**May 2023 SE Regional CSP Meeting Minutes**

**Date: May 1, 2023**

**Chair: Julie Whitmore**

1. **Welcome –**
2. **CSP Principles –** The Committee reviewed the first 5 CSP Principles which were revised by the state to be more recovery-oriented.
	1. **Person Center/Person Empowered –** instead of using the word consumer. It was agreed that person is more recovery-oriented and consumer can mean a customer buying something and also can be stigmatizing. Change “happy” to “fulfilling” lives and change “decisions” to “choices” and keep “having greatest possible control over their lives” or a version of that. Marissa shared “Services are based upon the needs of the individual and incorporate *self-directed care* and other approaches that allow individuals to retain the greatest possible control over their own lives.“
	2. **Culturally Competent –** They liked gender identities instead of “consumers”. Add family and relationship structures. Add physical challenges.
	3. **Designed to Meet Individual Needs –** Old “designed to meet special needs”. “Homelessness or houselessness?” Suggestions unsheltered and housing insecurity. Physical intellectual challenges, homelessness, unsheltered, criminal justice challenges. **Transcriber:** mental health instead of mental illness. It’s not mentioned in new version.
	4. **Community-based/Natural supports –** Services are “choice-driven” in the most inclusive manner. Removed “provided”. “In the community”.
	5. **Services –** Remove “allow” add “encourage” as “desired”.
	6. **The last 5 principles will be reviewed at the next meeting.**

**3. Review minutes – Approved.**

**4. Budget – No report.**

**5. Member story-sharing time –** Stacey Volz – I’m sorry if I upset or offend anyone. My mom was pregnant at 15; my dad was 17. Dad was an alcoholic. My first trauma was in mom’s stomach. Dad would beat mom up when she was pregnant and punch her in the stomach. I was sexually assaulted at 3 and continued through high school. Lived in subsidized housing, food stamps, on welfare and it didn’t bother me as a kid. I guess I thought it was normal. I thought “I’m going to grow up and save the world.” I was elected senior class president, captain of the Varsity field hockey team, most versatile, voted most likely to succeed. Went to college and wanted to go to medical school. Did some binge drinking with students. End of sophomore year, I was depressed. This is the most painful part: I thought people were poisoning me, God was sending messages, an alien put a transmitter in my neck, I smelled chemicals in the air. It was very terrifying. I couldn’t tell anyone. Told my mom I was suicidal. At 19, I had a psychotic breakdown and was put in a hospital. From age 20 to 45, I was in a psyche hospital or a residential place. That was not good. They were telling me what to do all of the time. I couldn’t handle it. I acted out. I was put in restraints and tied to the bed. For 1 ½ years they made me sleep in a straight jacket at night. The hospital said I had to drink out of a baby bottle. I don’t know what kind of recovery that was, it’s not the recovery I know today. In 2005, I was asked if I wanted to be a CPS. It was the first class in Montco. I didn’t know what it meant. Becoming a peer specialist changed my life. I got off of SSI. It got me out of residential to my own apartment for the first time at the age of 45. I feel that people understand what I’ve been through and people are willing to listen and I’m not just a behavior case. That’s all. Thank you everybody.

**a. Everyone gave words of support.** Commented on her strength and resiliency. It was amazing and you’re an inspiration to other people. Hope is the best part of your story. Stacey said at 19 they told my mom I would never function again. I am doing pretty damn good. My mom never gave up hope on me. Someone said they were feeling weak today but Stacey’s story was a reminder for her. Listening to you to have the courage to share your story. It was a reminder of where I came from, where I’m at, and where I’m going. I still have a future ahead of me. Perseverance and hope radiates off of you. A hug from Stacey makes my day a little better.

**6. Committee Reports**

 **a. Conference –** Karleen said the food budget is the challenge. We’re not sure how many people are coming. Planning for 75 to 100. How much to give the keynote, Nancy Walsh. Visionary boards, Karaoke DJ. Henna tattoos. Drum Circle from PROACT, yard games, basketball. Box lunches from Jersey Mikes. Bucks will bring a button making machine.

 **b. Advocacy –** Do a collage what advocacy means for us. Words on collage and people can write on there. We can display the collage at the conference. And a white board and people can write on it.

7. **Bucks County Report –** May 12th Bucks County Annual Picnic. 170 people registered. Celebration of Recovery. 23 programs setting up for resources. Each will provide an activity. Have a DJ. Free food. This will be our 2nd picnic. We’ll do awards. Jenna Woodward will receive the CSP Champion award. Revamped CSP wheel. New brochures printed.

8. **NAMI Walk –** In Ambler, 8 until noon on May 6th. Get a T-shirt if you raise $100. May 17th is the NAMI banquet and awards.

**9. Elections for Regional CSP –** Julie will send out information about positions open and descriptions of work. Please share with your local CSPs. Vote in the fall.

**10. Announcements/New Business –** Peer Support Coalition Conference is in June. The banquet will be held June 16th in Bucks County at Spring Mill Manor in Ivyland. You can get CEUs. Regional CSP has seed grants for starting new things and scholarships to give out to go to trainings and conferences. Delco CSP having a May 15th event at Tree of Life Church in Springfield a drumming event “Beating Stigma.”

**11. Next meeting will be in Bucks County in August –** Meeting will be hybrid probably at Lower Bucks (Langhorne, Penndel) and Pot Luck.

**12. Meeting adjourned.**