

# Community Support Journal

## Montgomery County Community Support Program Committee *Newsletter*



CSP Logo designed by Chris Ford

October 2025

Volume 10

### PA Human Services Officials Call for diligence, advocacy and trust

By **Kathie Mitchell**  
CSJ Editor

Valerie A. Arkoosh, MD, Pennsylvania Secretary of Human Services and former Montgomery County Commissioner, urged members of the Mental Health Planning Council (MHPC) to be strong advocates as federal cuts to programs like SNAP and Medicaid loom over future community funding.



**Valerie A. Arkoosh, M.D.**

During the morning session of the Council on September 18th, Arkoosh outlined resources online that will have up-to-date information available for individuals, providers and communities as they plan for future services in the wake of a law passed in July that, among other things, will require some SNAP recipients to meet work requirements and reporting requirements to the Department of Human Services (DHS).

Meanwhile, Dep. Secretary of Mental Health Jen Smith asked the Council and more than 100 people in attendance during the afternoon Join Session, to be willing to assume trust and positive intentions as they collaborate together over the next few difficult years with no additional funding.

“We have to make do with what we have,” Smith said. “There may be concessions with the best intent for the system at large. All partners need the ability to be open, honest, transparent and hear perspectives from all sides.”

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### State CSP Conference Highlights

**By William Holt, Bucks CSP and Southeast Regional CSP member**

I attended the morning portion of the State CSP Conference on September 29, 2025. The meeting began with a welcome and opening remarks followed by an advocacy activity titled “I Am Not Fraud, Waste and Abuse.”

The activity focused on making video presentations from volunteers

*Continued on page 3*

Smith added, "It's just hard right now. It's going to be a rough few years. It's okay to say you're struggling...or 'I need support.' We are all in this boat together knowing the decisions we make impact people every single day."

Smith said there were many opportunities for people to educate others, especially people who are in positions to make crucial decisions about mental health and drug and alcohol services such as members of the PA General Assembly and at the federal legislative level.

"Just because a bill is passed and not effective until future years," doesn't mean waiting to give input, Smith said. "Your advocacy is important (now). What you raise, what you asked for, is generally acted on. Your input in these community meetings impact our priorities and how we fund things."

Smith, who has two children receiving services through Intellectual Disabilities and Behavioral Health services, said she understands what it takes from a personal perspective – how policies can benefit some and put constraints on others.

"I know what it takes...what the barriers are" Smith told the stakeholder audience. "Your voices really are important and they are being carried to the highest level of government."

The two state officials were present at the MHPC quarterly meeting to provide insight and guidance to those who receive public services, providers of services, families and advocates as they struggle to understand the scope and meaning of the federal cuts to vital, sometimes life-saving services.

According to the PA DHS website, in July 2025, Republicans in Congress passed a bill that makes changes to the SNAP program. President Trump signed that bill into law. Some SNAP recipients now must meet work requirements and report that they are meeting this requirement to DHS. If SNAP recipients are not meeting this requirement, they will be limited to three months of SNAP benefits for a three-year period. Keep reading to learn about these changes, how they will affect SNAP recipients, and how to report that you are meeting the work requirements.

<https://www.pa.gov/agencies/dhs/resources/snap/snap-work-requirements-abawds>

Arkoosh also provided another link for crucial information regarding SNAP and Medicaid:

<https://www.pa.gov/agencies/dhs/resources/data-reports>

For more information about the Montgomery County Community Support Program Committee, please click here: [www.montcopacsp.org](http://www.montcopacsp.org)

