

# Community Support Journal



Volume 10, Issue 111

January 2021

Montgomery County Community Support Program

## President Biden Picks Rachel Levine As Assistant Health Secretary

Source: *Huffpost* - January 19, 2021

BY: Will Weissert AP

Levine is poised to become the first openly transgender federal official to be confirmed by the U.S. Senate.



WASHINGTON (AP) — President-elect Joe Biden has tapped Pennsylvania Health Secretary Rachel Levine to be his assistant secretary of health, leaving her poised to become the first openly transgender federal official to be confirmed by the U.S. Senate.

A pediatrician and former Pennsylvania physician general,

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### CSP to hold evening meeting Thursday, January 21st



At the December CSP Committee meeting, Sue Shannon reported that the executive committee discussed starting an evening CSP meeting to take place in the evening the same day as the daytime meeting. Some members of the Executive Committee would commit to going to both meetings to make sure that information presented at the daytime meeting was also presented at the evening meeting and the minutes from the evening meeting would be incorporated into the daytime minutes.

The committee agreed to set up a meeting for Thursday evening, January 21<sup>st</sup> and advertise it to our current committee. This will be a “test run” to see what technical problems may arise, especially around recording the guest speaker and re-playing it. The Zoom meeting information is below:  
<https://us02web.zoom.us/j/87307355682?pwd=Nm5sY2lNRThldWZTdM4xMVQrM3dTd09>

Meeting ID: 873 0735 5682 Passcode: 789171  
By phone: 1 301 715 8592 US

*PA's Health Secretary—continued from page one*

Levine was appointed to her current post by Democratic Gov. Tom Wolf in 2017, making her one of the few transgender people serving in elected or appointed positions nationwide. She won past confirmation by the Republican-majority Pennsylvania Senate and has emerged as the public face of the state's response to the coronavirus pandemic.

“Dr. Rachel Levine will bring the steady leadership and essential expertise we need to get people through this pandemic — no matter their zip code, race, religion, sexual orientation, gender identity, or disability — and meet the public health needs of our country in this critical moment and beyond,” Biden said in a statement. “She is a historic and deeply qualified choice to help lead our administration’s health efforts.”



President Joseph R. Biden Jr.

A graduate of Harvard and of Tulane Medical School, Levine is president of the Association of State and Territorial Health Officials. She’s written in the past on the opioid crisis, medical marijuana, adolescent medicine, eating disorders and LGBTQ medicine.

To see the article in its entirety, go to:

[https://www.huffpost.com/entry/biden-rachel-levine-asst-health-secretary\\_n\\_6006caaec5b6df63a919de56](https://www.huffpost.com/entry/biden-rachel-levine-asst-health-secretary_n_6006caaec5b6df63a919de56)



**Presidents' Day**, officially Washington's Birthday, in the United States, **holiday** (third Monday in February) popularly recognized as honouring George Washington and Abraham Lincoln. The **day** is sometimes understood as a celebration of the birthdays and lives of all U.S. **presidents**.

Monday, February 15 –  
**President's Day.**

**Hello, Montgomery County CSP**

**Friends:** The Social Committee would like to inform and remind community members about our Community Connection Grant. This grant is in place to support and foster community and social interaction among members of the mental health community and the larger community. Due to our current situation with Covid-19 our social gathering opportunities are very limited. However, this is a great way to get creative with how we interact with the people around us and stay connected.

**CSP Community Connection Grants available**

**By: Ameika Malcolm**

We are inviting and challenging you with the help of the Community Connection Grant to come up with ways to safely interact with your peers – virtually and out in the community.

Some of our past awardees have done activities such as Art and Eat, Halloween Parties, camping trips, dinner and a movie, and joining a gym. Some people have used the grant to take driving lessons, get their GED/ID's and to help them figure transportation when starting a new job.



Some suggested ideas from the social committee members are online video game tournament for the gamers, social distancing lunch in the park with a friend, virtual classes, movie watch club and outdoor open mic. These are few suggestions and we welcome you to share your ideas. And if you need any support with an activity, reach out to your peers, CPS's and us for help.

I, myself have subscribed to a virtual walk/run/bike challenge with the Runegade run club. My peers and I have been meeting up at HopeWorx on Tuesdays and Fridays at 8am where we go for a walk in the Norristown Farm Park. If you would like to walk with me and you are unable to make those time you can contact me at **610-270-3685** or [amalcolm@hopeworxinc.org](mailto:amalcolm@hopeworxinc.org) and we can arrange a time and date convenient for you.

