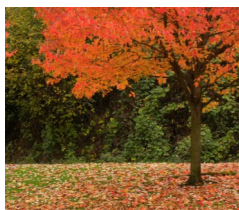


# Community Support Journal



Volume 9, Issue 108

October 2020

Montgomery County Community Support Program



## #VOTE4MentalHealth

### Your #Vote4MentalHealth Matters

From health care to the economy to criminal justice and more, mental health touches many of the issues that you might care about the most. When you cast your ballot, you #Vote4MentalHealth, whether you realize it or not.

Across the country, people are voting on mental health in 2020. Every elected official – from the president and Congress to county commissioners and city council members – has influence on issues impacting people affected by mental health conditions. Your vote matters.

*Continued on page 2*

#### Also in this issue:

- Secure ballot drop-off locations..... 2
- Sample ballot..... 3
- Navigating the 2020 Election..... 4
- National Suicide Prevention Month..... 6
- Peer Respite ..... 7
- 2020 Regional CSP Leadership Retreat..... 9
- Painting Adventure with Ace..... 10
- Benefit for the Brain..... 11
- Social Security Disability Free Seminar.....12
- Online Peer Forensic Support Group..... 13
- COVID-19 Resources..... 14

#### Legislative Forum held for local candidates

By: Kathie Mitchell and Kathy Laws

**T**he Bucks Mont Collaborative, the Pennsylvania Health Access Network, and the Public Citizens for Children and Youth hosted a legislative forum for the U. S. Congressional candidates in Bucks and Montgomery County on October 9th.

The virtual event included candidates from the 1st, 4th and 5th Congressional Districts, who were asked questions on safety net and health and human services issues by moderator Sandra Shea, Managing Editor for the Philadelphia Media Network.

Participating candidates included:

- ◇ Candidate Christina Finello, 1st District
- ◇ Congresswoman Madeleine Dean, 4th District
- ◇ Congresswoman Mary Gay Scanlon, 5th District

*Continued on page 5*



When you take the pledge to #Vote4MentalHealth, you commit to understanding how your vote impacts people with mental health conditions and how you can act. When you pledge, we'll send you information on how to vote in your state and steps you can take to understand where candidates stand on issues you care about.

Go to: <https://www.vote4mentalhealth.org/> Take The Pledge

**ABOUT VOTE4MENTALHEALTH** Vote4MentalHealth is a campaign led by NAMI, the National Alliance on Mental Illness, to promote nonpartisan voter participation and elevate discussions about mental health policy during the elections. Please note, we do not endorse, represent or warrant the accuracy or reliability of any of the information obtained from third party sources. Your decision whether or not to vote is 100% voluntary and NAMI is in no way seeking to influence your political affiliations or beliefs.

**September 22, 2020** - Today the [#MontcoPA](#) Election Board confirmed the placement of secure ballot box drop-off locations in the following 10 municipalities:



- ☐ Cheltenham
- ☐ Lansdale
- ☐ Lower Merion
- ☐ Norristown
- ☐ Pottstown
- ☐ Royersford
- ☐ Skippack
- ☐ Upper Dublin
- ☐ Upper Frederick
- ☐ Upper Moreland

More details (hours, locations, etc.) can be found: [montcopa.org/3587/Ballot-Drop-Box-Locations](https://montcopa.org/3587/Ballot-Drop-Box-Locations)

S  
A  
M  
P  
L  
E

B  
A  
L  
L  
O  
T

Copyright © 2020 Dominion Voting Inc. All Rights Reserved

Ballot ID: 1251  
Norristown 4-1  
130401

Official Ballot  
County of Montgomery, Commonwealth of Pennsylvania  
General Election, Tuesday, November 3, 2020

**Instructions to the Voter:**

1. TO VOTE YOU MUST COMPLETELY BLACKEN THE OVAL TO THE RIGHT OF YOUR CHOICE. An oval darkened to the right of any candidate indicates a vote for that candidate.

2. To cast a write-in vote for a person whose name is not on the ballot, you must darken the oval to the right of the line provided and print the name in the blank space provided for that purpose.

3. Use only a black pen or marker.

4. If you make a mistake, **DO NOT ERASE**. Ask for a new ballot.

**WARNING:** If you receive an absentee or mail-in ballot and return your voted ballot by the deadline, you may not vote at your polling place on Election Day. If you are unable to return your voted absentee or mail-in ballot by the deadline, you may only vote a provisional ballot at your polling place on Election Day, unless you surrender your absentee or mail-in ballot and envelope to the judge of elections to be voided to vote by regular ballot.