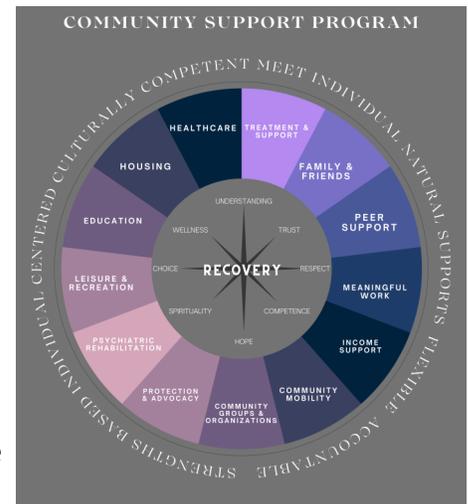
sharing their personal stories on how mental health issues have impacted their lives, what services they have received and to highlight how Medicaid cuts would effect their need for continued services and supports. A pre-recorded video example was provided, and attendees divided into small groups to craft their statements. The intention of this activity was to develop a Statewide CSP video featuring these statements to share with legislators, lawmakers and those in State and Federal organizations.

Following this opening activity, former PA Deputy Secretary of Mental Health Joan Erney presented on the importance of building CSP coalitions and their role in advocacy. Joan provided an overview of the political climate in our country today, the impact of recent legislative policies, current priorities and the gaps in funding needed to continue supporting individuals with mental health disabilities. Joan advocated for the efforts being made by many advocacy organizations to build an advocacy coalition and CSP's role in this coalition. She expressed the urgent need to advocate on the county, State and Federal level with legislators.

Dr. Charles Freeman presented a workshop on the 9 dimensions of Wellness. He went into detail about each of the dimensions which included such things as social, financial, cultural, physical, mental health/emotional, occupational, environmental and intellectual. He also talked about the Newstart Program and the 8 elements of this program that provide resources, support and advocacy for individuals with disabilities. His presentation ended with a discussion on how to create a 30-day action plan that targets 2 wellness dimensions and 2 Newstart habits.

The morning part of the conference ended with a presentation on "Freedom from the Inner Critic" by Rosi Greenberg, focusing on the recovery wheel and its goals for wellness, choice, hope and competence. Topics included:

- Understanding the roots of the inner critic and Imposter Syndrome
- Reframing the inner critic with compassion
- Cultivating a more empowering inner voice
- Tools to help others navigate their inner critic
- Embracing personal power through reflection and shared experience



## More about CSP:

**The Community Support Program of Pennsylvania** is a coalition of mental health consumers, family members and professionals working to help adults with serious mental illnesses live successfully in the community. The statewide coalition links CSP nationally with regional and local Community Support Programs throughout the state.

For more information about the Statewide CSP Committee and its history, go to:

<https://www.pa.gov/agencies/dhs/resources/mental-health-substance-use-disorder/csp>

## Pa. municipal election 2025: A guide to vetting local and judicial candidates

by [Stephen Caruso of Spotlight PA](#) | Oct. 9, 2025

HARRISBURG — When you go to the polls or fill out your mail ballot for the Nov. 4 general election, you'll see a slew of local candidates with a lot of direct power over your daily life.

Even though these officials will help determine the taxes you pay and how the criminal justice system treats you, it can be difficult to find good information about them during election season. Spotlight PA has some tips to make the vetting process easier.

Along with statewide races for Pennsylvania's [appellate courts](#), this year's general election will feature candidates for school boards, mayorships, councils, local judgeships, and more.

Exactly which races you see on your ballot will depend on where you live. You can check a sample ballot or [contact your county](#) to preview what's on your ballot ahead of Election Day.

All voters, including registered Democrats, Republicans, those who are unaffiliated, and those who are registered to a third party, can vote on Nov. 4. You can check if you are registered to vote [here](#), and register online [here](#).

Here are some steps you can take to prepare for Nov. 4:

Skip to section

- [What do these officials do?](#)
- [Find who is on your ballot](#)
- [Learn the basics](#)
- [Check out endorsements](#)
- [Take a deeper dive](#)

For all the information, go to Spotlight PA at:

<https://www.spotlightpa.org/news/2025/10/pennsylvania-municipal-election-2025-candidate-vetting-guide-elections/>





