

CSP Logo designed by
Chris Ford

Community Support Journal



Volume 9, Issue 107

September 2020

Montgomery County Community Support Program



Explore Your Ballot

My Vote Ballotpedia is your guide to the 2020 elections

Election Day is rapidly approaching. Do you know what's on your ballot?

Don't worry! We've got you covered—with our new [My Vote Ballotpedia app!](#)

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'Straight Talk' from New Deputy Secretary of MH "Moving forward, resources needed may be very dear"

By: Kathie Mitchell, Newsletter Editor

At its August meeting, the Mental Health Planning Council (MHPC) heard a message of hope—and also one of caution—from the new Deputy Secretary of Mental Health Kristen Houser.

Future plans for mental health services in Pennsylvania will be impacted by what the pandemic will do to the state's economy and fiscal situation, Houser said during a virtual meeting on August 25.

"I want to be prepared for the bad news, too" Houser said. "Moving forward, resources needed may be very dear."

Dep. Secretary Kristen Houser



Continued on page 2



YOUR
VOTE
IS
POWER

The reality

Few voters know who is on their ballot, and they don't have an easy way to find out. When you sit down to research what's on your ballot, we don't believe you should have to open 30 different web pages from 20 different websites to find out what district you're in, what races are up for election, who's running, and what a "yes" vote on that ballot measure would really mean. And even then, you still might not find the answers you need.

Ballotpedia provides all that information in one spot. Instead of spending time searching for what's on your ballot, you can instead read encyclopedic articles, analyze candidate views, and decide how you should vote. We also offer unique ways to learn about your candidates, such as [survey](#) questions meant to elicit personal and thoughtful responses from candidates.



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Candidates with context

A list of names can only take you so far. We want you to feel confident in the decisions you make at the polls, which means providing you with meaningful information about who is on your ballot.

[Ballotpedia's sample ballot](#) allows you to click through to our articles on each candidate and ballot measure, arming you with the information you need to cast an informed vote at the polls. From the presidential race to school board elections—and all the state ballot measures in between—our sample ballot pulls from over 15,000 candidates running in over 7,400 elections to show you what's on the ballot for your registered address. Get details on the elections we cover for your area [below](#).

What's included?

Features

Ballotpedia's sample ballot tool provides a voter guide with:

- ✓ Election information for all 50 states
- ✓ Ballots for both **primary** and **general** elections
- ✓ *Comprehensive* down-ballot coverage for the top 100 cities

- ✓ Additional information for each candidate
- ✓ Updates just days after each state's filing deadlines
- ✓ All the districts associated with the entered address
- ✓ A printable ballot (Mark it up and take it with you to the polls!)
- ✓ The ability to share the tool with your social networks
- ✓ The polling hours for your state
- ✓ A link to get information about your polling place



Elections included

Ballotpedia's sample ballot includes all federal and statewide candidates running in both primaries and general elections across the United States, all state ballot measures, as well as comprehensive local elections coverage for the top 100 cities by population.

- Presidential candidates
- Congressional candidates
- State legislative candidates
- State executive candidates
- Candidates for statewide courts
- Statewide ballot measures
- Notable local ballot measures

National Voter Registration Day - September 22, 2020

Sign Up as a National Voter Registration Day Partner

National Voter Registration Day is a nonpartisan civic holiday **taking place September 22** that celebrates our democracy and involves thousands of volunteers, nonprofit organizations, businesses, schools, libraries, election officials, and more from all over the country.

NAMI is partnering with National Voter Registration Day to make sure that no one misses the opportunity to #Vote4MentalHealth due to a registration problem. [And we hope you'll join us to get your community #VoteReady!](#)

Your NAMI can join the celebration virtually this year. [Sign-on as a local partner](#) and commit to promoting voter registration to your advocates on September 22nd. Help us ensure that more people #Vote4MentalHealth. By signing on, you'll get access to online tools and resources to engage in this effort. [Sign up](#) by September 1 to receive free National Voter Registration Day posters and stickers.



Houser said she wanted to share some of her thoughts with the MHPC and get their feedback now that she's had a little more time on the job. A major ask for the MHPC was to consider incorporating its changes to "The Call for Change" recovery document into the 'PA Trauma Informed 10-year Plan', a strategic plan accepted by the Wolf administration.