Another activity we completed with Brush With The Law is a painting series inspired by famous artists such as August Strindberg, Claude Monet, Cezanne, Violet Oakley, and Georgia O'Keeffe. Also, CIC has been running some virtual support and activities groups. In the coming weeks, the HopeMarket will be working on generating an activities calendar, but I am very interested in hearing about and seeing how people utilize the Montgomery County CSP Community Connection Grant.



January 6, 2021 - The National Alliance on Mental Illness (NAMI) released the following statement from CEO Daniel H. Gillison Jr., regarding the violent takeover of the U.S. Capitol building:

**NAMI's statement on violent attack on The Nation's Capitol**

"The images of mobs storming the seat of our nation's government are deeply troubling, scary and may negatively impact the mental health of many Americans from all backgrounds. An attack on our democracy affects us all, no matter our political views. We call upon an end to the violence on Capitol Hill.

"As the nation's largest grassroots mental health organization, we offer our resources to help the nation heal. We continue to strive to deliver help and hope to all who need it. We are deeply saddened by this traumatic event. You are not alone."

*If you need to talk to someone, please text "NAMI" to 741-741.*

## PAIN DON'T HURT: Examining trauma in men

*By: Vernon Steed, Forensic Advocate  
& Kathie Mitchell, Newsletter Editor*

**Vernon Steed** knows trauma and he often uses his personal experiences to connect with men who may or may not know they have been traumatized.

Steed, a Certified Peer Specialist (CPS), works with incarcerated men in a class at the Montgomery County Correctional Facility (MCCF) in Eagleville which focuses on ways to recover from behavioral health issues and being involved in the criminal justice system by using peer support. And while the men in the class often described feelings of shame as part of their experiences, Steed said he hadn't connected it to a deeper part of the problem – until he attended a virtual course at the PA Annual Forensic Rights and Treatment Conference in December.

It's called victim shaming. It can be experienced by women and men who - as the victims – are wrongly blamed and held responsible for an action that wasn't their fault, said Steed, a Forensic Advocate with Community Advocates at Hopeworx, Inc.

"As men we suffer a lot of different traumas, but men don't report it," Steed said. "We don't want to be seen as less than macho."

Victim shaming is more widely thought of as a women's issue, especially in situations as violent as rape. Society may blame the victim for being provocative in some way, or "asking for it", Steed said.

During classes at the jail, men open up and share stories of mental abuse or being hit by a partner or a spouse but are reluctant to report it for fear of being belittled or shamed.

"When I talk to the men inside, they would describe things but we didn't call it victim shaming," Steed said.

The presenter at the conference was Chris Owens, a licensed professional counselor in Pennsylvania and member of the Drexel University faculty. His clinical practice focuses on child/family therapy and substance use disorders.

Owens told the participants that he had also experienced victim shaming in his own life.

According to Verywell Mind, blaming the victim is a phenomenon in which victims of crimes or tragedies are held accountable for what happened to them. Victim blaming allows people to believe that such events could never happen to them. Blaming the victim is known to occur in rape and sexual assault cases, where the victim of the crime is often accused of inviting the attack due to her clothing or behavior.

Steed said he plans to share the new information with participants in his justice and recovery class which is currently being conducted virtually due to the pandemic.

*(Continued on next page)*

**Pain don't hurt** *(continued)*

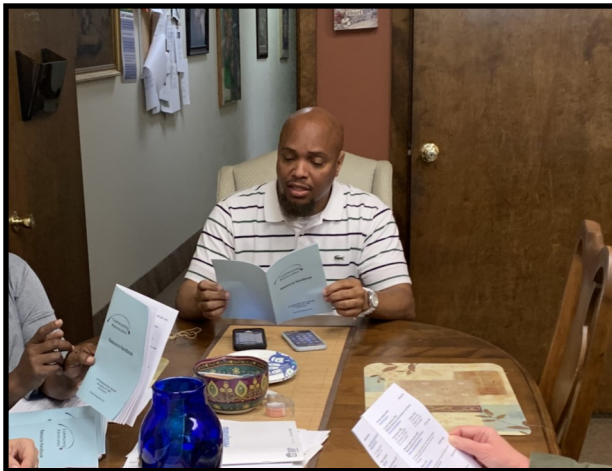
The class called **"It's T.I.M.E."** which stands for **"Think, Identify, Make changes, and Enter a new life"**, is a once-a-week class usually held for 14 weeks at MCCF. The class, created by Community Advocates and Forensic Psychologist, Gail Vant Zelfde, was created in 2009 to address a need in Montgomery County to provide peer support, education and advocacy for men and women who were incarcerated due to symptoms of their mental illness and/or substance use.

