

CSP Logo designed by
Chris Ford

Community Support Journal



Volume 11, Issue 122

April 2022

Montgomery County
Community Support Program Committee

Top 5 priorities

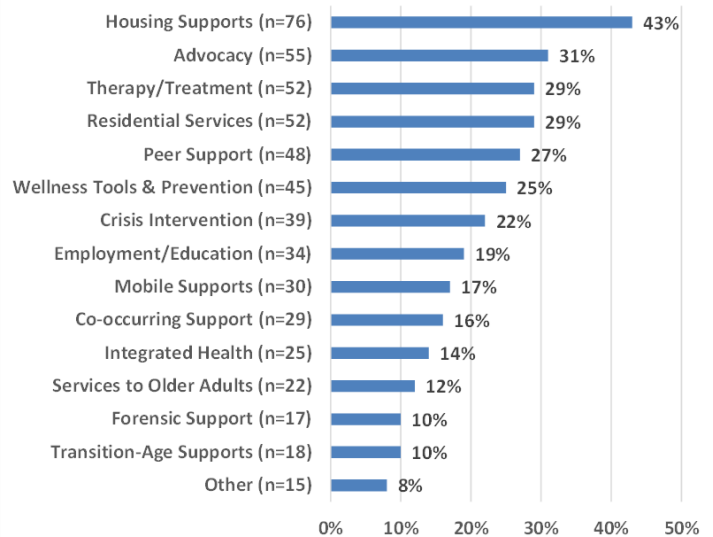
CSP Needs Assessment Survey Report

By: **Kathy Laws, CSP Tri-Chair**

During the first quarter of 2022 two hundred and thirty (230) people, including those who use mental health services, providers, family members, supporters, and county staff, responded to Montgomery County CSP's 2022 Needs Assessment Survey. Thirty one (31) participated in focus groups held during the January 2022 CSP meeting, and 199 responded to the survey. The results of the survey will be used by the Montgomery County Office of Mental Health to update their annual plan.

Those responding to the survey identified as belonging to one or more stakeholder groups: individuals with lived experience with **(continue on page 2)**

Supports



Also in this issue:

- Earth Day 2022..... 7
- NSH Land Transfer is happening..... 8-10
- Self-Stigma Workshop.. 11
- Zoo Family Day..... 12
- Statewide CSP Meeting.. 13
- Wendy Heatley attends May regional meeting... 14
- CPS Scholarship Program..... 15
- MHPC Meetings..... 16
- CSP Conference/Awards Registration..... 18
- Primary Election..... 19
- NAMI Walks..... 20



Habitat for Humanity Helping homeowners in need

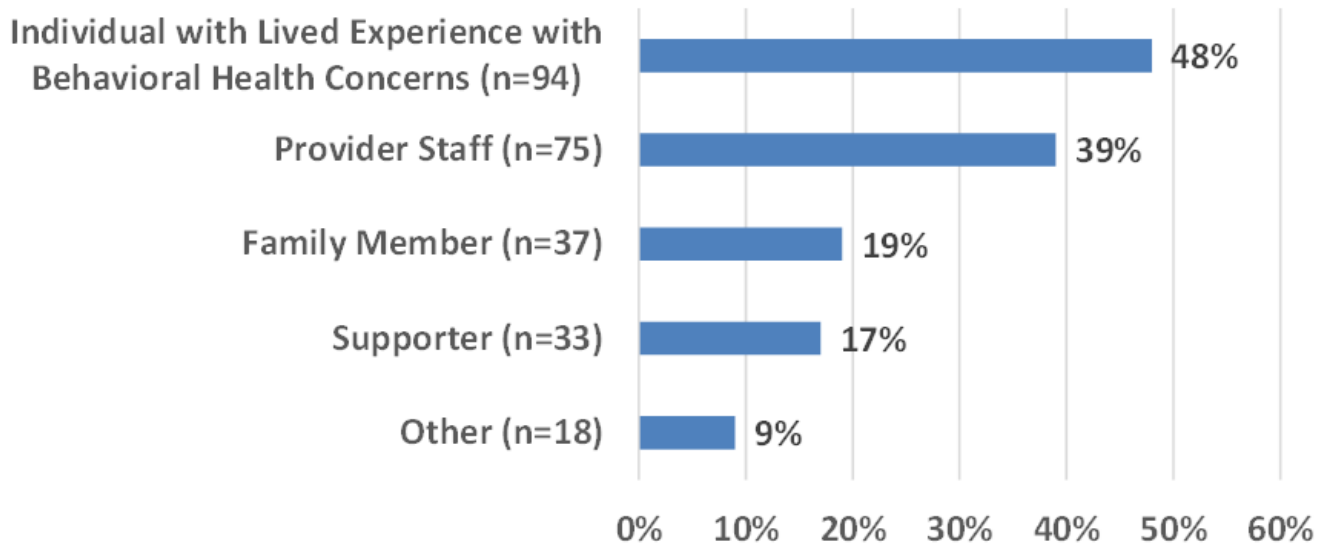
From the March Regional CSP Minutes - At the Southeast Regional CSP Meeting, Mary Metz, Board President of Habitat for Humanity and Mary Metz, Homeowner Services Coordinator for Almost Home, presented information about how their organizations provide assistance to homeowners in need in Montgomery and Delaware counties.

The mission of Habitat for Humanity of Montgomery & Delaware Counties is to bring people together to build homes, communities and hope. Through Almost Home, a program of Habitat for Humanity, hundreds of

Continued on page 6

behavioral health concerns, provider staff, family member, supporter and other.

Survey respondents identified themselves as:



Survey respondents identified up to five (5) top priorities which stakeholders would like the County to prioritize for future development. The top five priorities were: housing supports, advocacy, therapy/treatment, residential services, peer support. See the table on page one of this newsletter for the complete breakdown.

The following supports were identified as the top five overall for all stakeholders:

1: Housing Supports were identified as a top 5 support by 43% of respondents. This includes rental assistance, contingency funds (one-time assistance to help housing start-up and/or eviction prevention) and capital development (utilizing funds to help the development of affordable housing).

- Only 35% said these supports were available in their community
- Half (51%) felt the supports which were available were helpful
- Most felt these supports were hard to get (74% said yes, 13% said somewhat)
- Almost everyone felt more supports were needed (94% yes, 1% somewhat)
- The majority (62%) wanted both in person and telehealth options.