"I think it's very aligned with what I've seen come from the Planning Council," Houser said of the strategic plan. "It may be coordination instead of creation for us."

Houser said she took "very much to heart" the advisory function of the MHPC and looked forward to what the Planning Council would bring back to her office.

"It's a two-way conversation," she said.

Houser, who is Deputy Secretary of the state's Office of Mental Health and Substance Abuse Services (OMHSAS), added that she also takes racial justice very seriously and intentionally. She is meeting with all Human Services departments around this issue, not just OMHSAS.

"I think it's very aligned with what I've seen come from the Planning Council," Houser said of the strategic plan. "It may be coordination instead of creation for us."

She said she had questions from those department meetings that she wanted the Planning Council to dig into. For instance, the demographics of Medicare and the disparities. How can the Planning Council's work as a whole reflect people who are receiving these services? She urged more participation and more data collection to find out whose voices are missing.

Houser shared her thoughts about Telehealth and how the need for increased online services since the pandemic had show positive results although "it's not the perfect mode" and is not always accessible.

She opened the meeting up to participants to give suggestions on how to reach people who haven't been reached regarding racial justice, access to services, stigma and bias, and how to do a more holistic job.

Nancy Scheible, former CSP Coordinator for Bucks County, suggested using CSP committees and certified peer specialists (CPSs). She said some customers who use services and have email addresses are usually not on distribution lists. A person from Allegheny County suggested using grassroots family organizations to connect with people, adding that even the most poor individuals usually have cell phones.

Scheible said the CSP principles and the discussion at the MHPC filters down to the regional OMHSAS offices where they do yearly reports with providers. This information should be included when reviewing provider performance.

In closing, Houser said she was part of a steering committee of journalists in Philadelphia that are working on solutions-based reporting—shedding light on a problem and possible solutions. One thing they are looking at is how language is being used in media coverage.

This problem and solution approach is one that she has an affinity for especially with her advocacy background. She said in her experience with advisory groups, not all accomplish goals, but she looked forward to the active role the MHPC plays in bringing stakeholders from across the state together so the voices of everyone can be heard.

September is International Underground Railroad Month



Maryland Governor Larry Hogan proclaimed the first International **Underground Railroad Month** in 2019 to acknowledge the significance of the **Underground Railroad's** contribution to the eradication of slavery in the United States, and as a cornerstone for a more comprehensive civil rights movement that followed.

Harriet Tubman - Known as the "Moses of her people," Harriet Tubman was enslaved, escaped, and helped others gain their freedom as a "conductor" of the Underground Railroad. Tubman also served as a scout, spy, guerrilla soldier, and nurse for the Union Army during the [Civil War](#). She is considered the first African American woman to serve in the military.



YOUR WAY HOME Emergency Rent and Utility Coalition

Receive up to \$1,500/month in assistance dating back to March 1, 2020!

How do you apply?

- Call Your Way Home by dialing 2-1-1 or
- Text your zip code to 898-211 or
- Contact any of the participating agencies below:

ACLAMO (Norristown/Pottstown) ¡Hablamos español!
HousingProgram@aclamo.org

CADCOM (Norristown)
ebaker@cadcom.org
610-277-6363, ext. 118

Pottstown Cluster of Religious Communities
www.pottstowncluster.org/COVIDrentutilityassistance
COVIDrentutilityassistance@pottstowncluster.org
610-970-5995, ext. 115

Manna on Main Street (Lansdale)
<http://mannaonmain.org/financial-assistance-application/>
Teri@mannaonmain.org
215-855-5454, ext. 22

For more information, contact Your Way Home
Dial 2-1-1 or visit www.yourwayhome.org

Qualifications

(at the time of application)

- Household must reside in Montgomery County
- Household must be at or below 100% of Area Median Income
- Household must have rent arrears and/or an eviction notice and/or utility arrears and/or a utility shut-off notice
- Household must be able to self-report a COVID-19 hardship and have no alternative means to pay the rent and/or utility arrears for which the household is applying.



Montgomery County CSP Election Ballot 2020-2021

**No vote is necessary –
the races were uncontested.
Congratulations to the new members of
the CSP Executive Committee!**

Co-Chair
Kathy Laws -
Family Member

Co-Chair
Abby Grasso -
Provider

Co-Chair
To be filled
Person in Recovery

**Advocacy
Subcommittee**
Kim Renninger
Robin Campbell

**Conference
Subcommittee**
Erin Hewett
Lauren Landers-Tabares

**Social/Media
Subcommittee**
Ryan Scheiger

Treasurer
Morgan Killian-Moseley

Sue Shannon is inviting you to a scheduled Zoom meeting.