The class was initially conducted for men and has been shared at the jail uninterrupted for the past decade until March when COVID-19 forced providers to provide virtual services at MCCF.

According to Hopeworx Executive Director Sue Shannon, the **"It's T.I.M.E."** class is usually held four times a year with about 15 to 20 men attending the class. Due to the revolving nature of inmates coming in and leaving the jail, individuals will sometimes enter the class midway but are able to complete the class by joining the next session.

A similar class for women at MCCF started up several years ago, said Community Advocates Director Kim Renninger. While it took a while to get started and find a convenient time to hold the class when women were available, Renninger said the class had regular attendance with as many as 10 women participating. Women reported that they were learning things during class they hadn't gotten anywhere else.

For more information, go to: <https://www.hopeworxinc.org/what-we-do/community-advocates/>.



Vernon Steed, Forensic Advocate  
vsteed@hopeworxinc.org

**Community  
Advocates**

**HopeWorx, Inc**

## New Mental Health First Aid Classes

A message from the  
SE Regional Mental Health Services Coordination Office  
01/05/2021



### Announcing!!!! New Virtual Mental Health First Aid Classes for 2021!

Mental Health First Aid teaches a 5-step action plan to help loved ones, colleagues, neighbors and others cope with mental health or substance use problems and how to use the following steps in times of crisis.

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

We will be offering virtual classes for Adult Mental Health First Aid and for Youth Mental Health First Aid. When you sign up for a class you will be requested to complete pre-work toward your certification as well as an 8 hour virtual training session.

All trainings will be held from 8:30 am - 3 pm (Breaks and Lunch time included).

Registration for this session will be handled online. Registration will be handled on a first come first served basis. Registration will be closed once the seating capacity is met or once the registration deadline arrives, whichever comes first.

- ADULT - 2/10/2021 (Registration deadline 1/20/2021)
- YOUTH - 2/26/2021 (Registration deadline 2/5/2021)
- YOUTH - 3/10/2021 (Registration deadline 2/19/2021)
- ADULT - 3/26/2021 (Registration deadline 3/5/2021)
- YOUTH - 4/14/2021 (Registration deadline 3/26/2021)
- ADULT - 4/23/2021 (Registration deadline 4/2/2021)

**For more information about Mental Health First Aid:**

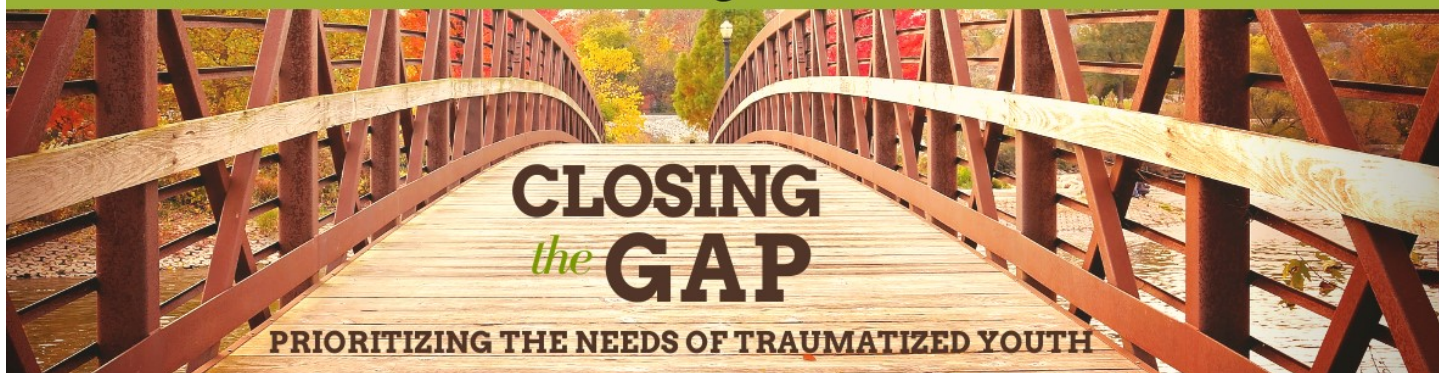
[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

**For more information about Virtual Mental Health First Aid:**

<https://www.mentalhealthfirstaid.org/2020/04/coming-soon-virtual-option-for-mental-health-first-aid/>

**SE Regional Mental Health Services Coordination Office**  
[www.fivecountymh.org](http://www.fivecountymh.org)

## Child, Adolescent, and Transition Age Youth Mental Health Conference



Online | Friday, Feb. 5, 2021

Register for the Conference!