# 2025 MUNICIPAL ELECTION DATES TO KNOW

**OCT  
17**

**Secure ballot drop boxes open in 18 locations**

**OCT  
18**

**Satellite offices open on alternating Saturdays & Sundays from Oct. 18 through Oct. 26 from 11 a.m. to 4 p.m.**

**OCT  
20**

**Last day to REGISTER to vote in the November election**

**OCT  
28**

**Last day to apply for a mail-in or civilian absentee ballot**

**NOV  
4**

**Municipal Election / mail-in & civilian absentee ballots must be received by 8 p.m.**

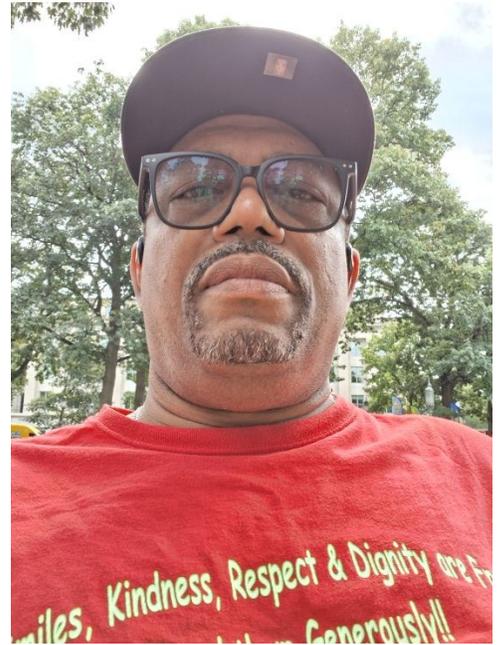
# Powerful stories of resilience and hope At Recovery Rally at the Capitol

By: William Moody, Advocate at HopeWorx Inc.

I went to this event where besides resource tables full of swag, I heard powerful stories of addiction and inspirational stories of resilience and Hope .

The event was called “Recovery in Reach Wellness & Resource Fair” and celebrated September as Recovery Month. It was held at the Pennsylvania Capitol on September 23 from 10 a.m. to 1 p.m. and sponsored by the Pennsylvania Department of Drugs & Alcohol Programs.

The event was held outside in the beautiful sunshine. There were food trucks available as well as a tour of the capital which I did not attend. The Recovery Event offered support to those in need in real time. I was honored to be able to attend.





As the bipartisan board of Montgomery County Commissioners, we serve every resident. Our responsibility goes beyond politics. Whether repairing roads and bridges, supporting small businesses, or ensuring families have access to healthy food, our work is rooted in one shared goal: strengthening our community.

We are able to do this because we work as a team. We may not always agree, but we choose respect, collaboration, and common ground. We preserve our democracy by engaging in respectful debate and recognizing the dignity of every person—no matter who they are, how they worship, who they love, or what they believe.

That's why we stand together in condemning hate, division, and violence in all forms. There is no place for them in Montgomery County or in our democracy.

This is a moment to lower the temperature. We call on every resident to lead with respect, to disagree without tearing one another down, and to find paths forward even when it's difficult.

By honoring our shared values, we make Montgomery County—and America—stronger, safer, and more united.

**NEIL K. MAKHIJA**  
MONTGOMERY COUNTY COMMISSIONER

**JAMILA H. WINDER**  
MONTGOMERY COUNTY COMMISSIONER

**THOMAS DIBELLO**  
MONTGOMERY COUNTY COMMISSIONER

## Moving Toward Recovery after discharge with OARS™

*By Tony Salvatore,  
Montgomery County Emergency Service*



Like other psychiatric hospitals, Montgomery County Emergency Service (MCES), serves adults with primary serious mental illness who also have a co-occurring substance use disorder (COD). This “double trouble” affects treatment adherence, and raises the risk of relapse, frequent involuntary hospitalization, and, of course, overdose.

The weeks after discharge from a psychiatric hospital are a challenge for patients, especially for those with COD. There is an abrupt transition from a structured and supportive environment to one much less so. Resilience and coping skills may be overwhelmed. There may be a recurrence of mental illness symptoms leading to self-medication.

MCES found that some patients would benefit from a framework to help them work towards recovery and sobriety on a day-to-day basis, at least temporarily. This led to the development of the Ongoing Achievement Recovery Schedule™ (OARS), a voluntary program offered by our Allied Therapy Department to guide patients in preparing a personal daily/weekly recovery schedule to sustain a sober lifestyle after discharge.