Topic: Montco CSP Meeting
Time: Sep 17, 2020 12:00 Eastern Time (US and Canada)
Every month on the Third Thu, until Nov 19, 2020, 3
occurrence(s)
Sep 17, 2020 12:00
Oct 15, 2020 12:00
Nov 19, 2020 12:00

Join Zoom Meeting
<https://us02web.zoom.us/j/83716106457>

Meeting ID: 837 1610 6457
One tap mobile
+13017158592,,83716106457# US
(Germantown)
+13126266799,,83716106457# US
(Chicago)

Dial by your location
+1 301 715 8592 US (Germantown)
+1 312 626 6799 US (Chicago)
+1 646 558 8656 US (New York)

**Free
Virtual
Summit**

Hope Rising for Suicide Prevention

**Saturday
September 26th**

12 HOUR EVENT

12pm - 12am - New York (EST)

12am Sat - 2pm Sun - Sydney (AEST)

1:00pm Sat - 1:00am Sun - Brazil (BRT)

5pm Sat - 5am Sun - UK (BST)

9:30pm Sat - 9:30am Sunday - India (IST)

1am Sun - 1pm Sun - Tokyo (JST)

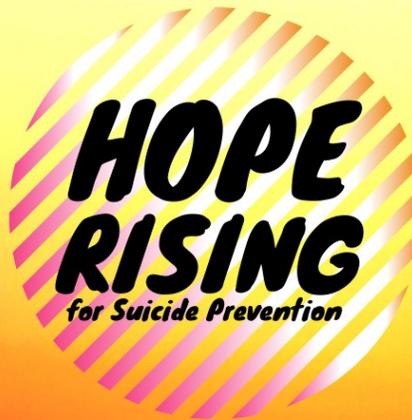
Hope Rising is a global suicide prevention summit for people impacted by suicide and those who would like to help prevent it.

This inspirational event will provide information, resources and opportunities for collaboration, that will enhance suicide prevention and wellness around the world.

100 + AMAZING SPEAKERS OF HOPE

HOPE FILLED KEYNOTES, WORKSHOPS AND PANELS RELATED TO SUICIDE PREVENTION, MENTAL HEALTH AND WELLNESS

**FILM FEST
LIVE MUSIC
SPOKEN WORD
DANCING
KIDS ACTIVITIES**



**VIRTUAL
EXHIBIT
BOOTHS &
NETWORKING**

www.HopeRising.one



Congresswoman Dean holds virtual meeting about access to MH services in a pandemic

FOR Madeleine Dean, it all comes down to stigma. How do we get help for a mental health issue if we can't talk about it?



"It is not anything to be ashamed of," Dean said during a virtual conversation with mental health leaders in Montgomery County. "It is something to get help with."

The Congresswoman had invited the county's Mental Health Administrator Pam Howard, Jeanne Ewing of Magellan Behavioral Health and Abby Grasso, Executive Director of NAMI Montgomery County, to have a conversation about accessing mental health resources - before, during and after the COVID-19 pandemic.

Howard, Grasso and Ewing agreed that stigma was the biggest issue and that bringing awareness to communities will bring it down. Mental health is a part of overall health.

"Paying attention to your physical health and mental health are so important and go hand in hand," Howard said. "We're learning more and more about this."

Howard added that reaching out to families and children about mental health, wellness and self care was crucial early on. Too often, people hold things inside or they hold things within their families and it's not helpful.

"When in doubt, reach out," said Howard who uses the mantra often.

Dean said she was concerned about the extreme stress that people are going through as a result of the pandemic.

"People are dealing with so many stressors right now," Dean said. "We have a threat to our lives. It's a pandemic and economic paralysis - dealing with children under your roof while you're trying to work."

And many have lost loved ones. Both Dean and Grasso said they lost family members to the virus at the beginning of the pandemic.

Grasso shared a poignant story about losing her 94-year-old grandfather. Because of COVID-19, she couldn't be there with him before he died - a heartbreaking experience endured by so many families this year. A woman she had gone to high school with but hadn't seen since, sent Grasso a message after her grandfather died. Unbeknownst to Grasso, the woman took care of him in his final moments.