2: Advocacy Supports were identified as a top 5 support by 31% of respondents. This includes but is not limited to peer, family, and provider organizations that offer education and training on mental health self-advocacy and legislative advocacy. Examples: AdvocacyWorx, NAMI, PMHCA.

- The majority (64%) said these supports were available in their community
- Almost everyone felt the supports which were available were helpful (81% said yes, 15% said somewhat)
- Two-thirds felt these supports were hard to get (38%) or somewhat hard to get (29%)
- Almost everyone felt more supports were needed (88% yes, 6% somewhat)
- Two-thirds (69%) wanted both in person and telehealth options.

See next page

3: (tie) Residential Services were identified as a top 5 support by 29% of respondents. These are services within the mental health system that support an individual's living situation, examples include supported living services, transitional residential rehabilitation (TRR, formerly CRR).

- Almost three-quarters (71%) said these supports were available in their community
- Most felt the supports which were available were helpful (70% said yes, 17% said somewhat)
- Most felt these supports were hard to get (64%) or somewhat hard to get (21%)
- Most felt more supports were needed (85% yes, 2% somewhat)
- Slightly more than half (54%) wanted in person services, and the rest (46%) wanted both in person and telehealth options.

3: (tie) Therapy and/or Treatment were identified as a top 5 support by 29% of respondents. These are outpatient services that consist of evaluation, diagnosis, and clinical treatment provided by mental health professionals, generally within a clinic setting, and also include trauma-informed services (individual, group, and family therapy), as well as visits with a psychiatrist for medication monitoring.

- Fewer than half (45%) said these supports were available in their community
- Two-thirds (66%) felt the supports which were available were helpful
- Most felt these supports were hard to get (65% said yes, 16% said somewhat)
- Almost everyone felt more supports were needed (84% yes, 10% somewhat)
- Most (59%) wanted both in person and telehealth options.

5: Peer Support was identified as a top 5 support by 27% of respondents. This is support given by a person with lived experience founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful. Examples include Certified Peer Specialists and Peer Mentoring.

- Almost three-quarters (73%) said these supports were available in their community
- Most felt the supports which were available were helpful (72% said yes, 17% said somewhat)
- Two-thirds felt these supports were hard to get (36%) or somewhat hard to get (32%)
- Everyone felt more supports were needed (94% yes, 6% somewhat)
- Most (70%) wanted both in person and telehealth options.

Survey respondents also provided extensive comments in their responses to the survey's open-ended questions:

- What is another support that would improve the quality of life for individuals with mental health challenges/concern?
- Please share any additional information about your answers, or comment on

Additional feedback was provide by the 31 individuals who participated in the focus groups.

Montgomery County CSP members will review the survey and focus group results, and identify recommendations for priorities and improvements during their April 21st meeting. We hope everyone will attend and be part of this work.

See more data on the top five responses with breakouts by stakeholder on the next two pages.

Respondents who identified as *individual with lived experience with behavioral health concerns* ranked 4 of these 5 as top priorities, but included Wellness Tools & Prevention in the top five, replacing Residential Services.

Lived experience rankings

| Top Five Supports | 5. Is this support available in your community? | | 6. Do you believe the support that is available is helpful? | | 7. Do you feel the support is hard to get? | | 8. Do you think more supports are needed? | | 9. Mode of Service | |
|-------------------------------------------|-------------------------------------------------|--------|-------------------------------------------------------------|--------|--------------------------------------------|--------|-------------------------------------------|--------|--------------------|--------|
| | n=29 | | n=28 | | n=29 | | n=28 | | n=29 | |
| Housing Supports 37% (n=31) | Yes | 10 34% | Yes | 16 57% | Yes | 18 62% | Yes | 24 86% | In-person | 10 34% |
| | Somewhat | 14 48% | Somewhat | 8 29% | Somewhat | 6 21% | Somewhat | 1 4% | Telehealth | 0 0% |
| | No | 5 17% | No | 4 14% | No | 5 17% | No | 3 11% | Both | 19 66% |
| | n=28 | | n=28 | | n=28 | | n=28 | | n=29 | |
| Advocacy 36% (n=30) | Yes | 16 57% | Yes | 24 86% | Yes | 12 43% | Yes | 24 86% | In-person | 6 21% |
| | Somewhat | 11 39% | Somewhat | 3 11% | Somewhat | 7 25% | Somewhat | 1 4% | Telehealth | 1 3% |
| | No | 1 4% | No | 1 4% | No | 9 32% | No | 3 11% | Both | 22 76% |
| | n=24 | | n=24 | | n=24 | | n=22 | | n=23 | |
| Therapy/Treatment 30% (n=25) | Yes | 16 67% | Yes | 17 71% | Yes | 11 46% | Yes | 16 73% | In-person | 4 17% |
| | Somewhat | 6 25% | Somewhat | 6 25% | Somewhat | 2 8% | Somewhat | 1 5% | Telehealth | 4 17% |
| | No | 2 8% | No | 1 4% | No | 11 46% | No | 5 23% | Both | 15 65% |
| | n=20 | | n=20 | | n=20 | | n=20 | | n=20 | |
| Wellness Tools & Prevention 29% (n=24) | Yes | 13 65% | Yes | 16 80% | Yes | 6 30% | Yes | 14 70% | In-person | 4 20% |
| | Somewhat | 6 30% | Somewhat | 3 15% | Somewhat | 7 35% | Somewhat | 1 5% | Telehealth | 1 5% |
| | No | 1 5% | No | 1 5% | No | 7 35% | No | 5 25% | Both | 15 75% |
| | n=23 | | n=23 | | n=23 | | n=23 | | n=23 | |
| Peer Support 28% (n=23) | Yes | 18 78% | Yes | 17 74% | Yes | 11 48% | Yes | 21 91% | In-person | 7 30% |
| | Somewhat | 4 17% | Somewhat | 3 13% | Somewhat | 5 22% | Somewhat | 2 9% | Telehealth | 0 0% |
| | No | 1 4% | No | 3 13% | No | 7 30% | No | 0 0% | Both | 16 70% |