Presidential Electors (Vote for the candidates of one party for President and Vice President or insert the names of candidates.)	State Treasurer (Vote for One)
JOSEPH R BIDEN President KAMALA D HARRIS Vice President DEMOCRATIC	JOE TORSELLA DEMOCRATIC
	STACY L GARRITY REPUBLICAN
	JOE SOLOSKI LIBERTARIAN
	TIMOTHY RUNKLE GREEN
DONALD J TRUMP President MICHAEL R PENCE Vice President REPUBLICAN	Write-In
JO JORGENSEN President JEREMY SPIKE COHEN Vice President LIBERTARIAN	Representative in Congress 4th District (Vote for One)
Write-In	MADELEINE DEAN DEMOCRATIC
	KATHY BARNETTE REPUBLICAN
	Write-In
Attorney General (Vote for One)	Senator in the General Assembly 17th District (Vote for One)
JOSH SHAPIRO DEMOCRATIC	AMANDA M CAPPELLETTI DEMOCRATIC
HEATHER HEIDELBAUGH REPUBLICAN	ELLEN FISHER REPUBLICAN
DANIEL WASSMER LIBERTARIAN	Write-In
RICHARD L WEISS GREEN	Representative in the General Assembly 70th District (Vote for One)
Write-In	MATT BRADFORD DEMOCRATIC
Auditor General (Vote for One)	DANIEL J WISSERT REPUBLICAN
NINA AHMAD DEMOCRATIC	Write-In
TIMOTHY DEFOOR REPUBLICAN	
JENNIFER MOORE LIBERTARIAN	
OLIVIA FAISON GREEN	
Write-In	

Montgomery County Board of Elections

Norristown 4-1  
130401

## *Navigating the 2020 Election—changes make it easy to vote by mail*

**D**ori Sawyer of Montgomery County Voter Services, talked to the CSP committee at its September meeting about voting – the changes in voting and how to vote in the upcoming election.



You must be registered to vote and you must register by October 19<sup>th</sup>. You can register on line or by mail or in person at Voter Services in Norristown. Votespa.com is one place you can register.



One recent change that happened in 2019, (before COVID), is that you can vote by absentee ballot simply by requesting it – you don't need a "valid" reason. They've been preparing for this for over a year so it should work smoothly. You may receive an application for absentee ballots in the mail, as some nonprofits are sending them out. If you send in more than one application, Voter Services will see this and you will only receive one ballot.



Dori walked the committee through the voter services website to show them how to navigate. <https://www.montcopa.org/753/Voter-Services>



If you are voting by absentee ballot, it is important to know that you need to use both envelopes, the inner and outer envelope. You don't sign your ballot, because the ballot should remain anonymous. You put the ballot into the inner, privacy envelope, and then sign that envelope and put it into the outer envelope. You can return it by mail, in a drop box, or by fedex or UPS.



If you get an absentee ballot, but then decide to vote in person, you can bring your entire absentee ballot (including the two envelopes) to your polling place, and the poll workers will take your absentee ballot and let you vote in person. If you do not bring your absentee ballot, they will let you vote by provisional ballot.



Some polling locations have changed, because of COVID – all locations can be found on the website.



You can confirm that your mail in ballot has been received, on the voter services website. The outer envelope of the ballot gives this information and you can look at your registration status to see if your ballot has arrived.



Transportation – There is no county program but some nonprofits may be doing it. Information will be shared at a later date with the CSP Committee.



Election Day - Voting in person will be from 7am to 8pm on November 3<sup>rd</sup>. Mail in ballots must be postmarked by election



Invited but not attending were:

## ***Legislative Forum Continued***

Candidate Kathy Barnette, 4th District, Congressman Brian Fitzpatrick, 1st District, and  
Candidate Dasha Pruett, 5th District

The Montgomery County CSP Committee and its Advocacy Subcommittee discussed and proposed several questions to ask at the forum. Suggestions from the CSP committee members included asking about education, particularly the impact of COVID on K thru 12 education, and the impact of student debt, and to ask about health care, which is more expensive in the United States with worse outcomes.