Join participants from across the country for NAMI Keystone Pennsylvania's annual Child, Adolescent, and Transition Age Youth Mental Health Conference, Closing the Gap: Prioritizing the Needs of Traumatized Youth. The conference is taking place virtually on Friday, Feb. 5, 2021. [Register here.](#)

### ABOUT THE VIRTUAL CONFERENCE -

There is no shortage of reasons as to why many young people are feeling more stressed out or more anxious than usual these days. Or, why they are feeling more angry, fearful, or uncertain. Because of the global pandemic, schools and sports are in limbo, mask-

wearing is the new norm, and virtual meet-ups have replaced in-person get-togethers. And that's just the beginning. Social injustice and instances of civil unrest have forced parents and caregivers to have difficult conversations with youth of all ages. But the impact of these circumstances varies depending on background, experience, and whether a young person has a history of trauma.



Child, Adolescent & Transition Age Youth Mental Health Conference

February 5, 2021 | Online

NAMI KEYSTONE PENNSYLVANIA

For questions, email Sara at [slsteinberg@namikeystonepa.org](mailto:slsteinberg@namikeystonepa.org).



**"True peace is not merely the absence of tension; it is the presence of justice."**

We honor Dr. Martin Luther King Jr. and his leadership in civil rights.

## ***Martin Luther King Jr. Day***

**National Holiday  
January 18, 2021**

Martin Luther King Jr. Day is a federal holiday in the United States marking the birthday of Martin Luther King Jr. It is

observed on the third Monday of January each year. King's birthday is January 15. The holiday is similar to holidays set under the Uniform Monday Holiday Act. [Wikipedia](#)

### **Influential American civil rights leader**

**The Martin Luther King Jr. Holiday is an official day of service and celebrates the civil rights leader's life and legacy.**







## COVID-19 IMPACT SURVEYS

In response to a discussion during the most recent Mental Health Planning Council (MHPC) meeting which identified the need for real-time information regarding the impact COVID-19 has had on behavioral health services and persons-in-recovery in Pennsylvania, a group of MHPC participants and the PA Advocates for Whole Health and Wellness developed the attached surveys. We are interested in understanding the needs of mental and behavioral health and substance use providers, individuals in recovery, and families in Pennsylvania during the COVID-19 pandemic.

Individuals, agencies, and county agencies will be asked to answer some questions about mental/behavioral health and substance use services, barriers, needs, and any positive experiences. Please be assured that all responses will be kept completely confidential and will be reported as combined group information except for individual testimonials, which will be used without any identifying information being revealed or collected. Both surveys ask respondents to please describe their experiences with access and involvement with treatment services since the COVID-19 pandemic began in March of 2020.

Either survey should take approximately 10 minutes to complete. If you would like more information about these surveys, or if you are interested in providing a testimonial of your experiences, please contact [pmhca@pmhca.org](mailto:pmhca@pmhca.org)