Family member rankings

| Top Four Supports | 5. Is this support available in your community? | | 6. Do you believe the support that is available is helpful? | | 7. Do you feel the support is hard to get? | | 8. Do you think more supports are needed? | | 9. Mode of Service | |
|---------------------------------|-------------------------------------------------|-------|-------------------------------------------------------------|-------|--------------------------------------------|---------|-------------------------------------------|---------|--------------------|-------|
| | n=10 | | n=10 | | n=10 | | n=10 | | n=10 | |
| Housing Supports 39% (n=12) | Yes | 1 10% | Yes | 3 30% | Yes | 10 100% | Yes | 10 100% | In-person | 5 50% |
| | Somewhat | 5 50% | Somewhat | 4 40% | Somewhat | 0 0% | Somewhat | 0 0% | Telehealth | 0 0% |
| | No | 4 40% | No | 3 30% | No | 0 0% | No | 0 0% | Both | 5 50% |
| | n=12 | | n=12 | | n=11 | | n=12 | | n=12 | |
| Therapy/Treatment 39% (n=12) | Yes | 6 50% | Yes | 7 58% | Yes | 7 64% | Yes | 10 83% | In-person | 5 42% |
| | Somewhat | 5 42% | Somewhat | 3 25% | Somewhat | 3 27% | Somewhat | 2 17% | Telehealth | 1 8% |
| | No | 1 8% | No | 1 17% | No | 1 9% | No | 0 0% | Both | 6 50% |
| | n=10 | | n=11 | | n=11 | | n=11 | | n=11 | |
| Advocacy 35% (n=11) | Yes | 6 60% | Yes | 9 82% | Yes | 4 36% | Yes | 11 100% | In-person | 1 9% |
| | Somewhat | 4 40% | Somewhat | 1 9% | Somewhat | 6 55% | Somewhat | 0 0% | Telehealth | 2 18% |
| | No | 0 0% | No | 1 9% | No | 1 9% | No | 0 0% | Both | 8 73% |
| | n=10 | | n=10 | | n=10 | | n=10 | | n=10 | |
| Peer Support 32% (n=10) | Yes | 6 60% | Yes | 7 70% | Yes | 3 30% | Yes | 9 90% | In-person | 1 10% |
| | Somewhat | 4 40% | Somewhat | 2 20% | Somewhat | 5 50% | Somewhat | 1 10% | Telehealth | 1 10% |
| | No | 0 0% | No | 1 10% | No | 2 20% | No | 0 0% | Both | 8 80% |

More CSP Survey Results

Provider rankings

| Top Five Supports | 5. Is this support available in your community? | | 6. Do you believe the support that is available is helpful? | | 7. Do you feel the support is hard to get? | | 8. Do you think more supports are needed? | | 9. Mode of Service | |
|------------------------------------|-------------------------------------------------|--------|-------------------------------------------------------------|--------|--------------------------------------------|--------|-------------------------------------------|---------|--------------------|--------|
| | n=34 | | n=34 | | n=33 | | n=34 | | n=34 | |
| Housing Supports 57% (n=38) | Yes | 6 18% | Yes | 16 47% | Yes | 29 88% | Yes | 34 100% | In-person | 11 32% |
| | Somewhat | 25 74% | Somewhat | 13 38% | Somewhat | 3 9% | Somewhat | 0 0% | Telehealth | 0 0% |
| | No | 3 9% | No | 5 15% | No | 1 3% | No | 0 0% | Both | 23 68% |
| | n=22 | | n=22 | | n=22 | | n=22 | | n=22 | |
| Peer Support 33% (n=22) | Yes | 16 73% | Yes | 16 73% | Yes | 10 45% | Yes | 22 100% | In-person | 4 18% |
| | Somewhat | 6 27% | Somewhat | 4 18% | Somewhat | 7 32% | Somewhat | 0 0% | Telehealth | 1 5% |
| | No | 0 0% | No | 2 9% | No | 5 23% | No | 0 0% | Both | 17 77% |
| | n=21 | | n=21 | | n=21 | | n=21 | | n=20 | |
| Residential Services 31% (n=21) | Yes | 15 71% | Yes | 17 81% | Yes | 17 81% | Yes | 20 95% | In-person | 13 65% |
| | Somewhat | 5 24% | Somewhat | 2 10% | Somewhat | 1 5% | Somewhat | 0 0% | Telehealth | 0 0% |
| | No | 1 5% | No | 2 10% | No | 3 14% | No | 1 5% | Both | 7 35% |
| | n=17 | | n=18 | | n=18 | | n=18 | | n=18 | |
| Advocacy 28% (n=19) | Yes | 9 53% | Yes | 12 67% | Yes | 8 44% | Yes | 17 94% | In-person | 5 28% |
| | Somewhat | 7 41% | Somewhat | 4 22% | Somewhat | 6 33% | Somewhat | 1 6% | Telehealth | 1 6% |
| | No | 1 6% | No | 2 11% | No | 4 22% | No | 0 0% | Both | 12 67% |
| | n=16 | | n=16 | | n=16 | | n=16 | | n=16 | |
| Therapy/Treatment 24% (n=16) | Yes | 12 75% | Yes | 11 69% | Yes | 13 81% | Yes | 16 100% | In-person | 3 19% |
| | Somewhat | 4 25% | Somewhat | 5 31% | Somewhat | 3 19% | Somewhat | 0 0% | Telehealth | 2 13% |
| | No | 0 0% | No | 0 0% | No | 0 0% | No | 0 0% | Both | 11 69% |

A sample of responses to open-ended questions in the survey:

10. What is another support that would improve the quality of life for individuals with mental health challenges/concerns?

- A challenge is that we need more people to voice about stigma of mental health.
- A lot of peers are lonely and have no family or friends. There needs to be something for them that helps with their loneliness. Maybe a service like friendship and outings.
- A place to go for workplace burnout
- Access to psychiatric care
- Additional family services for parents/supporters who have experienced traumas of their own.
- Additional options for supported living arrangements for those with the lived experience of SMI.
- Advocacy
- Alternative forms of respite care, residential transition to adulthood programs for young adults.
- An "assisted suicide" program.
- Any community based support that can beyond the physical restraints of an outpatient clinic.
- Art therapy

The CSP Needs Assessment Report can be viewed on the CSP website by clicking [here](#).

applications are received for the [Home Buying](#) and [Home Repair](#) programs, but often families are not yet financially stable enough to qualify. Habitat MontDelco's Almost Home program aims to help individuals and families across Montgomery and Delaware County become financially stable. This program is offered four times a year and is free and open to anyone, even those who are not interested in becoming a Habitat for Humanity homeowner.

Almost Home focuses on overall behavior change and helps individuals set goals, learn skills, and change financial behaviors. The program has a supportive class environment in which individuals and families motivate each other and hold each other accountable.

The Almost Home Program was started to give the people in the neighborhood the help that they need and the tools to financially manage a household.

