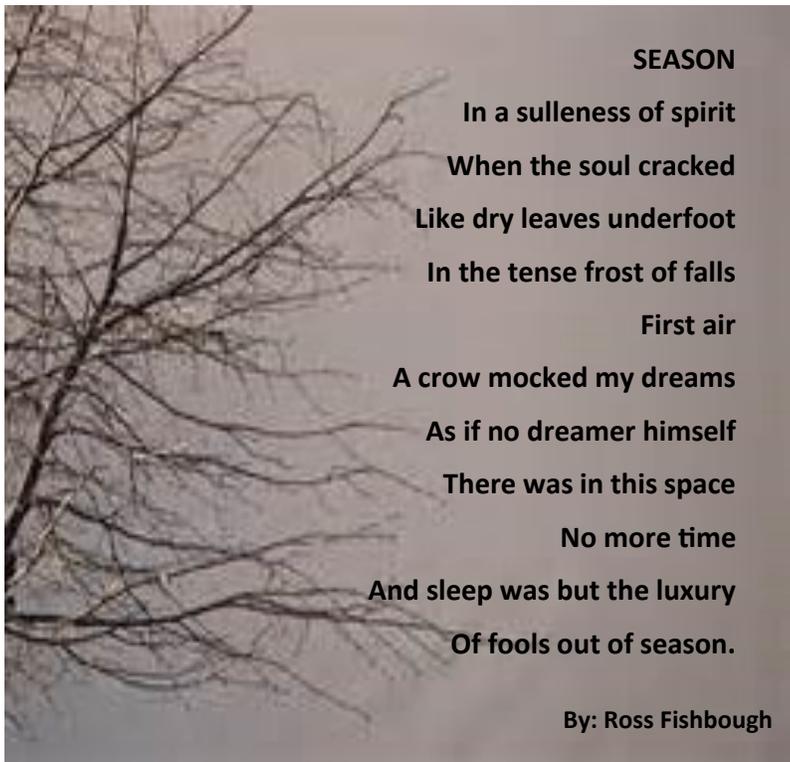
Poetry Page



How to Survive a Fourth Winter Storm of the Season

by David A. Barnitz Kime

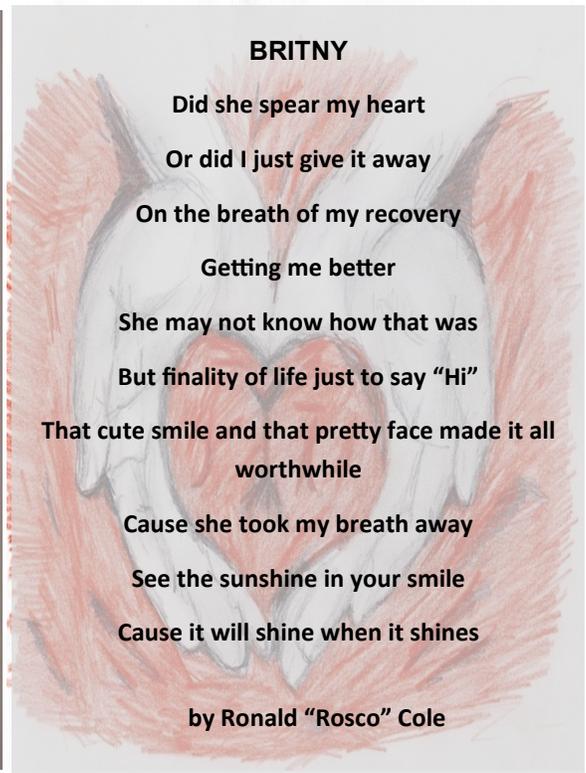
First you have to navigate the drifts outside your doorway
 To not be their victim as you trudge along with leather boots
 cemented to your feet.
 Carry the canvas grocery bags firmly so they wont be swept away by the forty
 mile an hour wind gusts the weatherman predicted.
 When you get to the supermarket don't panic
 if the lights are out due to a power failure.
 It's just God speaking
 letting you know He is still around.
 They will turn the emergency generator on
 Listen to that mix tape of 90's grunge music faithfully as you search the aisles
 for trash bags, near beer, soy milk, bananas and microwave popcorn.
 When you get to the register strike up a conversation with Sue the cashier who
 will scan the essential items as you tell her how you are not going to your
 uncle's funeral due to the weather.
 That you planned to spend the day working on art, poetry and finally cleaning
 that filthy bathroom and talking to friends on the phone.
 After you pay the fees that are due, walk back outside
 God will continue to kiss you on the face.