The question the group decided to submit was:

**We know that many people are benefitting from protection under the eviction moratorium right now. When this moratorium expires, possibly at the worst time of year, there will be significant human and financial impact faced by individuals directly, as well as challenges to landlords, property values and property tax revenue, and our larger community. What are your concerns and plans to address this issue proactively?**

Unfortunately, this important question posed by CSP was not asked. According to CSP Co-Chair Kathy Laws who transcribed the discussion, the following questions were asked by the moderator:

- ◆ In your first 90 days, please tell us what priorities, programs or policies you would support to help advance racial equity, and how will you invite nonprofit engagement in this work?
- ◆ It's been 37 years since the Reagan Administration's "A Nation at Risk" report sparked education reforms across the country. It's also been close to 25 years since President Clinton proposed massive new federal investments to make child care more accessible and affordable for working families. Yet, here we are in 2020 with two underfunded insufficient systems that are failing both our kids and families. Do you support a substantial increase in Title 1 funding to adequately support our schools and a significant investment from the federal government to ensure there is enough funding for universal affordable high-quality child care for working families? If so, how do you plan to get this done while in Congress?
- ◆ Health care in America is under attack again. We've had the best advance and health care team and the last administration, but it's health care. Access to health care today is critical. There is a patchwork system that currently leaves twenty seven million people uninsured and tens of millions more underinsured and high co-pays, high prescription drugs and other expenses. With the Affordable Care Act being challenged in the Supreme Court. And if it is found to be unconstitutional, what will you do to protect access to quality, affordable health insurance for everyone who need
- ◆ With the US incarceration rate the highest in the world and with most of those incarcerated people returning to the general population, what will you do
  - to support inmate services to help them heal from the psychological trauma and mental illness so prevalent among them
  - and, upon release, to support successful re-entry into society by removing the barriers to success (housing, job acquisition, transportation, and more) to build safer communities, healthier individuals and families, and reduce recidivism.
- ◆ PA is facing a \$5B revenue shortfall, with states across the country facing fiscal crises. What priorities are you advancing to ensure that safety net programs and services remain available to address the needs of all residents?

**To see the candidates' answers in the transcript by Kathy Laws, go to: <https://www.montcopacsp.org/advocacy> or see the video: <https://youtu.be/9PDV3HQkDyE>**



## September - recognizing new efforts in Suicide Prevention

*By: Sue Shannon*

At the September CSP virtual meeting, Tony Salvatore from Montgomery County Emergency Service (MCES) talked to the committee about the fact that September was National Suicide Prevention Month.

Salvatore said in 2019 Governor Wolf formed a State Suicide Prevention Task Force that recently issued PA's first State Suicide Prevention Plan. The plan can be viewed at: <https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Documents/PA%20Statewide%20Suicide%20Prevention%20Plan.pdf>.

In July, the FCC (Federal Communications Commission) approved using 988 to call the National Suicide Prevention Hotline so it would be easier and faster to dial. There is a bill in Congress to put 988 into effect in 2021 but this doesn't increase the number of hotline and crisis centers to take the phone calls.

COVID has highlighted the fact that suicide risk is not necessarily directly linked to mental illness. People are stressed by things going on, and may be at risk, whether or not they have a history of mental illness, though mental illness remains a risk factor.

Salvatore added that there must be more focus on preventing people from becoming suicidal in addition to crisis intervention with those who become suicidal. Stigma is a problem, especially among men, so it is important to work on that as well so they will seek help sooner.

There is a need for much more support for people who have attempted suicide or who have thought of suicide, specifically more peer support, more Alternatives to Suicide groups, and more resources. MCES is looking to do a community needs assessment around support for people who are at risk for suicide. Salvatore will be talking to CSP to get the perspective of people with lived experience. He'd like to put together a survey monkey or focus group.

Salvatore invited anyone interested in giving some feedback on this to contact him at [tsalvatore@mc.es.org](mailto:tsalvatore@mc.es.org)

Abby Grasso, co-chair of CSP, suggested that CSP put together a task force of people with lived experience and there was interest from the committee in doing this. County MH Administrator Pam Howard "connected the dots" of what Salvatore said – legislators and government hear about social determinations of health and suicide prevention, and people in CSP can help legislators and government see where there are gaps in support, and how important being connected is – to people, to employment, to HOUSING.

Tony said, intervention is part of prevention, and what he calls "postvention", supporting people after an attempt effectively. Grasso invited CSP members to attend the Suicide Task Force in Montgomery County, which meets every other month.