The organization saw an educational opportunity that could provide financial empowerment and neighborhood revitalization. The speakers said they offer critical home repair for homeowners in the community who may not be able to afford to have home repair work done. Examples are: a new roof, ramp, etc. A financial literacy course is also offered.

Habitat for Humanity selection criteria is based on need, willingness to partner, and ability to pay.

In the fall there will be 4 more homes in Delaware County. This year they are building in Montgomery County. They do not accept applications on a rolling basis. Applications for fall open in spring or summer, so check website. We also share information to community groups and contact lists. There is a down payment of \$500 for home ownership.

Financial coaching/Almost Home Program:

There is a free 6-week program that meets twice a week, 2 hours each from 6-8pm usually on Mondays and Fridays. The meetings are virtual but might be in person depending on COVID-19 guidelines. Completion of the program does not guarantee a home, but we also look for homeowner applicants to take the Almost Home program.

The next session will be in May and information will be on our website. Volunteer Financial coaches are 3-6 months for 1 on 1. Most have been working with mentee for multiple years. These are not financial advisors. We try to help people find a place of their own, of their choosing. Our revitalization program is not just building homes, but also building communities. We are working with two groups right now; in Pottstown are Community Action and Norristown Citizens in Action. We are looking to make more connections. If you are interested in connecting with these community groups we will share the information.

Rock the Block is April 23rd and this is another revitalization program. We have Rock the Block in Norristown, Pottstown, and Upper Darby. If you want to sign up and volunteer you can. You don't not have to live in that area to volunteer. There are lots of volunteer opportunities, such as Restore. Contact volunteer outreach coordinator for opportunities.

Our home repair program focus on veterans, seniors, and disabled home owners. Repairs are on sliding scale based on income. Repair programs are usually for longtime neighborhood residents.

Questions & Answers:

Q: We are trying to open a peer respite, we are looking at different options. If a nonprofit buys a distressed property, are there any resources that Habitat has?

A: Definitely. Our funders want to see us partnering with other organizations. Yes, let's open up a dialogue.

Q: As a former volunteer there was a program, where we helped other people get houses, for service hours would they still count if someone participated a while ago?

A: I am not sure what policy is in Philadelphia County. Anyone who wants to apply for a home has to live or work in Montgomery or Delaware county. Other Affiliates have their own requirements. Any hours that you worked during that application year would apply.

Q: Do you have a program for people that don't want to buy a house but they want to volunteer?

A: Absolutely.

Q: If someone has physical and financial limitations, how to you navigate the sweat equity criteria?

A: Someone can volunteer on their behalf to get those hours in. Habitat will work with the person and find out what they can do.

Q: What are the financial eligibility requirements?

A: You don't need a perfect credit score. A financial coach can help with credit eligibility.

For information about Rock the Block on Saturday, click [here](#).



What is Earth Day?

The first Earth Day was celebrated on [April 22nd, 1970](#), as climate change started coming out as a real issue. That Earth Day inspired many environmental movements, and even environmental laws, including the National Environmental Education Act in the US. We now celebrate Earth Day every April 22nd.

Today, Earth Day is generally celebrated by learning about the environment and sustainable practices, appreciating nature, and doing fun activities that are good for the environment. This is fantastic because the more people are aware of the climate crisis and the actions they can take, the more empowered we are to protect the planet.

April is Earth Month

Earth Month is the month surrounding Earth Day, which is April. The idea of Earth Month is that we should care and learn about our home for more than just a single day of the year. Focusing one month of the year on climate change and sustainability can help everybody develop more eco-friendly lifestyles. Of course, we don't expect you to figure everything out on your own, or to do it all without a bit of fun. That's why we've developed a list of habits and activities you can get into to properly celebrate Earth Month this year.

To learn 12 Earth Month ideas to better take care of our planet, click [here](#).

Source: [Pela.earth](#)



COMPOST



Pictured above is the demolition of Building 16, an abandoned building on the grounds of Norristown State Hospital. Part of the hospital grounds have been conveyed to the Borough of Norristown from the state. There are three county programs on the parcel to be conveyed and advocates made a plea to extend the leases beyond June 30, 2022 to give the providers ample time for relocating.

On the next two pages are letters between the Regional Advocacy Coalition for the Responsible Continuation of Social Safety Net Services and the Borough of Norristown Council.

The request to extend the leases was denied.



Municipality of Norristown

Municipal Council

Thomas Lepera, President
Heather Lewis, Vice President
Rashaad Bates, District 1
Dustin Queenan, District 3
Hakim Jones, District 4
Rebecca Smith, At Large
Tiffani Hendley, At Large

Crandall O. Jones
Municipal Administrator

April 7, 2022

Kim Renninger
 Program Director | AdvocacyWorx
 1210 Stanbridge Street, Suite 600
 Norristown, PA 19401

Dear Ms. Renninger:

I am following up on my email related to your request for a 6–12-month extension of the lease of property on the 68 acres of State Hospital grounds to be conveyed to the Municipality. Each council member received and reviewed your communication, and the unanimous consensus was to deny an extension of the current lease. Their position on their decision is based as follows:

- You are correct that the agreement was made in 2017 that this property would be conveyed to the Municipality in 2022.
 - However, it has been a decades-long desire of the Municipality for a conveyance to happen;
 - It was the Municipality's desire that the conveyance happen sooner, but the 5-year waiting period was negotiated and the Municipality has honored that negotiation;
- It was also agreed that no new leases would be offered and that all tenants would develop an exit strategy by 2020—a half-decade was allotted for development and implementation of an exit plan. In that time the Municipality has, in good faith, worked both internally and with the Commonwealth to put our plans for redevelopment of the site in place;
- Council has and continues to support the provision of social safety net services to all the residents of Montgomery County. Norristown has always done its part and more, serving as the host community for services not only for Montgomery County residents, but also for residents from multiple counties in the region. The concentration of multiple-county social net services in a 3.6 square mile, high-poverty community makes this a matter of sustainability for Norristown and the Council consensus is that Norristown has stepped up for decades. Even with this conveyance, Norristown will continue to host an inordinate amount of safety net services. Their hope is that other communities in the region will step up to share the responsibility.

To that end Council has directed that I convey that they are not interested in extending any leases on the conveyed property; rather, they seek to honor the agreement that was reached and memorialized in Governor Wolf's letter of December 6, 2017.