SEASON

In a sullenness of spirit
 When the soul cracked
 Like dry leaves underfoot
 In the tense frost of falls
 First air
 A crow mocked my dreams
 As if no dreamer himself
 There was in this space
 No more time
 And sleep was but the luxury
 Of fools out of season.

By: Ross Fishbough



BRITNY

Did she spear my heart
 Or did I just give it away
 On the breath of my recovery
 Getting me better
 She may not know how that was
 But finality of life just to say "Hi"
 That cute smile and that pretty face made it all
 worthwhile
 Cause she took my breath away
 See the sunshine in your smile
 Cause it will shine when it shines

by Ronald "Rosco" Cole

What the CSP Committees are Working On



All three CSP committees have some pretty big projects they are working on this year.

The Lower Bucks Committee has 2 workgroups: one focusing on homelessness, which is developing a homelessness survival guide which is coming together nicely and will hopefully be published in the next

several months. The advocacy subcommittee is working on developing a public education /anti stigma poster for Mental Health Month in May. Lower Bucks also has a community connection grant program which they are hoping more folks will learn about and utilize.

The Central Bucks Advocacy Subcommittee is continuing its work developing a story telling training program with the hopes of inspiring more individuals with lived experience of mental illness to use the story of their illness and recovery journey for public education/speaking and legislative advocacy efforts to help eradicate stigma in the community and bring the message of hope and recovery to individuals. In addition, the Advocacy Subcommittee is working on having a

showing of the acclaimed documentary film “Of Two Minds” in the community as an awareness raising anti-stigma event. They are planning a showing in late May..

The Housing Issues subcommittee hosted it’s 2nd Roommate Matching Event on Monday, March 23rd at Lenape Valley Foundation. They received a seed grant from the SE Regional CSP committee which is helping to fund this event and one more before years end.

The Upper Bucks CSP is once again running a community connections grant program which helps consumers connect to resources in their community through small grants. They are also sponsoring/hosting a Self-Advocacy Training day which will be held this spring or summer. After watching a movie called “Of Two Minds” and being moved by its message, they, like the central Bucks CSP, are developing a community education/anti-stigma campaign using the movie as a starting point for community building conversations following the movie. The showing will be Mon May 18th from 5:30-9:30 PM at the Sellersville Theater which will coincide with Mental Health Month.

“Over the last twenty years, the practice of peer support has virtually exploded around the globe Estimates place the number of peer support staff currently to be over ten thousand in the US alone.”

2012 article in World Psychiatry, “Peer support among persons with severe mental illnesses: a review of evidence and experience”

Peer Services in Bucks County, cont. from pg. 6

Lenape Valley Foundation

Lenape Valley Foundation employs 10 individuals who are Certified Peer Specialists who provide service to about 160 individuals each month. CPS’s at Lenape facilitate support groups & WRAP (Wellness Recovery Action Plan) groups. They can help individuals explore employment options, resume writing, organize living their living space, develop medication management strategies and support nutrition & exercise plans.

Penn Foundation

There are 8 CPS’s working at Penn Foundation

through our FACT/ACT teams and a separate department which serves individuals across all other programs and in the community.

We serve roughly 125 individuals, and support them with wellness management, community exposure/inclusion, vocational and/or educational goals, and successful housing. The CPSs also offer WRAP and general support groups, as well as a Hearing Voices support group. CPSs are also active team members in partnership with their participants.

Continued on page 9

Peer Services in Bucks County, cont. from pg. 8**Bucks County Peer Net**

This is a program of the Mental Health Association of Southeastern PA and is specifically a Peer Support Services program. Generally 7 full time Peer Specialist are employed in addition to the program manager. Currently about 70 individuals are enrolled for services and each Peer Specialist works with about 14-15 peers who are seen on average 3x per month. Participants in the program are assisted in developing a recovery plan which includes recovery goals. Many life areas such as health, social connections, employment or education can be addressed in a recovery plan.

Most of the services in Peer Net are one on one but they do occasionally have group sessions on recovery plans, medication issues or living in the community.

ReachOut Foundation

Reachout employs 8 individuals including the executive director. Three of those individuals are CPSs and one is a CRC (Certified Recovery Coach which is the substance abuse community's equivalent to a CPS). Reachout also has various volunteers who also help provide informal peer support, some of whom are CPS's. Reachout Foundation provides educational, informational, support and socialization services to approximately 500 individuals each month.