During their stay, patients complete an individualized OARS covering:

- \*Their triggers and how to deal with them
- \*101 sober enjoyment options
- \*Planning spiritual/quiet time
- \*Daily/weekly activities

Patients develop a personal daily and weekly hour-by-hour recovery schedule to follow at home and organize their day covering:

- \*Medication times
- \*Outpatient times
- \*Peer support times (e.g., AA, NA meetings)
- \*Spiritual/quiet times
- \*Sober recreation/relaxation times

These are blended with family time, meals, sleep hours, work hours, childcare, shopping, and other activities. OARS reinforces social connections, minimizes downtime that may affect sobriety, and keeps a focus on necessary tasks and obligations.

OARS requires commitment. Patients who complete OARS receive a certificate of accomplishment with their achievement is celebrated at an awards ceremony. MCES has found that OARS graduates have fewer involuntary re-hospitalizations and longer intervals between readmissions. Patients are encouraged to share their OARS with peer specialists and recovery coaches.

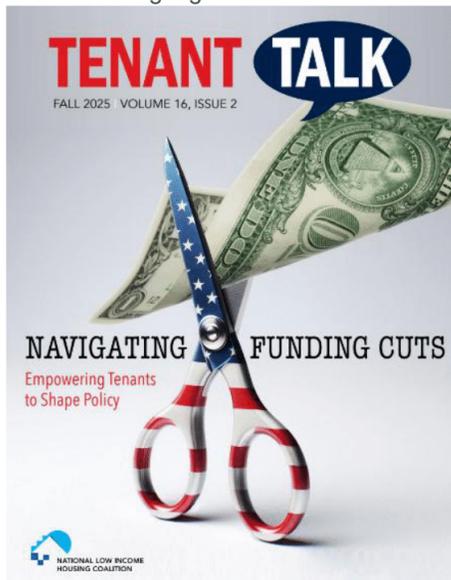


## From the National Low Income Housing Coalition

### *Tenant Talk — Navigating Funding Cuts: Empowering Tenants to Shape Policy*

NLIHC released today its [fall 2025 issue of \*Tenant Talk\*](#). The semiannual newsletter is aimed at engaging residents in housing advocacy. This new issue, *Navigating Funding Cuts: Empowering Tenants to Shape Policy*, includes articles on the federal budget process, housing programs, and housing resources affected by the proposed budget cuts.

This issue highlights the risks associated with proposed federal budget cuts to housing programs



and identifies those who will be most affected by these funding reductions. Alongside resources from NLIHC's policy and research teams that provide tips on how to engage lawmakers in discussions about long-term and large-scale investments in affordable housing and homelessness programs, this edition shares authentic perspectives from tenants on the significance of housing security. The fall edition includes true stories from two households that depend on federally funded housing programs for their safety and well-being.

If you would like to receive a free printed copy of *Tenant Talk* by mail, please fill out this [form](#). Orders will be handled on a first-come, first-served basis, while supplies last.

If you have previously registered to receive an edition of *Tenant Talk*, we ask that you please complete the form again. The form will be open until October 30, 2025, or until there are no remaining available copies of *Tenant Talk*, whichever occurs first.

For more information, please contact [ideas@nlihc.org](mailto:ideas@nlihc.org). Please share the [order form](#) and information about *Tenant Talk* with your network and any others who might be interested.

[https://nlihc.org/explore-issues/publications-research/tenant-talk/tenant-talk-volume-16-issue-2?utm\\_source=NLIHC+All+Subscribers&utm\\_campaign=68ed33ad4a-Tenant Talk 16 2 AvailableNow&utm\\_medium=email&utm\\_term=0\\_-39f3ea186b-293382742&ct=t\(Tenant Talk 16 2 AvailableNow\)](https://nlihc.org/explore-issues/publications-research/tenant-talk/tenant-talk-volume-16-issue-2?utm_source=NLIHC+All+Subscribers&utm_campaign=68ed33ad4a-Tenant+Talk+16+2+AvailableNow&utm_medium=email&utm_term=0_-39f3ea186b-293382742&ct=t(Tenant+Talk+16+2+AvailableNow))

Click link below:

[fall 2025 issue of \*Tenant Talk\*](#)



## FAMILY TO FAMILY

A free, 8-session education program for family, friends and significant others of adults with mental health conditions. This class provides information about mental health conditions, alongside topics like communication, problem solving, treatment and recovery.