Sincerely,

Crandall O. Jones, ICMA/CM
 Municipal Administrator/CAO

cc: Municipal Council

Regional Advocacy Coalition for the Responsible Continuation of Social Safety Net Services

Bucks Mont Collaborative

We are advocating for an extension of leases of three social safety net programs which are set to end June 30, 2022. These programs provide unique transitional housing and services to 232 of our community members each year.

Here for Us MontCo Advocacy Coalition

HopeWorx, Inc.

These programs are currently on a portion of the grounds of Norristown State Hospital, which is being transferred to Norristown. This transfer was set in motion 5 years ago after the announcement of the closing of the civil section of the Norristown State Hospital. While we agree with the economic aims of the land transfer, promises were made that these critical services would not be removed from the social safety net. As the deadline approaches, we struggle to identify whose responsibility it is to keep those promises, and we need your help.

Montgomery County Community Support Program

NAMI Montgomery County PA

While plans are being made to move people who are currently served by these programs, they are not finalized, and it is unlikely that these plans will be complete by June 30th. We are concerned that vulnerable people will be faced with a gap in service, or multiple moves, and certainly they are already experiencing the anxiety of not knowing for sure what will happen. Given the unique level of care provided, we are also concerned about losing skilled workforce due to the uncertainty of moving these programs, further impacting their ability to be operational after their moves.ⁱ

Social Safety Net Services Impacted

Two Residential Treatment Facility programs provide recovery, rehabilitation, and education, through rapid stabilization. This diverts individuals from more costly and restrictive inpatient hospitalization.

The third program is Montgomery County's largest homelessness transitional program.

Pennsylvania Peer Support Coalition

Southeast Region Community Support Program

Western Region Community Support Program

Beyond our concern for the people currently being served by these programs, we are also concerned about the ongoing capacity of our social safety net. For people who might need these services in the future, where will they be served, and will there be enough capacity? While its hopeful that some programs will be moved to new locations, other programs may close and be lost to the safety net, increasing already long waiting lists for services.

All three of the programs provide needed housing and supports to allow individuals to return to community life. As many as 92 individuals are served at any point in time, and 232 individuals annually.

Inpatient behavioral health providers have contacted NAMI (National Alliance on Mental Health) Montgomery County PA to express concerns about these residential treatment programs closing as they have people that have been waiting over a year to go there and now have no discharge plan. Taking away these beds takes away the possibility of patient discharges from inpatient facilities, which then creates a ripple effect, for example leaving Emergency Departments with patients waiting to receive inpatient mental health care. This same phenomenon happens with other services, where people get stuck in short term places without treatment while waiting for space to open up in treatment facilities.ⁱⁱ

Regardless of whose decision this is, we ask that the lease be extended for 6-12 months to allow programs to be fully operational in the new sites. This is a timeline issue, not a land use issue. Please support this in whatever role you play, and whatever influence you can exert.

ⁱ *People with mental illness to lose home over Norristown land deal.* WITF. (2022, March 2). Retrieved March 2, 2022, from <https://www.witf.org/2022/03/01/people-with-mental-illness-to-lose-home-over-norristown-land-deal/>


ⁱⁱ Whelan, A. (2022, February 28). *The Philly Region has few beds for behavioral health patients - and intense demand.* <https://www.inquirer.com>. Retrieved February 28, 2022, from https://www.inquirer.com/health/hospitals-behavioral-health-beds-inpatient-capacity-pennsylvania-covid-20220227.html#amp_tf=From%20%251%24s&aoh=16460009832714&csi=0&referrer=https%3A%2F%2Fwww.google.com&share=https%3A%2F%2Fwww.inquirer.com%2Fhealth%2Fhospitals-behavioral-health-beds-inpatient-capacity-pennsylvania-covid-20220227.html



SELF-STIGMA WORKSHOP

LIFE THROUGH MY LENS CAMPAIGN







 **MAY 18, 2022**
3:30PM TO 5:30PM


TO CHANGE HOW OTHERS SEE US, WE MUST FIRST CHANGE THE LENS THROUGH WHICH WE SEE OURSELVES!
#LIFETHROUGHMYLENS



LEARNING OBJECTIVES

-  WHAT IS STIGMA?
-  WHAT IS SELF-STIGMA?
-  HOW CAN WE CHANGE THE CONVERSATION AROUND SELF-STIGMA?
-  LEARN ABOUT THE LIFE THROUGH MY LENS CAMPAIGN

#LIFETHROUGHMYLENS

 **REGISTER HERE**

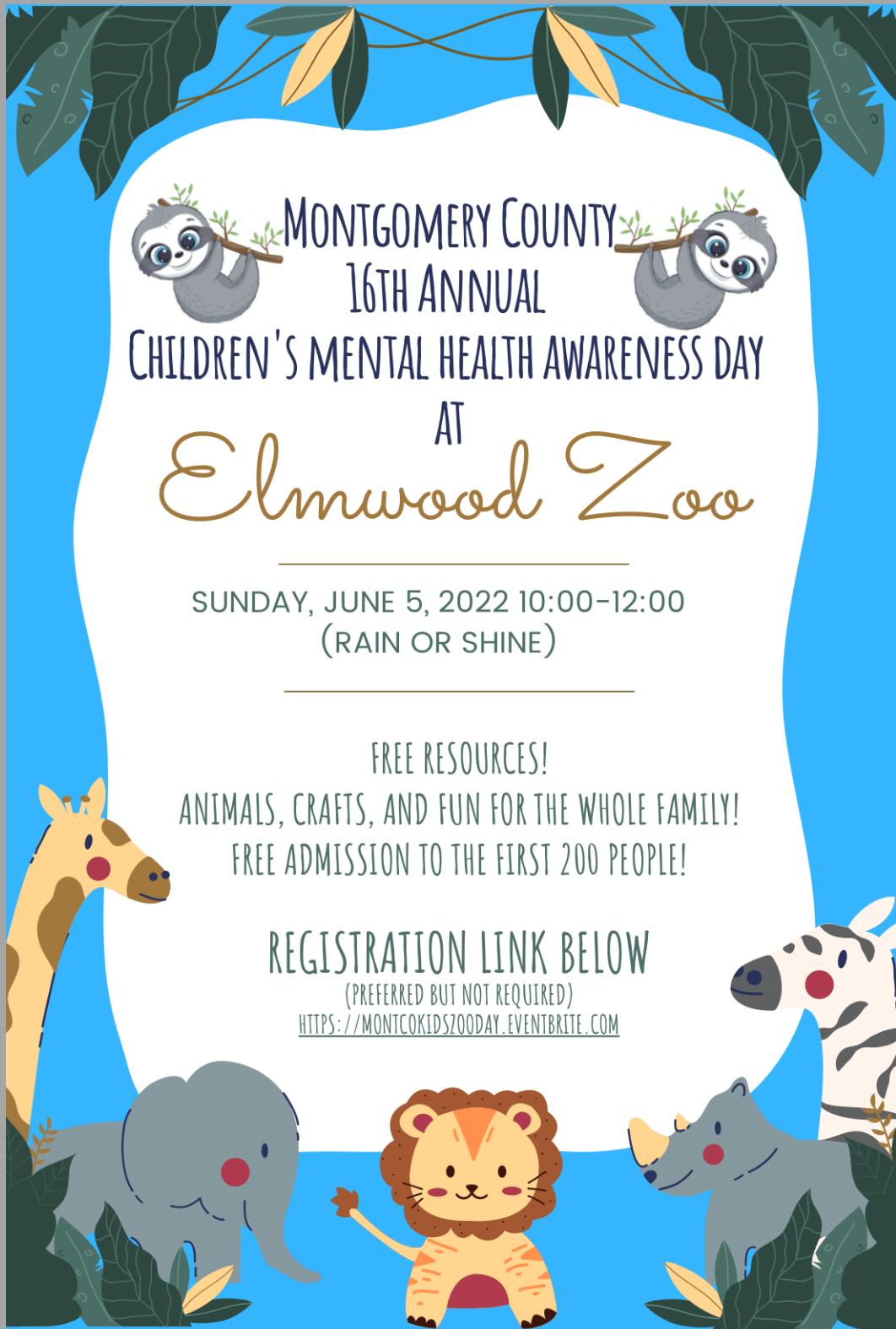
Free training opportunity by Youth MOVE PA & PMHCA