Salisbury Behavioral Health

My name is Zakk and I am a peer specialist for Salisbury Behavioral Health, which provides residential services in Bucks County. I work at their Long Term Structured Residence (LTSR). We have 16 different residents and there are 2 peer specialists. Each of us is responsible for working with 8 of those residents. Many of the peers that I work with are older individuals and have differing levels of ability to care for themselves, so each case is different. Some individuals have more recovery oriented goals whereas some have more recreation oriented goals. In this position the goal of a peer specialist is really to help the peers create a better quality of life for themselves. While it may not have been what I had planned

on doing when I got my certification, I am still helping the residents in my program. and by helping them, I help myself create a better quality of life for myself.

Voice & Vision Inc.

Voice and Vision, Inc. employs five Certified Peer Specialists (CPS) and three independent contractors who are CPSs.

Five of the CPSs provide outreach and recovery education to patients and staff at Norristown State Hospital. Two CPSs work in the College Plus Program. College Plus, works with students attending Bucks County Community College providing peer mentoring to help students reach their education/career goals. Another CPS works part time providing peer support mentoring in the Hope and New Directions® Program (H.A.N.D®). H.A.N.D® is a person-centered planning model for youth / young adults to identify strengths, gifts and a vision, overcome challenges, develop supportive, reciprocal relationships and implement steps that lead to fulfilling goals.

While all employees of Voice & Vision are **not** CPSs all 35 employees are peers, that is individuals with lived experience of mental illness, co-occurring disorders or developmental disabilities, which infuses a peer support perspective into all our interactions.

NAMI Bucks County

NAMI Bucks has a couple of initiatives in which individuals living in recovery are prominent. The "Peer to Peer" program is a free 10 week Recovery Education course for adults with mental illness, which is taught by peer mentors trained by NAMI. "Ending the Silence" is a program that provides 2 NAMI trained peers to speak in the high schools about mental illness in conjunction with the health curriculum. This program has been presented for several years in the Central Bucks School District and they are currently expanding to other districts in Bucks County.

CSP would like to thank all the listed agencies & their staff who took their time to submit the information about how they incorporate forms of Peer Support in their services.



**“You miss
100% of the
shots you
don’t take”**

**Wayne Gretzky
Hockey Legend**

Events of Interest

Advancing In Recovery Conference

Friday May 22nd 2015

8:30 AM to 2:30 PM

Delaware Valley University

700 E Butler Avenue, Doylestown, PA 18901

There will be a variety of workshops focusing on holistic wellness. Keynote speaker is Jenn Friedman, musician, author, and eating disorders recovery advocate who trusts in full that freedom from addiction and illness are possible. She shares her messages of strength, hope and connection through performing, reading and speaking. Through her works Jenn encourages other to cultivate their voice and own their own recovery process. You can learn more about Jenn at www.jennfriedman.com

Sponsored by: BC MH/DP, Magellan Behavioral Health & Delaware valley University

Cost: Free

Registration Required:

www.surveymonkey.com/s/recovery2015

Contact:

Jacqui DAmbra at 215-444-2707

jrdambra@co.bucks.pa.us

Southeast Regional CSP Conference

Monday May 4, 2015

8:30 am to 4:00 PM

Norristown State Hospital, Bldg # 33,
1001 Sterigere Street, Norristown PA 19401

Theme: Partner in Progress. Workshops on employment, education, advocacy, the arts in recovery.

Cost: FREE

Registration:

Penny at 610- 270-3685

pjohnson@hopeworxinc.org

NAMI of Bucks County Announces . . .

Stride for Mental Health Awareness

Awareness and fund raising event, all proceeds will be used to support mental health programs run by NAMI Bucks County which are provided at no cost to participants.

When: Saturday, May 9, 2015

Where: Fonthill Park
130 East Swamp Road
Doylestown, PA 18901

Check In: 8:00 AM / Walk Starts at 10 AM

Registration: required but there is no fee

For more info:/ to register contact: 1-866-399-6264

www.namibuckspa.org | info@namibuckspa.org

Artists and Poets in Recovery:

Display & sale of works throughout the month of May,

Indian Valley Library,
100 East Church Avenue, Telford, PA 18969.

Reception & Poetry Reading

Friday May 29th, 2015, 6:00pm to 8:30pm

Individuals in recovery are invited to submit their works, eligibility includes Bucks and Montgomery residents in mental health and/or addiction recovery.

Contact Lisa Dembrosky at 215-257-4760 or

Ldembrosky@pennfoundation.org

“OF TWO MINDS”

Monday May 18th 2015 — 5:00 to 9 PM

Sellersville Theater

24 West Temple Ave, Sellersville PA

Showing of the acclaimed documentary film about Bipolar Disorder followed by Panel Discussion/Q&A

Free Event

Sponsored by: Upper Bucks CSP Committee

Events of Interest, Continued

"OF TWO MINDS"

Wednesday May 27th 2015 — 5:00 to 9 PM

Delaware Valley University

700 E Butler Avenue, Doylestown, PA 18901

Showing of the acclaimed documentary film about Bipolar Disorder followed by Panel Discussion/Q&A

Free Event

Sponsored by: Central Bucks CSP Committee

SOUTHEAST REGIONAL CSP

Representatives from the CSP committees from the five southeastern counties of PA (Bucks, Montgomery, Delaware, Philadelphia, and Chester) come together once a month to exchange ideas, and develop CSP goals /projects for the five county region.

