**August 2023 SE Regional CSP Committee Meeting Minutes**

**Date: August 7, 2023**

**Chair: JoAnn Johnson**

1. **Welcome** – First meeting since May. Thank you for coming. Participants introduced themselves and shared some interesting things they did over the summer.
2. **Mental Health March** – September 27th. Need to register. Julie shared the flyer. There will be a bus to take people to Harrisburg. We will set up meetings with legislators after the march. Speakers will kick off the march on the Capitol. Participants of past rallies said it was a great experience. Shirts will be given out. Sara Wein said Chester County is promoting it. Planning to hold a NAMI Smarts for Advocacy to teach folks how to share their stories with policy makers and legislators. Lunch is provided for people on the bus. People from Philadelphia have registered. 10 from Montco, 8 from Philadelphia and one from DE. Ten seats a county? Encourage as many as possible. Sarah asked, for meetings after lunch, is there an ask? There are preparing talking points. Sue said, ideally, it would be great for someone in each county to take charge of making appointments with legislators. Marilyn said for scheduling you’ve got to have one voice. Coordinate with Sarah because she has experience. Have a written piece to leave with your legislators in the Senate and the House. The NAMI Smarts will be virtual. MH funding, 988 funding, workforce development, Call for Change, pay for MH workers, not enough MH professionals available. Keep the message more focused and clear. Sheila suggested 3 things: MH based funding, 988 funding and workforce development.
3. **CSP Elections** – Elections are in September. If you are interested or know someone who is interested, send the information to Julie. Three co-chairs, a treasurer, 3 chairs of conference committee, 2 chairs for advocacy. Executive Committee meets last Monday of the month. Joann shared descriptions of each position. Jenna Wood was nominated for advocacy committee. Justin wants to be on conference committee. Benita volunteered for chair. Akilah and Karleen were nominated for conference. Marvin wants to continue as treasurer. Joann and Julie would like to continue as co-chairs. Requested bios of interested persons which could be put on the website. Question from Karleen: Who oversees FB for us? Sue said Regional CSP doesn’t have an active FB. The website is one page on the Montco CSP website. Kathie Mitchell does all of Montco CSP’s website and social media. She’s standing by to do Regional CSP. We just need content from everyone. Karleen said it just needs to be updated a little bit.
4. **CSP reports to PMHCA –** Sue said we need CSP reports from each county that we will send to the state. PMHCA is organized again around this. Jenn Smith, dep secretary, is pro CSP. They agreed to fund 6 regionals instead of 4. They committed to fund us more than $10,000. In return we want to show them what everyone is doing. We’ve gotten sloppy about sending reports because they weren’t going anywhere. But now they’re going somewhere. Monthly, if you can send a report to Julie then we can collate them and send them up. Julie said topics like advocacy issues you have addressed. You can come with your own but it might help with a template. You can have your liaison do the reports or pick a person to do. Each county should send a report the first week of each month. This way we can have our voice heard more.
5. **Review Minutes** – CSP principles were reviewed at last meeting. Sue said she will follow up to get the new version of principles. There’s a new CSP wheel too. The meeting in August isn’t Hybrid. Minutes approved, adding that in the future they will leave the recovery story details out of the minutes.
6. **Budget** – Marvin said $4,407.91 left over from last year. The bus rental $1,983.71 for Harrisburg. And seed grant for $500 going to Brush with the law. $2,483.71. Over $2,000 left. We didn’t get confirmation of money for this year. Sue made a motion if we need a second bus, the committee approved a 2nd bus. It was unanimously approved. Julie will ask Manna on Main for box lunch.
7. **Storytelling** – Julie shared her story. Everyone thanked Julie for telling her story. She’s a great advocate! She’s awesome!
8. **Advocacy Committee** – Justin said they talked about Peer Respite. Family peer in crisis grant. Trip to Harrisburg and bullet points. Justin is going to visit a peer respite for a tour with his dad.
9. **Conference Committee** – Karleen said we talked about different resources and areas. We met with Tanisha and how regional works. We approved a seed grant. Joann said the conference you had was very nice. Karaoke was really fun. Ice cream truck. Tracey asked about the seed grant project. Sheila said Brush with the Law and they are going to have an event. Julie said send all requests to her.
10. **County Report** – Delaware County – Eric said we found a new location coming out of COVID. Now we are at 933 Baltimore Pike, Springfield. Tree of Life Church. A weekly coffee house with wellness challenges. We’ve updated our brochure. I’m looking forward to the updated principles and the CSP recovery wheel. We updated our website with our new information. It really looks nice. We had our holiday event at the church. We had May MH Awareness event. Beating Stigma – a drum event. We had our elections last month. We’re still small but we’re looking to expand. October 16th we’ll have a fall family festival. Harvesting Local Resources with 10 tables, the church and providers. Julie has a one-minute video from the Beating Stigma event. Eric said there was so much energy in the room. It just lifts your spirits. Everybody had a great time. It was a great way for us to connect in Delaware County.
11. **Announcements** – Sarah said NAMI Chester County is recruiting for volunteers to lead our peer and family support groups and education classes. Our application is on our website. At the end of this month, we are hosting an Open House at office in Exton on August 28th 5:30 to 7:30 and Tuesday Aug. 29th 1-3 p.m. Volunteering is Sweet. Ice cream social. Celebrate the unofficial end of summer. Justin said NAMI Montco is still on hunt for Ex. Director. Picnic is Sept. 10th. Sue said PMCHA conference is in Oct. right on heels of march. Who’s going? Needs to be people who are really active. Marvin and Marissa are going for Regional CSP. Karleen, Sheila and Justin are going from Montco.
12. **MHPC** – Meets August 15th. They will discuss Call for Change. Looking for lots of people to show up. 1-3 p.m. on Zoom. Tracey said there is a new Co-Chair for MHPC is a CPS and CRS, Jason Rologgio. Was co-chair of older adult committee. He works for the PA Support Coalition.
13. **Joann said the 5th Annual Philadelphia CSP Conference** was great. Shout out to Marvin.
14. **New Business –** Joan Erney is coming next month. It will be Sept. 11th. Next county report: Montgomery County
15. **Meeting Adjourned**