LIFE THROUGH MY LENS

Contact Us:
 ympa@youthmovepa.org
pmhca@pmhca.org





MONTGOMERY COUNTY
16TH ANNUAL
CHILDREN'S MENTAL HEALTH AWARENESS DAY
AT
Elmwood Zoo

SUNDAY, JUNE 5, 2022 10:00-12:00
(RAIN OR SHINE)

FREE RESOURCES!
ANIMALS, CRAFTS, AND FUN FOR THE WHOLE FAMILY!
FREE ADMISSION TO THE FIRST 200 PEOPLE!

REGISTRATION LINK BELOW
(PREFERRED BUT NOT REQUIRED)
[HTTPS://MONTCOKIDSZOODAY.EVENTBRITE.COM](https://montcokidszooday.eventbrite.com)

SPONSORED BY MONTGOMERY COUNTY OFFICES OF MENTAL HEALTH AND MANAGED CARE SOLUTIONS, AND MAGELLAN HEALTH SERVICES



Statewide CSP Meeting



June 2, 2022 | 9am to 12pm



Two Attendance Options - Virtual On Zoom

Or In-Person @

**Pennsylvania Training &
Technical Assistance Network (PaTTAN)
6340 Flank Dr.
Harrisburg, PA. 17112**

*** REGISTER HERE ***

Please join us for a meeting designated to connect everything CSP in Pennsylvania. PMHCA and the four Regional CSPs are working together to initiate and facilitate this meeting as a way to recreate communication pathways and reconnect after the difficult years during the COVID pandemic.

We need to know how many individuals intend to log in so we can ensure enough spaces are available. Please register each person separately if they will be logging into Zoom individually. If you are attending virtually with a group at one location with one login, please only register once.

Wendy Heatley is coming to SE Regional CSP

- WHO: Wendy Heatley, CPS Human Services Program Representative 1 OMHSAS
- WHEN: May 2nd, 2022
- TIME: During the main meeting 3:00-5:00

Topics that will be discussed:

- Obtain a basic understanding of the medical model and the recovery model.
- Be able to identify commonly used language that is illness-centered, outdated and/or offensive.
- Learn how to choose recovery/resiliency-oriented and person-centered words and phrases.
- Learn ways to apply recovery/resiliency language and principles at your agency.

CPSs and CRSs can get 1 training hour toward their certification.

*Wendy will give out certificates upon request.

Please contact:

Lisa Petriello at lpetriello@hopeworxinc.org
for the Zoom link and if you have any questions.



PENNSYLVANIA MENTAL HEALTH CONSUMERS' ASSOCIATION

CERTIFIED PEER SPECIALIST **SCHOLARSHIP & SUPPORT PROGRAM**

APPLICATION LINK: [HTTPS://WWW.SURVEYMONKEY.COM/R/KFXXBT8](https://www.surveymonkey.com/r/KFXXBT8)

PMHCA is pleased to announce the Certified Peer Specialist Scholarship Program! ***This program offers full tuition for CPS training AND (1) certification test.*** There will be (4) cohorts across Pennsylvania in the Northeast, Southeast, Central, and Western regions. Regional Community Support Programs are assisting in identifying and selecting applicants to assure diversity and equitable candidate selection. The program ***DOES NOT*** cover travel, lodging, or meals for any participant. The link for the scholarship application is above, if you need a paper application or have other concerns, please contact pmhca@pmhca.org with your request.

DATES & LOCATIONS

Southeast Region

West Chester, PA
May 30 – June 10 (M-F)

Northeast Region

Scranton, PA
June 27 – July 1 and July 11 – 15 (M-F)

Western Region

Franklin, PA
August 1 – 12 (M-F)

Central Region

Harrisburg, PA
August 22 – Sept 2 (M-F)



This program is funded by the Office of Mental Health and Substance Abuse Services (OMHSAS) funds.



**Office of Mental Health and Substance Abuse Services
SFY22-23 Mental Health Planning Council**

SAVE THE DATE!

The OMHSAS Mental Health Planning Council will meet on the third Tuesday of the second month each quarter (August, November, February, and May). In years when the May meeting would fall on the Pennsylvania Primary Election, the May meeting will be held on Monday instead.

If any changes occur throughout the year, updates will be provided through the MHPC Appointed Member Listserv and the [OMHSAS Public Listserv](#).

Schedule

Tuesday August 16, 2022 from 10AM-3PM

Tuesday November 15, 2022 from 10AM-3PM

Tuesday February 21, 2023 from 10AM-3PM

Monday May 15, 2023 from 10AM-3PM

Location

Currently the MHPC is meeting remotely through the Webex Platform. Meeting notifications are sent to appointed MHPC Members through an Outlook Calendar Invitation along with a PDF Meeting Access Sheet. The PDF Meeting Access Sheet is also distributed through the OMSHAS listserv for interested sunshine attendees.