The woman's message: "It was a true privilege to be with him when he passed. There was a beauty in being there for people when their families couldn't." Grasso said that human kindness made the painful ordeal a little easier to bear.



Administrator Pam Howard

(continued on next page)

It was another example of how people are finding ways to adapt and overcome the barriers. Grasso said life roles have been changed or put on hold and everyone is finding new ways to connect.

Like telehealth, for example. Dean said that people tell her the increased availability of telehealth is so important.

Ewing said that Magellan had learned that 69 percent of support organizations that served their PA Medicaid membership before the pandemic were not using telehealth. Today, 99 percent are using telehealth services. Anecdotally, Magellan hears that members are not as worried about transportation or child care since many people are working from home. They have more time to be flexible in talking with people. Ewing also acknowledged that online health isn't for everyone. Some people don't have access to computers or the internet or may not be comfortable using the technology.

Howard said that by using HealthChoices reinvestment dollars, the county was able to get providers the technology they needed. "Telehealth went from zero to 60," she said.

Howard stressed the importance of peer support services to keep people from feeling isolated and alone. She said loneliness can be more detrimental to a person's health than smoking 15 cigarettes a day. And when people are in crisis, it's time to use Mobile Crises Services. Over the five months of the pandemic, Howard noted that they haven't seen a greater call volume but a greater volume of first time callers.

When Dean asked, "What should policymakers know?" all three agreed that housing and homelessness are their greatest concerns. There are currently 200 people living on the streets in Montgomery County.

"One of our biggest fears is that people will lose housing," Howard said. "That is one of our biggest asks."

Zoom meeting:
<https://www.facebook.com/RepMadeleineDean/videos/973072093173801/>

The Congresswoman promised that she would keep fighting for housing.

* * *

After the meeting, some thoughts:

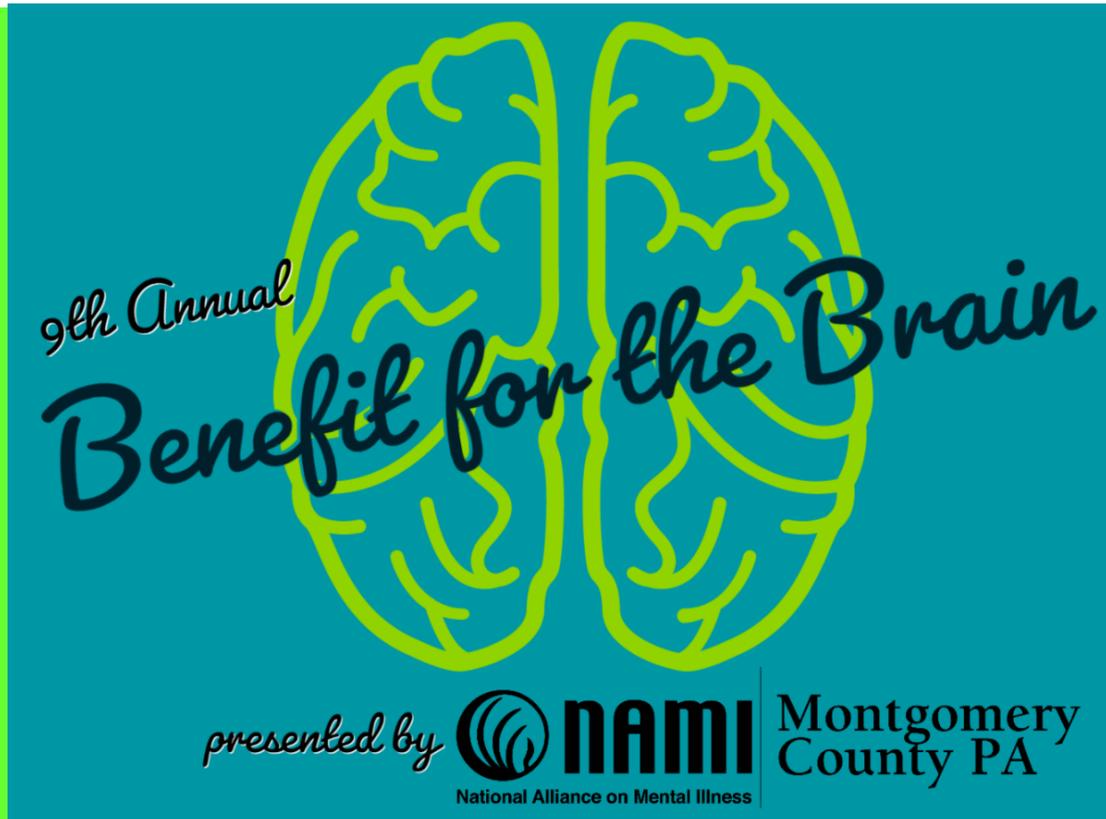
"I appreciated the opportunity to have a conversation with the Congresswoman," Howard said. "It helped to amplify the kinds of conversations that occur when we connect with stakeholders who are involved in Montgomery County's CSP. I was glad that we got to share with her the importance of telehealth, and that it has opened up a new level of access to care while building understanding that it is not accessible or comfortable for everyone."