Find MCES on Facebook for more information on suicide prevention at: <https://www.facebook.com/MontgomeryCountyEmergencyService/>.





## The Ferns Peer Respite

### Human Expertise – Peer Run Respite As Community



By: Kathie Mitchell

**It's** been talked about for a long time in Montgomery County - having a welcoming space to go when you're feeling distressed instead of a hospital or other medical facilities that focus more on your "problem" than on your human experience.

So why now? Jennifer Srolovitz, Research Specialist at FEST, said a Peer Respite was a much needed resource in the county that has shown positive results in other communities.

"Part of the problem is because the options available to us mostly fit within the medical model," said Srolovitz who is a member of the Peer Respite Council. "In this model, crisis—or the person in it—is 'A Problem That Needs Fixing' so all energy and resources are put into stopping the symptoms. Unfortunately, stopping the symptoms is not the same as making sense of the experience of anguish or chaos, and the sense-making process is integral to re-purposing the crisis into a catalyst of catharsis."

She added that in order to achieve this, different options are needed - a different approach such as a Peer Respite.

*"Research shows that respite guests report "greater improvements in self-esteem, self-rated mental health symptoms, and social activity functioning," as well as "statistically significant improvements in healing, empowerment, and satisfaction."*

Peer respite is different from hospitalization or crisis residential services, and provides an alternative where distress is viewed through the lens of being a common human experience instead of pathology; guests find meaning and growth in the experience, Srolovitz said.

Council member Maureen Feeny-Byrnes said the group came together in 2017 to begin brainstorming what a Peer Respite would look like in the county. But the dream had been going on for more than a decade. The Council consists of people with lived experience, family members, mental health providers, county Health and Human Services staff, faith and nonprofit organizations, and interested community members.

"A small group of us met in my living room to discuss the possibility of this," Feeny-Byrnes said. "We started by using the Peer Respite Handbook which is the bible for this project! It morphed into the amazing group of board members that we have today."

The Council describes a Peer Respite as a welcoming space for people who feel over-

*Continued on next page*



## The Ferns Peer Respite

whelmed, to have time, space and relationships that support their self-determination, healing and growth. It is a commu-



nity for learning, healing and growing, recognizing that distress is a common human experience. The Council recognizes that people are the experts on themselves. Guests stay for one to seven days in a home-like environment.

According to Council Member Berta Britz, the Peer Respite would be a place of and for mutual wellbeing - and a place of belonging.

"Our Peer Respite would a place of and for mutual wellbeing...a space where all people can meet as friends and be held in the gaze of mutual recognition, where each of us opens to see meaning and potential wholeness in fear and pain, and experiences an expansive connection that emerges beyond it," Britz said. *"We all need to know that we belong. Our communities need us. We need our communities. A Peer Respite is a place to land mid-stride. It is a place to be held in the gaze of mutual recognition."*

A key component of the Peer Respite is the staff who have learned new responses from their own crises and are ready to compassionately engage as equals with guests as the guests consider how they want their lives to be different. The Peer Respite will offer honest, caring, mutually responsible relationships.

**We all need to know that we belong. Our communities need us. We need our communities.**

**-Berta Britz**

The staff will be trained in Intentional Peer Support. **Intentional Peer Support is a way** of thinking about and inviting transformative relationships. Practitioners learn to use relationships to see things from new angles, develop greater awareness of personal and relational patterns, and support and challenge each other in trying new things. For more information about Intentional Peer Support, go to:

<https://www.intentionalpeersupport.org/what-is-ips/?v=b8a74b2fbcbb>

The Council developed a survey to ask individuals and families for feedback about a Peer Respite to help them create the service. Anyone interested in the survey can find it at: <https://www.surveymonkey.com/r/WPCCBYD>.

The Council will also have a key part in the overall development and operations of the Peer Respite. Srolovitz said the Council is not an advisory board which only has authority to advise but will actually oversee the Peer Respite. The Council will work with its partner and fiduciary, Hopeworx, Inc., a peer-run organization that will provide administrative support. The Council is also partnering with Access Services who will provide a building in Schwenksville to house the Peer Respite.