Contact

Any questions related to the Mental Health Planning Council can be sent to the MHPC Email Address: RA-PWOMHSASMHPC@pa.gov



**May 16, 2022 Mental Health Planning Council Meetings
Remote Access Information**

| Committee/Subcommittee Meetings | | | | | |
|---------------------------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|--------------|----------------|
| Committee | Time | Meeting Access Code | Webex Link | Web Password | Phone Number |
| Children’s Committee | 10am-12pm | 2631-735-4198 | Children’s Committee Link | CWk7jCheU62 | 1-415-655-0001 |
| Adult Committee | 10am-12pm | 2633-385-3790 | Adult Committee Link | h52DctFQmi2 | 1-415-655-0001 |
| Older Adult Committee | 10am-12pm | 2630-864-9296 | Older Adult Committee Link | VEmZuFuU727 | 1-415-655-0001 |
| Networking Lunch | | | | | |
| Networking Lunch | 12:00-12:30pm | Each Committee Session meeting above (Older Adult, Adult, and Children’s) will remain open until 12:30 for optional networking lunch. Please note, staff may not be available consistently throughout the entire networking time. | | | |
| Joint Session | | | | | |
| Joint Session | 12:45-3pm | 2634-385-1561 | Joint Session Link | 7Hk3bW5E8as | 1-415-655-0001 |

Note: Attendees are not required to pre-register or create an account to attend this meeting. If you haven’t previously used WebEx on your device, we recommend testing prior to the meeting and logging in 10 minutes prior to the meeting start time.

Phone Only Participants: Due to background noise, the meeting host may need to mute all participants during these meetings. You can use *6 to mute/unmute during the meeting. You can also use *9 to “raise your hand” so the host will know you’d like to speak.

**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. 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

Starting Point
Mobile Psych Rehab
215-540-2150

Homeless Street Outreach
610-482-5483

teent@kline
montgomery county
text 216.703.8411 or call 866.825.5856
teens helping teens / no judging no pressure

www.accessservices.org

COME JOIN US!

Please join us for the

9th Annual CSP Conference & 44th Annual Mental Health Awards Reception

Tuesday, May 24, 2022

10am- 2pm

Martha's Community Farm
1350 Pawlings Road
Audobon, PA, 19401

“TOGETHER WE THRIVE!”

Speakers
Art Show
Music
Educational Workshops
BBQ Lunch
Networking
Awards
Fun Games
Activities
Breakfast

This celebration will be **FREE, but registration is required.**

Please register HERE: <https://2022montcocsp-mhawards.eventbrite.com>

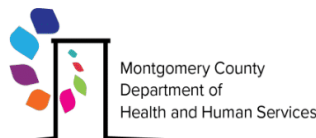
18 years and over only

For Montgomery County Residents and Providers

Donations and sponsorship opportunities are available and appreciated!

For more information, contact Kathie Mitchell

at kathiemitchell8221@gmail.com



Upcoming Elections:

Sources: vote.pa.gov
nbcphiladelphia.com

May 17, 2022 is the Primary Election

- Polls are open on election day from 7 A.M. - 8 P.M.
- Last day to [register to vote](#): May 2, 2022
- Last day to [request a mail-in or absentee ballot](#): May 10, 2022
- [Learn about Primary Elections.](#)

November 8, 2022 is the General Election

- Polls are open on election day from 7 A.M. - 8 P.M.
- Last day to [register to vote](#): October 24, 2022
- Last day to [request a mail-in or absentee ballot](#): November 1, 2022
- [Learn about General Elections.](#)

Who is running for Pennsylvania governor?

The Democratic Party's nominee, **Josh Shapiro**, filed to run for governor in the midst of serving his second term as Pennsylvania's elected attorney general. He has a clear lane to the party's nomination with no opposition.

Ten candidates filed to run on the Republican side.

They are: **Lou Barletta**, the GOP's nominee for U.S. Senate in 2018 and a former congressman known for his crusade against illegal immigration; **Jack Corman**, the top-ranking state senator; **Joe Gale**, a Montgomery County commissioner; **Charlie Gerow**, a marketing consultant and longtime conservative activist; **Melissa Hart**, a lawyer and former congresswoman; state Sen. **Doug Mastriano**, a force in Pennsylvania's right-wing politics who aligned himself with Trump and pushed to overturn 2020's presidential election; **Bill McSwain**, a lawyer who was the Trump-appointed U.S. attorney in Philadelphia; **Jason Richey**, a Pittsburgh-based lawyer who specializes in commercial and contract litigation; **Dave White**, who runs a large plumbing and HVAC firm and is a former Delaware County councilman; and **Nche Zama**, a heart surgeon who has directed units at various hospitals in Pennsylvania.

PA Primary 2022: Early Voter's Guide to Casting a Ballot This Year

In Pennsylvania, two big races in 2022 are likely to determine the course of both local and national politics.

Voters in the Keystone State will play a crucial role in which political party controls Congress, particularly with the open race to replace retiring Republican Pat Toomey in the U.S. Senate. All the while, both Democrats and Republicans see the governor's office as all-important in which party controls state politics for the next four years. Current Gov. Tom Wolf, a Democrat, cannot run for a third term.

Can I vote in the primary?

Pennsylvania has closed primaries. This means that to vote for a member of a certain party, you have to be registered as a member of that party. In other words, if you are unaffiliated with a party, you can't vote in the primary.

However, unaffiliated voters are allowed to vote in the general election, and they can also have their say when it comes to ballot questions.

Can I vote by mail?

The short answer is yes – for now.

When is the deadline to request a mail ballot?

As things currently stand, the last day to request a mail ballot for the upcoming elections is May 10. You can request one [here](#).