Grasso added that Congresswoman Dean provided the opportunity to stress the importance that we all have mental health and sometimes, due to circumstances beyond our control, our mental health is impacted.



**Abby Grasso, NAMI
Executive Director**

"No matter the level of the impact, we need to have more opportunities to talk about mental wellness and mental health so that we can educate individuals and families on how to take care of ourselves, our friends and our loved ones," Grasso said. "I was so thankful for the opportunity to share about community resources with Pam and Jeanne. The more people know, the better they can live. The more we talk about mental wellness, the more understood and hopefully the more accepted it will be."



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!

2020 Scientific Research Award Recipient:
Cherian Verghese, MD





NAMI Family-to-Family

National Alliance on Mental Illness

Free, 8-session Educational Program

for family, friends, and significant others of adults living with mental illness



Evidenced based program to help in the areas of:

- understanding and supporting your loved one while maintaining your own well-being
- learning to cope with worry, stress and emotional overload
- problem solving, listening, communication, handling crises and relapse
- current treatments including medications and side-effects
- information on the biological aspects of mental illness
- finding and using local supports and services
- the importance of advocacy

Pre-registration
is required

For questions or information, contact:

Elaina Borchelt, administrative coordinator

215-361-7784

eborchelt@namimontcopa.org

three online classes available

Tuesday's 9 am - 11 am

Starting Oct. 6th

Wednesday's 6:30 pm - 8:30 pm

Starting Sept. 23rd

Thursday's 6:30 pm - 8:30 pm

Starting Sept. 17th



100 West Main Street, Suite 204, Lansdale PA 19446

Meditation/Mindfulness with John



*Wed, Sept 9, 16, 23, 30
10am - 11am*

**You can schedule to join us at
HopeWorx or via Zoom.**

Yoga Mats are provided!

[https://us02web.zoom.us/j/81170587363?
pwd=NS9lVWRLU3loMlpuRi9VZUxReDNJdz09](https://us02web.zoom.us/j/81170587363?pwd=NS9lVWRLU3loMlpuRi9VZUxReDNJdz09)

Meeting ID: 811 7058 7363

Contact: Ameika Malcolm 610-270-3685 | amalcolm@hopeworxinc.org



Camping 2020



Free computer classes

**Hopeworx Inc.
Presents**

To Register email
Johan at:

Johan.g.martinez@gmail.com

▶ Microsoft Office Training

Classes start August 3rd and run until
early October on Mondays at 6-8pm
virtually via Zoom.



COVID-19 RESOURCES



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



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



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



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



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



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

Montgomery County Office of Mental Health Update on COVID-19

For current updates in Montgomery County, please go to the County's COVID Hub: www.montcopa.org/COVID-19. 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)

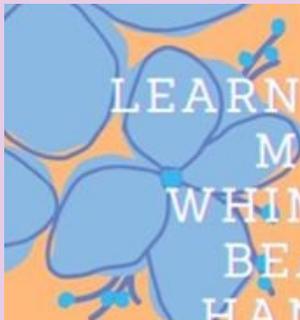
MONTGOMERY COUNTY
PEER SUPPORT TALK LINE
855-715-8255
text 267-225-7785