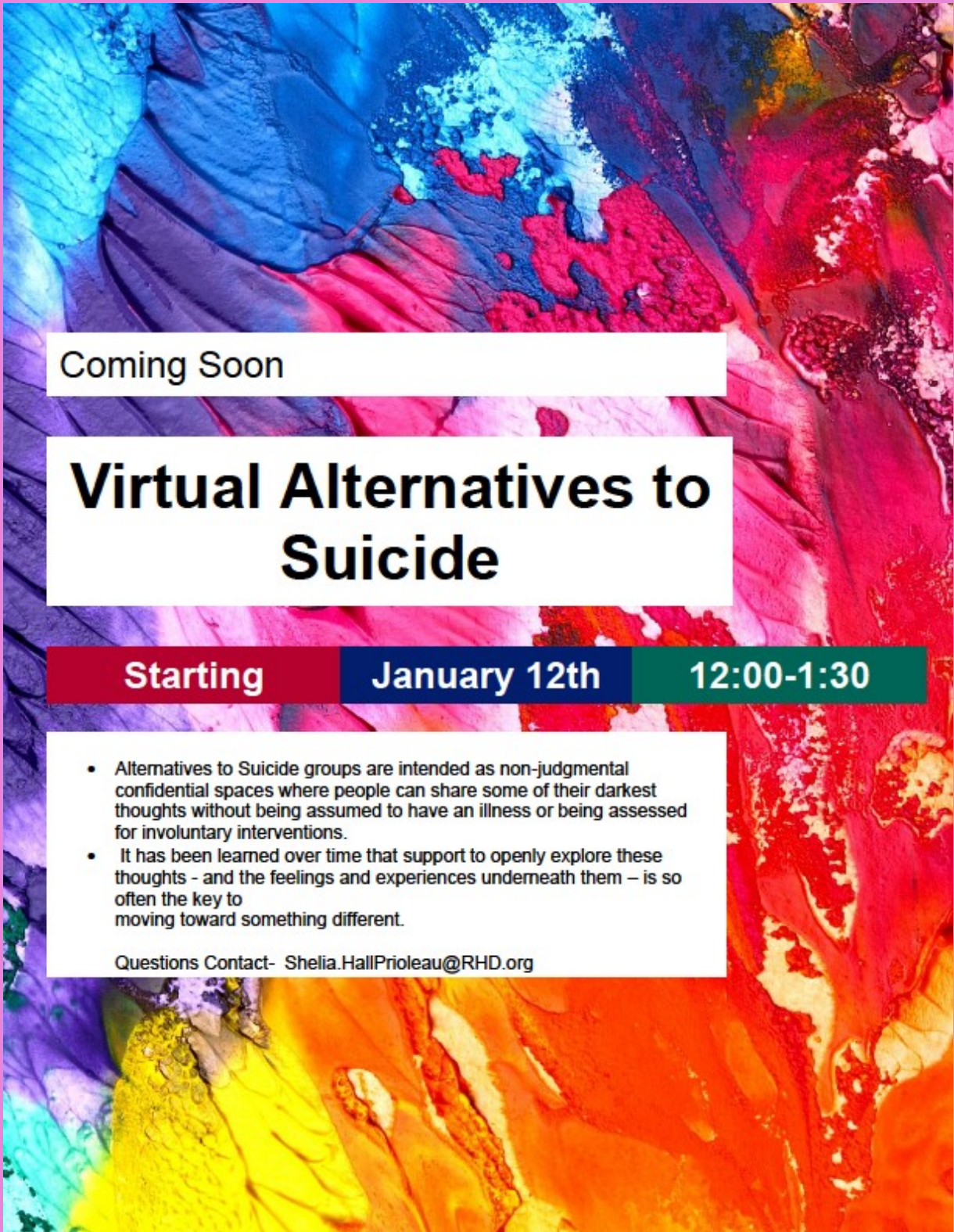
**PLEASE** distribute these links wherever you can including all listservs, all individuals accessing treatment services, all county agencies, and all service providers. We would appreciate every effort to capture as many persons-in-recovery, county agencies, and service providers as possible in order for us to be able to provide generalizable results. The information from these surveys will be compiled into a report which will be available to government agencies, providers, county agencies, respondents, and any others who are interested in ensuring that responses to the ongoing COVID-19 pandemic meet the current needs. Anyone wishing to obtain a copy of the report can make a request at: [pmhca@pmhca.org](mailto:pmhca@pmhca.org). Please keep in mind that all survey collectors will be closed on February 12, 2021 at the close of business. The completed report will be distributed at the Mental Health Planning Council meeting on February 23, 2021 and will be available for wider distribution after that date. There are two different survey links below:

**Person-In-Recovery/Peer/Family Member/ Support Person Survey:**

<https://www.surveymonkey.com/r/3JDGFVW>

**Provider/County Agency Survey:** <https://www.surveymonkey.com/r/3QTCP3L>

Kathy Quick, DSW, Executive Director, PMHCA



Coming Soon

# Virtual Alternatives to Suicide

**Starting**      **January 12th**      **12:00-1:30**

- Alternatives to Suicide groups are intended as non-judgmental confidential spaces where people can share some of their darkest thoughts without being assumed to have an illness or being assessed for involuntary interventions.
  - It has been learned over time that support to openly explore these thoughts - and the feelings and experiences underneath them – is so often the key to moving toward something different.
- Questions Contact- [Shelia.HallPrioleau@RHD.org](mailto:Shelia.HallPrioleau@RHD.org)



## Alternatives to Suicide Peer-to-Peer Support Group



- ◆ Alternatives to Suicide groups are intended as non-judgmental confidential spaces where people can share some of their darkest thoughts without being assumed to have an illness or being assessed for involuntary interventions.
- ◆ It has been learned over time that support to openly explore these thoughts - and the feelings and experiences underneath them – is so often the key to moving toward something different.