Montgomery County PA

Saturday, May 7, 2022

Save the Date

MENTAL HEALTH for all

namiWalks
YOUR WAY
Montgomery County PA

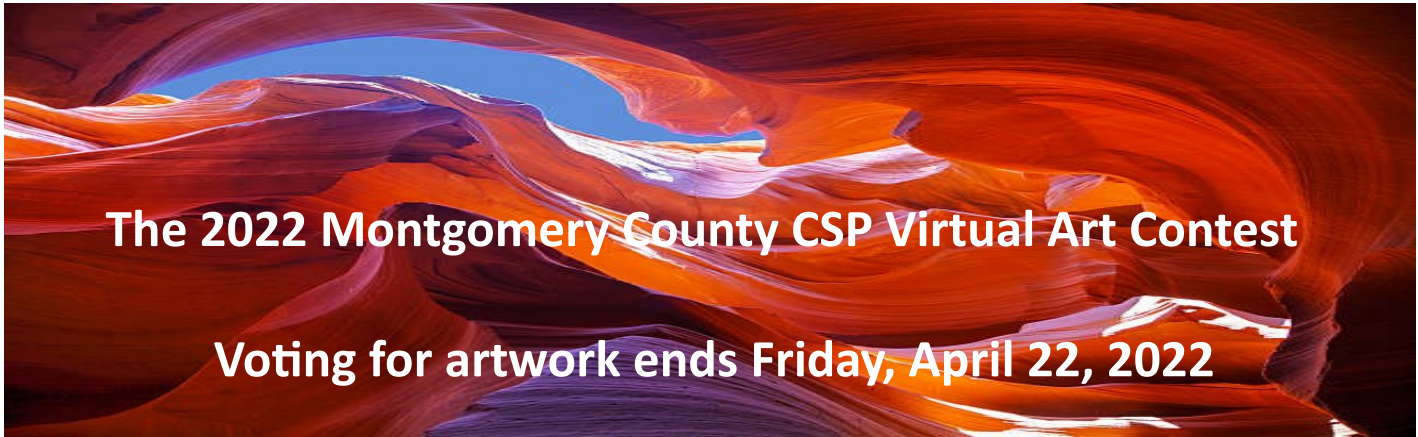
Temple University
Ambler Campus
namiwalks.org/montcopa

Sunday, May 7, 2022 at Temple University Ambler Campus

Fun Starts 8am | Walk Begins 10am

For more information go to: www.namiwalks.org/montcopa

We're back IN-PERSON and BIGGER than ever with plenty of family friendly activities for all ages: Visit sponsor tables, dance to Soundscape Entertainment DJ music, hear personal stories, enjoy food tables (Dunkin Donuts, Philly Soft Pretzel, Plant Smoothie samples), and much more to be announced soon!



The 2022 Montgomery County CSP Virtual Art Contest

Voting for artwork ends Friday, April 22, 2022

There's still time to vote for your favorite artwork in this year's CSP Virtual Art Contest. The theme is **"Together We Thrive!"** There are 27 entries to view over three pages. Please view the entries and select your favorite by casting your vote on the left side of the page. **Voting ends April 22, 2022. REMINDER: One vote per person.** Thank you for your interest and participation! Click [here](#) to vote.

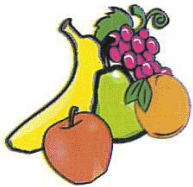
This year, individual artists and communities of artists shared their creative talents. There are prizes for the top three entries with the most votes.

| | |
|---------------|-------|
| First Prize: | \$100 |
| Second Prize: | \$50 |
| Third Prize: | \$25 |



MARTHA'S CHOICE MARKETPLACE & COMMUNITY FARM PRESENTS: THE FANTASTIC FARM SHOWCASE

A SPRING FAIR & WALKING PATH EXTRAVAGANZA!



DELICIOUS SNACKS



KID'S CRAFTS



LIVE MUSIC



FOOD EDUCATION



DUNK TANK!



KIDS ACTIVITIES!

SATURDAY, MAY 14 FROM 11 - 3 PM
MARTHA'S COMMUNITY FARM / 1350 PAWLINGS RD. AUDUBON PA

Come on out to **Martha's Community Farm** and celebrate Spring! Enjoy fun family games, arts & crafts, delicious food, live music, explore our Food Power Walking Path, meet our partners, and learn about all the ways that Martha's is growing good food for our Montgomery County neighbors.

COME HAVE A GREAT DAY!

CSP Subcommittee Reports from March 2022

Advocacy Subcommittee - We talked about the Norristown State Hospital land transfer. A letter was drafted by a coalition and sent out. We will share it. We need more time for the programs to transfer, the deadline is July 1st. A number of organizations have signed onto it. Please send it out to as many people as possible.

We talked about the survey we did a couple months ago about the employee workforce crisis. It has been stalled because of lack of man power to enter data. Julie and Bill will take time to do it.

We talked about the survey we just did and about the block grant funding for the county and priorities. The County has raw data for that. Do we want to look at raw data and make recommendations to the County based on that data. We will set up a zoom meeting. Sue will work with Bill and Julie.

Also in the newsletter was a ranking of 15 services from the survey. We also did focus groups on this that provided feedback.

Social Subcommittee - We launched the CSP art contest that has cash prizes. You do not have to come to Art Meet to enter the contest. Art contest will be online this year. You can submit art on the CSP website or send to Penny. Art meet Date: March 29, 12 pm. Ameika is organizing a camping trip in June. We did approve a community connection grant for \$75.

Conference Subcommittee - We toured Martha's Community Farm again. We had an audio-visual company come out. We will have a nominations packet done and will be sending it out. We have a few nominations in so far. Please submit by April 1st. We are still finalizing some things, but are on track. Date: May 24th at Martha's Community Farm from 10am-2pm. We will update the final flyer with registration.

CSP MEETING CALENDER 2022

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

| | |
|-------|----|
| April | 21 |
| May | 19 |
| June | 16 |
| July | 21 |

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

Montgomery County CSP Executive Committee

2021/2022 Tri-Chairs

Provider Member: Abby Grasso
Person in Recovery: Danny Kuchler
Family Member: Kathy Laws

2021/2022 Sub-Committee Chairs

Social/Media: Penny Johnson
Advocacy: Kim Renninger, Julie Whitmore
Conference: Erin Hewitt, Stacey Volz

2021/2022 Treasurer

Dion Despaigne, 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:
pjohnson@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**

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

Website: www.montcopacsp.org

ABOUT 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.

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.

Organizations who regularly send representatives to CSP:

- Central Behavioral Health
- Community Advocates of Montgomery Co.
- Consumer Satisfaction Team of Montgomery County
- Hedwig House
- Magellan Health Services
- Mental Health Partnerships
- Montgomery Co. Department of Behavioral Health
- Montgomery County Emergency Services (MCES)
- NAMI Montgomery County
- Norristown Vet Center
- Resources for Human Development
- Salisbury Behavioral Health

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