Justice Related
Services
610-500-2111

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

Starting Point
Mobile Psych Rehab
215-540-2150

Homeless Street
Outreach
610-482-5483



LEARN HOW TO
MAKE
WHIMSICAL
BEADED
HANGING
DECORATIONS

Beads on a Wire



Sign up!

contact us at
Ameika Malcolm -
amalcolm@hopeworxinc.org
Maria Maneos -
mmaneos@brushwiththelaw.org



HOPEMARKET PRESENTS
BRUSH WITH THE LAW
COMMUNITY SERVICE ARTS

JOIN US!
Thursdays
3-5pm ON
ZOOM starting
August 6th thru
August 26, 2020

If you would like to participate but need supplies and live in or around the Norristown area - PLEASE REACH OUT - so we can make arrangements (within reason) to safely deliver some to you. Supplies are limited and will be on a first come first served basis. RSVP for supplies by August 3rd.

**FAIRY
GARDENS
WORKSHOP**



Learn to make these
incredible
living environments
Share ideas. have fun
& get your
fairy garden making on!
□ Every Thursday in
September
from 3-5pm on Zoom

**Supplies are
limited and will be
given on a first
come first serve
basis**

See page 2 for more info

THIS SEPTEMBER



Workshop and
Supplies are
FREE

If you plan to participate contact us for Zoom
Meeting ID - email info on page 2

Hosted by
HopeWorx, Inc

EVERY THURSDAY on ZOOM
Starting September 3rd - September 24th
from 3:00 - 5:00 pm
(ZOOM ID given by responding to this flyer)

Or watch via FaceBook Live where we will share
our Zoom classes on
[Brush With the Law's FaceBook page](#)

CONTACT INFO

Ameika Malcolm - amalcolm@hopeworxinc.org
Maria Maneos - mmaneos@brushwiththelaw.org

We deliver supplies locally and within reason to surrounding
areas i.e. Norristown, Bridgeport, King of Prussia, to Lansdale,
Doylestown, Perkasie, and surrounding areas



ART IN THE PARK

VIRTUAL



Arts & Music Festival

September 19, 2020

2PM-6PM

Featuring

AM Radio Trio

Former Strangers

Dance the Dominican
Bachata with Sasha

Creole Storm

Division of Power

Louis Pettinelli Trio

Theatre Non-Conforming

Mastani by Mamata

Plus Live Art, Auction, Trivia, Twelve23 Fashion Show, & More!

Special Thanks to:

Let's Link L8R • Centre Theater • J. Drennan Sound • Rotation Records



expressivepath.org
501 C3



CSP Reports for August 2020

From Tracey Riper-Thomas, CSP Liaison

There was a discussion about in-person vs. virtual Certified Peer Specialist (CPS) Training, due to the current COVID-19 situation. Feedback was gathered by individuals using Peer Support services, Peer Specialists, Peer Support Supervisors and Providers. The feedback included the view that the 'Relational' part of the training is vital and that portion cannot happen virtually (this would include role-plays and personal storytelling exercises). In terms of virtual possibilities, the feedback included the view that a virtual training could help to train the class to facilitate Telehealth and that the virtual might have to extend past two weeks (to allow for time off the screen). There was also another suggestion – A hybrid approach. The feedback included ideas such as a combination of virtual training (modules that can be taught via an online platform) and on-site training (socially distanced and PPE for role-plays, storytelling and other 'Relational' portions of the training).

CSP MEETING CALENDER 2020

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

September	17
October	15
November	19
December	17

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

The World Hearing Voices Day celebration event "Listening Heart", cohosted by the Montgomery County Hearing Voices Network, Hearing Voices Iceland, Alternative Perceptions and United Peers, was held September 14, 2020, via Zoom. Fifty-six people from at least three countries and three U.S. states attended the two-hour event, and people shared stories, poetry, and music.

"It really was amazing, uplifting and created a true sense of connection even though we weren't physical-ly together," said Kathy Laws, Fest Program Manager and Co-Chair of the CSP Committee.

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.

ABOUT CSP

CSP Principles

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

**Join our
Mailing list!**

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

Send an e-mail to:

amalcolm@hopeworxinc.org

Or send your contact info to the mailing address below

Meetings:

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

**3rd Thursday
of each month**

Norristown

Public Library Community Room

1001 Powell St.

(at Swede St.)

Kathie Mitchell, Newsletter Editor

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

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

Website: www.montcopacsp.org

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:

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

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



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