**Tuesdays**

**12:00 PM —1:30 PM**

**<https://us02web.zoom.us/j/86161479674>**

**Meeting ID: 861 6147 9674**

**Passcode: 148161**

**Or Dial in for Phone Access**

**+1 312 626 6799 or**

**+1 646 558 8656**

**Meeting ID: 861 6147 9674**

**Passcode: 148161**

For Additional Information, Please Contact *Creating Increased Connections*  
(a Program of Resources for Human Development) at 484-681-9432

**ICN COVID19 RESOURCES**

**Community Connections Navigates** - Montgomery County residents can call 610-278-3522 weekdays 8:30am-4:15pm to speak with an expert in local resources. Agencies can access Navigates on behalf of clients.

**Rent and Mortgage Assistance** - Renters can receive up to \$750 a month, homeowners \$1000 a month, for six months, March through November 2020. Visit [phfa.org/pacares](http://phfa.org/pacares) to apply.

**Legal Aid of Southeastern PA** - Help with public benefits including Unemployment, Social Security, Evictions, Foreclosures, and Expungements. Visit [LASP.org/intake](http://LASP.org/intake) or call 877-429-5994 weekdays 9:00am-4:00pm.

**SNAP enrollment** - Visit [compass.state.pa.us](http://compass.state.pa.us) or call 610-277-6363 x140

**Montco Hunger Solutions** - Call 610-628-2400 or visit [bit.ly/MontCoFood](http://bit.ly/MontCoFood) for information on food pantries, soup kitchens, and school meal pick-up locations, or to apply for the senior food box or Senior Farmers Market Nutrition Program.

**Meals on Wheels** - To find your local office visit [mealsonwheelsamerica.org/find-meals](http://mealsonwheelsamerica.org/find-meals)

**RSVP** - prescreened volunteers are ready to help; sign up at [rsvpmc.org](http://rsvpmc.org). For free grocery delivery, call 610-834-1040 x 208 or email [ShoppingRequests@rsvpmc.org](mailto:ShoppingRequests@rsvpmc.org).

**Family Services of Montgomery County** - Visit [fsmontco.org](http://fsmontco.org) for services related to family support, parent education, substance abuse prevention, reentry, older adults, and health and wellness.

**The Mental Health Support Line/Warmline** - Available 24/7 to respond to those struggling with anxiety and isolation due to COVID-19. Can be reached toll-free, 24/7 at 1-855-284-2494 from anywhere in PA.

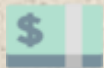
### COVID-19 RESOURCES



Find [food assistance resources near you](#).



[Mental health and substance use disorder help](#) is available.



If you are unable to work due to COVID-19, you may be eligible for [unemployment benefits](#).



Learn more about COVID-19 testing and [find a testing center](#).



See the latest COVID-19 guidance on [phased reopening](#).



Find COVID-19 [resources and guidance for Pennsylvania drivers](#).

### Montgomery County Office of Mental Health Update on COVID-19

For current updates in Montgomery County, please go to the County's COVID Hub: [www.montcopa.org/COVID-19](http://www.montcopa.org/COVID-19). People are encouraged to call ahead to service providers to confirm there have been no changes to delivery as public health best practices are evolving. Please utilize the Community Connections program for general questions or help navigating getting connected as well as Mobile Crisis and the Peer Support Talk Line.



### ACCESS SERVICES

Creating better ways to serve people with special needs

Access Services is proud to provide behavioral health services to Montgomery County.

MONTGOMERY COUNTY  
**MOBILE CRISIS**  
SUPPORT  
855-634-HOPE  
(855-634-4673)

MONTGOMERY COUNTY  
**PEER SUPPORT TALK LINE**  
855-715-8255  
text 267-225-7785

Justice Related Services  
610-500-2111

teentalkline  
teens helping teens / no judging no pressure  
text 215.705.8411 or call 866.625.0868

Starting Point  
Mobile Psych Rehab  
215-540-2150

Homeless Street Outreach  
610-482-5483



## CREATING BETTER CARE FOR ADULTS WITH COMORBID CHRONIC CONDITIONS



Early intervention is critical in both physical and mental health care, to reduce costs, improve quality of life for those in care, and achieve better clinical outcomes. As adults

age, they are more likely to develop multiple chronic conditions, and early intervention and effective care management become even more important.