From 6:30pm - 8:30pm,  
starting on October 20<sup>th</sup>  
via Zoom



<https://www.eventbrite.com/e/1735591192979?aff=oddtcreator>



# Dual Diagnosis Support Group

**COME JOIN THIS SUPPORTIVE COMMUNITY OF PEOPLE LIVING WITH SUBSTANCE USE DISORDER AND A MENTAL HEALTH CONIDITION**

**EVERY 1<sup>ST</sup> AND 3<sup>RD</sup> WEDNESDAY OF THE MONTH AT 6:30PM**

**VIRTUAL VIA ZOOM**





# VETERANS *Support Group*

A **free** support group  
for our veterans



1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the  
Month at 7:30pm  
Location: Zoom



Scan the QR Code to register now!



# 14<sup>TH</sup> ANNUAL BENEFIT FOR THE BRAIN



## WHAT IS BENEFIT FOR THE BRAIN?

Join us for an inspiring evening celebrating advancements in mental health treatment and recovery.

Your sponsorship supports NAMI Montgomery County PA's mission to improve the lives of individuals and families affected by mental illness through free education, support, and advocacy.



## EVENT PROCEEDS FUND THESE FREE PROGRAMS:

- Family to Family - 8 week course for families & caregivers of adults living with mental illness.
- Peer to Peer - 8 session recovery course for adults, led by peers with lived experience.
- NAMI Basics - 6 session course for parents & caregivers of children and teens.
- Connection Peer Support Groups - Peer led groups for individuals living with mental illness.
- Family Support Groups - Peer led groups for families & caregivers.
- In Our Own Voice - Lived experience presentations for schools, faith communities & law enforcement.
- Ending the Silence - Student focused program to raise awareness & reduce stigma.



## SPONSORSHIP LEVELS

### Hero Sponsor \$5,000

- Logo on NAMI Montgomery County PA website
- Full page digital color ad acknowledgment
- Prominent event signage
- Logo on silent auction tables
- Verbal acknowledgment at event
- Recognition on social media and email
- Eight event tickets

### Star Sponsor \$2,500

- Logo on NAMI Montgomery County PA website
- Half page digital color ad acknowledgment
- Individual event signage
- Recognition on social media and email
- Six event tickets

### Friend Sponsor \$1,000

- Logo on NAMI Montgomery County PA website
- Half page digital color ad acknowledgment
- Recognition on social media and email
- Event signage
- Four event tickets

### Event Sponsor - \$500

- Logo on NAMI Montgomery County PA website
- Quarter page digital color ad acknowledgment
- One event ticket

## ADVERTISING

\*Offered in Black and White

- Quarter Page Ad - \$150

Send image to:  
development@namimontcopa.org

## HOW TO SPONSOR

Sponsorship & Ad Deadline: November 7th  
Mail a check payable to:

NAMI Montgomery County PA  
100 W Main Street, Suite 204  
Lansdale, PA 19446

Invoice available upon request

OR

Scan the QR Code to make a digital payment



namimontcopa.org/get-involved/benefit-for-the-brain

## HAVE QUESTIONS?

Contact:  
development@namimontcopa.org  
or  
Christine Stutman  
(estutman@namimontcopa.org)



namimontcopa.org/get-involved/benefit-for-the-brain

NAMI Montgomery County PA  
Benefit for the Brain Website





# LGBTQIA+ SUPPORT GROUP



Come join this free virtual support group for members (18+) of the LGBTQIA+ community



Every 1<sup>st</sup> and 3<sup>rd</sup> Sundays  
of the month

1:00pm

October is Domestic Violence Awareness Month, and we know that one in three women and one in four men will experience domestic violence in their lifetimes. However, prevention is possible, and it starts with recognizing warning signs and learning how to support a loved one in an abusive relationship. In this session, we will discuss ways that you can help a friend or loved one in an abusive relationship and how Laurel House supports survivors.