All are encouraged and welcome to come:

First Monday of each month from 3 PM - 5 PM

(on the second Monday when the first Monday is a holiday)

Hopeworx, Inc.

1210 Stanbridge Street, Suite 600, Norristown, PA 19401

Recovery Workforce Summit: 2015 Annual Conference—*The State of Recovery in the World of Psych Rehab*

June 1-4, 2015 at Pennsylvania Convention Center, Philadelphia, PA

For more info: <http://www.psychrehabassociation.org> and click on "Events"

The CSP would like to acknowledge several sources of information for this edition of our newsletter:

Pa Peer Support Coalition: www.papeersupportcoalition.org

Office of Mental Health & Substance Abuse Services (OMHSAS) for the statistics on the number of CPS trained in PA.

Pillars of Peer Support Services: Transforming Mental Health Systems of Care Through Peer Support. Report developed from the November 2009 Peer Support Summit held at the Carter Center in Atlanta GA, by: Daniels, A., Grant, E., Filson, B., Powell, I., Fricks, L., Goodale, L. (Ed)., Jan 2010. Available at www.pillarsofpeersupport.org.

A Call for Change: Toward a Recovery-Oriented Mental Health Service System for Adults, November 2005. A publication of the PA Office of Mental Health and Substance Abuse Services available at www.parecovery.org—under navigation button "Guiding Principles."

Resource Highlight

Bucks County Medication Take Back!

Turn in your unused, unneeded or expired medication for safe disposal

WHEN: Saturday April 25, 2015 10AM—2PM

WHERE: Drop off locations throughout the County

INFORMATION: Call Today Inc. 215-968-4713 | For drop off locations flyer: www.buckspromise.blogspot.com

WHY:

- 70% of people who abuse prescription pain relievers get them from friends or relatives.
- 1 in 4 high school students have abused prescription drugs.
- Environmental Protection Agency studies have detected pharmaceutical drugs in our water supply.

ABOUT CSP

The community support program is a coalition of all people who are stakeholders of the mental health system. A stakeholder could be a person in treatment and support, their family members, a provider of behavioral health care or any interested community member.

We have monthly meetings where we come together to exchange information and ideas about how to promote recovery and excellence in the delivery of community-based mental health services.

CSP Vision

Every person with behavioral health challenges will enjoy the highest quality of life. Quality of life consists of

inclusion in community, easy access to and choice of comprehensive treatment services and supports and multiple opportunities to enhance personal growth and recovery.

In order to achieve this vision CSP utilizes guiding principles that identify the way mental health services should be designed, developed and delivered. We use these principles at our meetings as we discuss and evaluate different elements of the community mental health system. We then set goals for the CSP committee in terms of making recommendations/advocating for changes that will positively impact the lives of those with mental health challenges.

CSP Principles:

- Person Centered/Person Empowered
- Culturally Competent
- Designed to Meet Special Needs
- Community Based/Use Natural Supports
- Flexible
- Coordinated
- Accountable
- Strengths Based

Inspiration

**A gem cannot be polished without friction,
nor a person perfected without trials.**

~ Confucius ~



CSP of Bucks County
Nancy L. Scheible

CSP Coordinator

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Phone: 267-269-7882 Fax: 267-587-2305

Email: nscheible@penndelmhc.org

Wherever you live you are not too far
away from a CSP meeting.

Upper Bucks CSP Meetings

2nd Friday each month 10:30 AM - 12 PM
Penn Foundation—Univest Conf Room
807 Lawn Avenue, Sellersville, PA 18960

A.J. Derro 215-869-4722
derroaj444@gmail.com

Central Bucks CSP Meetings

1st Wednesday every month 11AM-12:30PM
(March, June, Sept & Dec Mtgs
are in held in the evening 6-7:30 PM)

Lenape Valley Foundation
500 N. West Street, Doylestown, PA 18901

Phil Braun 215-893-5282
philip.braun@lenapevf.org

Lower Bucks CSP Meetings

2nd Thursday every month 3-5 PM
Pennel MH Center - Community Room
1517 Durham Rd, Pennel PA 19047

Nancy Scheible 267-269-7882
nscheible@penndelmhc.org