*See Disclaimer on page 9*





The Montgomery County Office of MH/DD/EI is not affiliated with the Ferns Peer Respite Council and should not be contacted regarding this initiative. The Ferns Peer Respite Council is a grass-roots organization evaluating the need for and seeking to establish peer respite in our region. For more information about the Ferns Peer Respite Council and this initiative, please contact one of our council co-chairs, Karleen Caparo, [karleen.caparro@rhd.org](mailto:karleen.caparro@rhd.org), or Kim Renninger, [krenninger@hopeworxinc.org](mailto:krenninger@hopeworxinc.org).

Southeast Regional  
Community Support Program (CSP)

## 2020 SE Regional CSP Leadership Retreat

**This year's Theme:**  
**Empowering your County's CSP**  
**(Defining CSP goals and Advocacy)**

**When: November 2nd, 2020**

**Time: 9-2:30 / Via Zoom**

**Register now on Eventbrite!!**

**<https://www.eventbrite.com/e/se-regional-csp-leadership-retreat-tickets-124722611689>**

**(Zoom information will follow registration )**



# Join us on a Painting Adventure with Ace

## Painting and Tutoring

Every Saturday from 12noon - 2pm

**Together we will explore painting waterfalls, land, plants, and some painting techniques.**



### **Materials needed for each session:**

- Paint Brushes
- Canvas (Black or White)
- PAINTS - Black, White, Red, Yellow, Blue | Or you can use any colors that you want.
- Palettes
- Water to wash brushes
- Scrape cloth to dry brushes



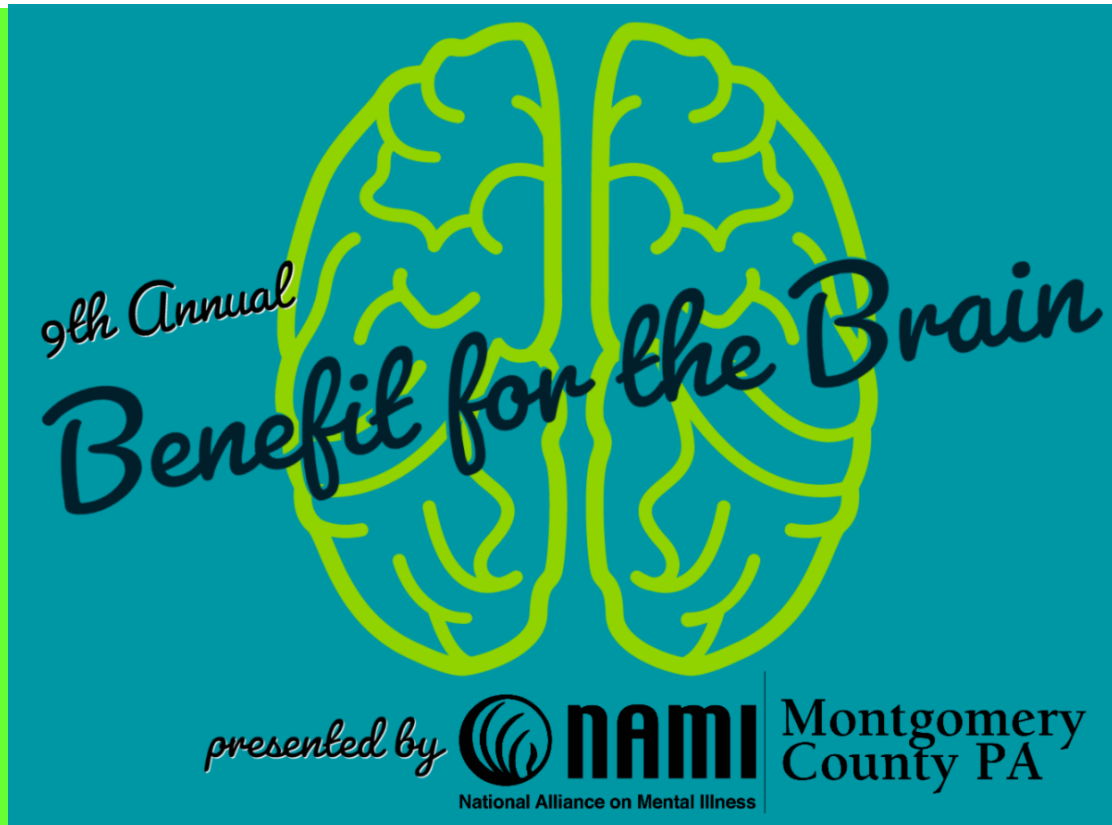
### **Join us on Zoom**

<https://us02web.zoom.us/j/87091367747>

Meeting ID: 870 9136 7747

If you would like to participate and are in need of supplies, and live in or around the Norristown / Landale / Hatfield area - PLEASE REACH OUT - so we can make arrangements (within reason) to safely deliver some supplies to you. Supplies are limited and will be on a first come first served basis.