**DOMESTIC VIOLENCE AWARENESS MONTH**



**WELLNESS  
WEDNESDAY**

October 22, 2025  
12pm-2pm  
NAMI MontCo HQ

**THIS WELLNESS WEDNESDAY, WE ARE COLLABORATING WITH LAUREL HOUSE TO PRESENT ON HOW TO HELP A LOVED ONE IN AN ABUSIVE RELATIONSHIP AND HOW LAUREL HOUSE SUPPORTS SURVIVORS.**





**Creating Increased Connections**  
A program of Resources for Human Development

# CREATING INCREASED CONNECTIONS (CIC) GROUPS



## TAKING BACK OUR POWER

Taking Back Our Power is a peer support group for individuals with lived experience of sensory phenomena (like hearing things others don't hear) and unusual beliefs

**MONDAYS**  
**2:00PM-3:00PM**  
Hopeworx  
1210 Stanbridge St #600,  
Norristown, PA 19401

**TUESDAYS**  
**2:30PM-4:00PM**  
Bryn Mawr Presbyterian Church  
625 Montgomery Ave  
Bryn Mawr, PA 19010

**THURSDAYS**  
**1:00PM-2:00PM**  
Trinity Reformed Church  
60 N. Hanover St  
Pottstown, PA 19464

## CIRCLE OF HOPE

Circle of Hope is peer-to-peer led discussion group. Join us for lively conversation about how we are feeling, our successes and challenges, our recovery, and how we maintain our wellness. Everyone is welcome.

**WEDNESDAYS**  
**1:00PM-2:00PM**  
Hopeworx  
1210 Stanbridge St #600,  
Norristown, PA 19401

**THURSDAYS**  
**10:30AM-12:00PM**  
Hopeworx  
1210 Stanbridge St #600,  
Norristown, PA 19401

## LIVE ANOTHER DAY

Alternatives to Suicide groups are intended as non-judgmental spaces where people can share some of their darkest thoughts without being assumed to have an illness or being assessed for involuntary interventions. Openly exploring these thoughts - and the feelings and experiences underneath them - is often the key to moving toward something different.

**TUESDAYS**  
**12:30PM-1:45PM**  
Lansdale Library  
301 Vine St  
Lansdale, PA 19446

## WALK AND TALK

**Every 1st and 3rd Friday**  
**11:00AM-12:30PM**  
**King of Prussia Mall**  
**Meet at Food Court on 1st Floor**

Join us for a time to work on our wellness, and enjoy each other's company as we exercise together.

*Enter between KPOT and Bonefish Grill*  
160 N Gulph Rd  
King of Prussia, PA 19406

## WOMENS IDENTITY AND EXPERIENCES GROUP

This group was created for women as a safe environment to voice & openly share our life stories as women & to empower ourselves to find greater meaning & purpose in life.

**WEDNESDAYS**  
**3:00PM-4:30PM**  
Teams Link  
<https://teams.microsoft.com/Womensgroup>

For More Information Contact [Sheila.HallPrioleau@RHD.org](mailto:Sheila.HallPrioleau@RHD.org) 215-906-0453  
[www.ciconnections.org](http://www.ciconnections.org)



Get Involved with the  
**COMMUNITY CORNER!**

Volunteer. Create. Cook. Connect.

**FALL  
EVENTS & ACTIVITIES**

**SHARE  
YOUR  
STORY**



**HALLOWEEN**

**PARTY**

*Craft*



## Giggles & Grits: Share Your Story!



Join us for a fun and interactive 3 to 5-minute interview session where you get to share your story, answer a few fun questions, and be part of something special!