Mental Health America (MHA) released a new report today, “**Creating Better Care for Adults with Comorbid Chronic Conditions**,” which explores the experiences of adults with co-occurring physical and mental health conditions and provides recommendations for providers to address barriers to initiating treatment, improve patient engagement, and create better care.

From March-August 2020, MHA surveyed adults ages 35-65+ with co-occurring physical and mental health conditions about their first experiences in care, their current care experiences, and what they want to receive from their providers. Key findings include: Reported Barriers to Initiating Care -

- **Initiating conversations about mental health:** Over half of adults indicated that they did not know how to bring up their mental health concerns, weren’t sure if they were enough of a problem to mention, or did not know with whom to discuss their mental health concerns.
- **Fear of discussing mental health:** Respondents indicated that they were afraid to talk about their mental health or admit that there was a problem, that they were nervous about what would happen if they were diagnosed with a mental health condition, and that they feared how their provider would respond.
- **Managing multiple chronic conditions:** Seventy-two percent of adults ages 35-64, and 51 percent of adults over age 65 agreed with the statement, “I already had enough to deal with. I didn’t have the time or energy to deal with an illness/another illness.”
- **Costs of care:** Sixty-seven percent of adults ages 35-64 and over half (53 percent) of adults over 65 reported that they did not think they would be able to afford mental health care, even if they did report their concerns.
- **Fear of burdening caregivers:** Seventy-nine percent of adults ages 35-64 and 69 percent of adults over 65 agreed that they did not want to burden their family members or caregivers with being sick.

### What patients want from their providers -

- **Effective Engagement:** Providers who took time to explain the causes, symptoms and treatments to their patients were more likely to be trusted by their patients than those who did not. Trust was also associated with how comfortable patients felt bringing new concerns to their providers.
- **Tools to manage their own health:** The majority (68 percent) of adults reported that they would like their doctor to provide them with tools they can use on their own to help manage their physical and mental health conditions.
- **More information on causes, symptoms, treatment options, and costs for mental health care:** Sixty-four percent of adults reported that they want providers to take the time to explain treatment options for mental health conditions, compared to only 31 percent who reported that their providers do so. Fifty-nine percent reported wanting their provider to explain the causes and symptoms of their mental health problems, and 39 percent want to know the cost differences of mental health treatment options, compared to only 24 percent and 9 percent of providers who do, respectively.

**To download the report, [click here](#).**

## CSP Reports for December 2020

**Advocacy Subcommittee** - Kim reported that the Advocacy Committee followed up on agenda items from last month:

- The Mental Health Planning Council – several members of the committee attended the statewide Planning Council meeting on Tuesday. Tracey gave a report on the Persons in Recovery subcommittee meeting. Children’s subcommittee discussed concerns about denials and additional requirements for authorizing, concerns that telehealth is considering going forward as only video, no phone only option. OMHSAS rep stated they wanted to go back to using the Planning Council for it’s intended purpose, rather than to simply relay information, as has been done in recent years.
- AOT law – the committee sent a letter to the county asking them to opt out of the AOT. The county has decided to opt out again for 2021.
- State budget – the budget was approved with no cuts for the rest of FY 20/21.

The committee also discussed concerns around commitment procedures. They discussed inviting someone from MCES to talk about how the system currently works, in practical terms – not just the law but how it exactly works when you’re going through it. Discussion about whether to do this and whether it should be a subcommittee speaker so that people can choose whether to participate or not.

**Social Subcommittee** - Penny Johnson reported that the newsletter was sent out. One Community Connection grant was approved, for a person to recertify their dog as an emotional support animal. They also discussed planning an online Jeopardy game with a holiday theme, hopefully by the end of the year.

**Conference Subcommittee** - The conference committee did not meet, but Sue Shannon invited anyone with ideas about a virtual conference to let the conference committee know.