**For more information contact Ace:** 484-300-6297 | faralos1@yahoo.com



### **The 9th Annual Benefit for the Brain**

**Wednesday, November 18, 2020**

**A Virtual Experience | 5:00 p.m.**

While we are not physically able to be together this year, we are excited to provide a unique virtual experience to network, listen to stories of hope and recovery and honor our Scientific Research and Impact Award recipients. Also there will be opportunities to win unique raffle items. So join us for an evening to celebrate the remarkable efforts and advancements in the area of treatment and recovery for mental illness.

All proceeds from the event support the mission-driven work of our Affiliate which hosts education programs, facilitates support groups, provides mental health training, advocates for access to services, and offers a compassionate place to turn for thousands in our community living with and/or impacted by mental illness.

**Invitation and more details to come soon!**

**See award recipients on next page** →

## NAMI Award Winners 2020

2020 Scientific Research Award Recipient:  
Cherian Verghese, MD



2020 Impact Award Recipient  
Crisis Intervention School (CIS)  
Program Directors:  
Michelle Monzo and Victor Machese

Social Security Disability  
A Free Seminar  
November 10th | 6 pm - 7 pm  
Register Today: <https://bit.ly/32FYAIW>

Presented by Paul S. Badame, Esq.

RUBIN & BADAME  
ATTORNEYS AT LAW, PC

 **NAMI** Montgomery  
County PA  
National Alliance on Mental Illness



Community Advocates of Montgomery County

**present a new, online  
Forensic Peer Support group  
based on our It's T.I.M.E. class**

**WHAT IS IT?** An online peer support group for men and women with mental health and/or drug and alcohol and criminal justice involvement

**WHEN:** Every Friday

**TIME:** 12:00 to 1:00 p.m.

**HOW DO I JOIN?**

Join Zoom Meeting: <https://zoom.us/j/593824407>

One tap mobile: +16465588656,,593824407# US (New York)

Dial by your location: +1 646 558 8656 US (New York)

Meeting ID: 593 824 407

**Hosted by:**

Vernon Steed, Forensic Advocate

Email: [vsteed@hopeworxinc.org](mailto:vsteed@hopeworxinc.org)

For technical issues, contact Kim Renninger

Email: [krenninger@hopeworxinc.org](mailto:krenninger@hopeworxinc.org)

Phone: 610-270-0375



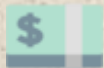
## COVID-19 RESOURCES



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](#).



**GOVERNOR TOM WOLF**

## 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

Text 215.705.8411  
or call 855.625.5858  
**teentalkline**  
teens helping teens / no judging no pressure

Starting Point  
Mobile Psych Rehab  
215-540-2150

Homeless Street  
Outreach  
610-482-5483

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

## CSP Reports for September 2020

**CSP Elections** - When nominations were finished for this year's elections, there was only one person for each position, so no elections were scheduled for this meeting. However, as it turns out, Tracey Riper-Thomas is declining the nomination for Person in Recovery co-chair because of her role as the CSP liaison for the Office of Mental Health. There is not time today to start a new election, but if anyone is interested in nominating themselves or someone else for this co-chair position, please email Sue Shannon at [sshannon@hopeworxinc.org](mailto:sshannon@hopeworxinc.org) and we'll have nominations and an election at the next CSP meeting on October 15<sup>th</sup>.

**Budget update** - In addition to the \$12,360 budget from the county, CSP Regional recently granted us \$777. We don't have some of the usual expenses, like pizza. Next month we should have a discussion about the budget. Some suggestions from the committee included providing transportation funds for people who need to transportation to vote, and to set up a virtual meeting with legislators to advocate for the budget. We would need a partner for that, but we have time because we couldn't do it until after the November election.

### CSP MEETING CALENDAR 2020

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

October	15
November	19
December	17

*Until further notice, these meetings are via Zoom.*

### ***Montgomery County CSP Executive Committee***

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

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

**Person in Recovery:** To be determined

**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.

**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:**

**amalc01m@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  
[amalc01m@hopeworxinc.org](mailto:amalc01m@hopeworxinc.org)**