### WHAT'S IT ABOUT?

We're capturing real stories, laughter, and moments of resilience from our amazing community. Whether it's about food, family, or just a great memory, we want to hear it!

**Why? Because your story matters—and we'll be sharing these awesome clips on our Instagram & Facebook!**



## Martha's Community Kitchen

Celebrate food, culture, and community —one dish at a time.

### Ways to Get Involved:

- Volunteer in the kitchen or at the farm
- Lead a cooking session
- Share your family recipe
- Help with setup, prep, or photos

### Why Get Involved?

- Feed the your community– Help serve fresh, nourishing meals.
- Build Skills – Learn, cook, and create together.
- Spread Joy – Share food, stories, and connection.

**4th Wednesday of the Month**

**10 AM - 1 PM**

**September 24th**

**October 22nd**

**November 26th**



## Friday, November 21st 1-3 PM

**We're teaming up with HopeWorx and CIC again for a potluck-style Friendsgiving!**

**We'll need:**

- Volunteers to help decorate
- Food servers on event day
- Dishes for the potluck (if you'd like to contribute)



# Thanksgiving Crafts



**Starting September 23<sup>rd</sup>**

We'll be creating small crafts for gifts to share with guests during Thanksgiving distribution.

**Decoupage Wood discs | Paper Turkeys | Thanksgiving Cards**

## Volunteer Opportunities

- Wooden discs need to be prepped (painted)
- Collect fall & Thanksgiving themed napkins
- Decoupage - Glue napkin to Wood Disc
- Write Thanksgiving notes to our guests
- Assemble paper Turkeys

**Supplies provided for a great "take-home" project!**



# HALLOWEEN OPEN MIC

**Saturday, October 25th | 12-3 PM**

A festive Open Mic complete with a costume contest, light refreshments, and fun crafts/activities for kids.

## We'll need:

- Volunteers for planning and setup
- Donations of prizes for costume winners
- Support running crafts/activities



**Starting December 2nd UGLY SWEATER - Check In**

**Who:** Any Montgomery County, PA Residents

**When:** Stop by anytime during Martha's Food distribution

## How to participate:

- **In-person:** Wear your silliest, quirkiest, or most festive sweater. Staff will snap a photo and do a quick "winter check-in."
- **Online:** Post a photo in your ugly sweater, tag Martha's, and use #uglyswear@Marthas

**Prize:** We will review all the photos posted online to determine who has the ugliest sweater. The winner will receive a \$100 Wegmans gift card.



# Get Involved with the **COMMUNITY CORNER!**

Volunteer. Create. Lead. Cook. Connect.

## Martha's Action Squad (Community Advisory Council)

Schedule: Monthly meetings  
+ flexible project hours

**Benefits:** Influence Programming/events,  
Skills Development, Extra Incentive

### What You'll Do:

- Help shape community events and programs
- Give input and share ideas from your perspective
- Lead projects or represent your neighborhood

**Looking for: Passionate voices of all ages & backgrounds!**



## How to Join In

✓ Sign up at: [marthaschoicemarketplace.com/volunteer](https://marthaschoicemarketplace.com/volunteer)  
Click on **Volunteer at the Pantry & select Community Corner!**

Scan



For questions or more information

✉ Contact Ameika: [amalcolm@chs-adphila.org](mailto:amalcolm@chs-adphila.org)

☎ Call/Text: 610-256-8748

Together, we're cultivating hope and home.





Montgomery County, PA

Coordinated by the Montgomery County Department of Health and Human Services

# WINTER

# COAT DRIVE

September 15 to January 2, 2026

Accepting New Coats Only

Greatest need: Men's and all Children's Sizes

Also accepting hats, scarves, gloves, blankets, and small space heaters (electric only)



## DROP OFF LOCATIONS

DeKalb Center Norristown  
1430 DeKalb Street | Norristown, PA 19401  
(Main entrance off of Green Street)

More drop off locations → [www.montgomerycountypa.gov/HHSDonations](http://www.montgomerycountypa.gov/HHSDonations)



## QUESTIONS?

Email [veronica.hilghman@montgomerycountypa.gov](mailto:veronica.hilghman@montgomerycountypa.gov)  
or call 610-278-5885.