### CSP MEETING CALENDER 2020-21

*Meetings are held every third  
Thursday, monthly @  
Norristown Public Library from  
12: 00-2:30pm  
The next meeting will be:*

January	21
February	18
March	18

*Until further notice, these meet-  
ings are via Zoom.*

### *Montgomery County CSP Executive Committee*

#### *2020/2021 Co-Chairs*

**Provider Member:** Abby Grasso, Executive Director of NAMI

**Person in Recovery:** Danny Kuchler

**Family Member:** Kathy Laws, FEST Program Manager

#### *2020/2021 Sub-Committee Chairs*

**Social/Media:** Ryan Schweiger

**Advocacy:** Kim Renninger, Robin Campbell

**Conference:** Erin Hewitt, Lauren Landers-Tabares

#### *2020/2021 Treasurer*

Morgan Killian-Moseley, CST Specialist

*Fiduciary* - HopeWorx, Inc.

**ABOUT CSP**

**CSP Principles**

- \* **Consumer Centered/  
Consumer Empowered**
- \* **Culturally competent**
- \* **Able to Meet Special  
Needs**
- \* **Community Based with  
Natural Supports**
- \* **Flexible**
- \* **Coordinated**
- \* **Accountable**
- \* **Strength Based**

**Join our  
Mailing list!**

We have an e-mail list as well as a regular mailing, to join:

**Send an e-mail to:**

**amalcolm@hopeworxinc.org**

*Or send your contact info to the mailing address below*

**Meetings:**

12:00 p.m. to 2:30 p.m.

**3rd Thursday  
of each month**

*Norristown*

*Public Library Community Room*

*1001 Powell St.*

*(at Swede St.)*

**Kathie Mitchell, Newsletter Editor**

**Montgomery County Community  
Support Program (CSP)**

1210 Stanbridge Street,  
Suite 600  
Norristown, PA 19401  
610-270-3685

Website: [www.montcopacsp.org](http://www.montcopacsp.org)

*Mission Statement:*

Montgomery County's Community Support Program (CSP) brings together individuals that receive mental health services, their family members, providers and the Department of Behavioral Health in an equal partnership to promote recovery and excellence in the delivery of community-based mental health services.

The committee strives to include a balance of people who use services, people who provide services, family members, and interested members of the community at large.

The CSP initiatives continue to grow state, regionally and county wide. As the involvement increases CSP has become a place that feedback can truly be given to the county from individuals that receive services and information can be given that suits the needs and requests of those that attend.

*CSP Subcommittees:*

- \* **Advocacy Subcommittee**—Works on legislative, policy, communication, budget, voter education and other issues related to mental health services in the county, statewide and at the federal level when relevant. At the direction of the CSP Committee, the Advocacy Subcommittee gathers information on issues, plans advocacy events and creates a monthly newsletter to provide information to the stakeholder network as well as the community at large about the work of CSP. The newsletter also provides updates on new and changing mental health services provided in Montgomery County.
- \* **Social/Media Subcommittee**—Works on facilitating opportunities for people in the CSP community to be more involved in the Montgomery County community. This includes implementing the Community Connections grants, which provide funding for people to participate in a variety of activities. The committee also implements transportation grants that provide gas cards and SEPTA day passes to CSP community members. The annual CSP Poster Art contest is also organized by this committee.
- \* **Conference Sub-committee** – The conference subcommittee will plan and fundraise for the annual Montgomery County CSP Conference.
- \* **Newsletter Subcommittee**—The newsletter subcommittee works to provide information to the public about CSP and mental health advocacy. The newsletter subcommittee is committed CSP recovery principles which is person centered and empowered by stakeholders. Our goal is to provide information through various media avenue and to create a quality newsletter that includes but is not limited to, legislative advocacy, events, services, personal recovery stories and creative writing such as poems. Please feel free to submit articles and stories to enrich our newsletter. Send to the editor: [kathiemitchell8221@gmail.com](mailto:kathiemitchell8221@gmail.com).

*Organizations who regularly send representatives to CSP:*

Montgomery Co. Department of Behavioral Health  
Central Behavioral Health  
Consumer Satisfaction Team of Montgomery County  
NAMI Montgomery County  
Mental Health Assoc. of Southeastern PA  
Salisbury Behavioral Health  
Magellan Health Services  
Resources for Human Development  
Community Advocates of Montgomery Co.  
Montgomery County Emergency Services (MCES)  
Hedwig House

We invite all peers, family members and providers/professionals to attend.



**If you can't attend the monthly CSP meetings but would like to give your feedback on topics we discuss, please email us at [amalcolm@hopeworxinc.org](mailto:amalcolm@hopeworxinc.org)**