MOVING AGENCIES TOWARD EXCELLENCE

**SAVE THE DATE!**

# MAX ASSOCIATION 2025 CONFERENCE

- THEME:** Mental Wellness and Self-Care
- WHEN:** November 21, 2025  
Registration starts at 8:00 am
- WHERE:** Holiday Inn Lansdale  
1750 Sumneytown Pike, Kulpsville

**KEYNOTE BY:****ROBERT NASEEF, PHD****“Resilience, Resistance, and  
Making a Difference:***Guidance for Living and Loving in  
Community through Difficult Times”*

Robert Naseef, Ph.D. has a distinct voice as a psychologist and father of an adult son with autism. He has spoken around the country and trained professionals internationally in treating autism and supporting families. He speaks at conferences nationally and internationally on issues facing families of children with autism and other special needs.

# Subcommittee Reports from September 2025

**Advocacy Subcommittee:** Today our agenda was to discuss the CSP Advocacy flyer design, that will have an email address and voicemail box attached, with a QR code as well as the email information at the bottom of the page. We are inviting those impacted by the cuts to SNAP, Septa, and Medicaid to share their stories. The committee will be collaborating together for the rest of the month on the content of the voice message, so it is clear, concise, and understandable. a) State who we are and why we are reaching out and asking for stories to be shared. b) How and to whom these stories will be shared, ensuring the caller that this is totally anonymous and confidential (to be further discussed at the next meeting). Christine Stutman will reach out to Robin Stelly from PHAN to see if she can come to our next meeting to talk about their story project to see if we can collaborate.

**Community Outreach Subcommittee:** No updates.

**Conference Subcommittee:** No meeting.

**CSP MEETING**  
**CALENDER**  
**2025-26**

*Meetings are held every third Thursday, monthly from 12: 00-2:30pm*  
*The next meetings will be:*

October	16
November	20
December	18
January	15

*Meetings are held in person and via Zoom.*

**Montgomery County CSP Executive Committee**

**2024/2025 Tri-Chairs**  
 Provider Member: Jim Markey  
 Person in Recovery: Morgan Killian-Mosley  
 Family Member: Vacant

**2024/2025 Sub-Committee Chairs**  
 Community Outreach: Erin Villarose  
 Advocacy: Anise Robinson  
 Conference: Harry Bowles

**2024/2025 Treasurer**  
 Justin Chamrin



**County Liaison -**  
Tracey Riper-Thomas

**Fiduciary - HopeWorx, Inc.**

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

## CSP Principles

- \* Person Centered/  
Person Empowered
- \* Culturally competent
- \* Designed to Meet  
Special Needs
- \* Community Based  
with Natural Supports
- \* Flexible
- \* Coordinated
- \* Accountable
- \* Strengths-Based

## **CSP 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.

## **Organizations who regularly send representatives to CSP:**

Central Behavioral Health, AdvocacyWorx, Community Satisfaction Team of Montgomery County, Magellan Health Services, Montgomery Co. Department of Behavioral Health, Montgomery County Emergency Services (MCES), NAMI Montgomery County, Norristown Vet Center, Resources for Human Development, Salisbury Behavioral Health

## 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. The newsletter editor can be contacted at: [kathiemitchell8221@gmail.com](mailto:kathiemitchell8221@gmail.com).
- \* **Community Outreach 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 Subcommittee** – The conference subcommittee will plan and fundraise for the annual Montgomery County CSP Conference.

## **Meetings:**

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

3rd Thursday of each  
month

Montgomery County  
Community College  
Blue Bell, PA

In person & Zoom

**Kathie Mitchell, Newsletter Editor**

## **Join our Mailing list!**

We have an email list as well as a regular mailing, to join:

Send an e-mail to:

[pjohnson@hopeworxinc.org](mailto:pjohnson@hopeworxinc.org)

Or send your contact info to this mailing address:

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

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

<https://www.facebook.com/montcopacsp/>