



Volume 10, Issue 115

May 2021

Montgomery County Community Support

Tory Bright receives the Dr. Miller Award Recognized for outstanding service in Mental Health



Tory Bright received The Dr. Robert H. Miller Award at the 8th Annual Montgomery County CSP Conference and 43rd Annual Montgomery County Mental Health Awards Reception on May 11, 2021.



Tory Bright

The award is intended to recognize an individual who has shown outstanding commitment to the field of mental health care, and whose involvement, service, and contributions to the improvement of the quality of life of persons with mental illness is exceptional. This highest honor is given each year to a person who exemplifies the concepts of recovery, resiliency and wellness.

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Cindy Hadge (right) and Marius Romme

Keynote Speaker kicks off virtual CSP Conference and Awards Reception

By: Kathie Mitchell, Newsletter Editor

Cindy Hadge, of the Wildflower Alliance, was the keynote speaker at the 8th Annual Montgomery County CSP Conference & 43rd Annual Montgomery County Mental Health Awards Reception.

Held virtually this year due to COVID restrictions, the event called "The Sun Will Rise Again," drew a large number of participants, eager to hear Hadge, engage in workshops and attend the awards reception.

Hadge's recovery story of transforming tragedies into treasures began at birth when she was born with a bilateral palate at home to an alcoholic mother. She described herself as a funny looking child who wasn't even viewed as a person, but as an object.

Continued on page 3

Dr. Miller Award—continued from page one

Bright has made a tremendous impact on the Montgomery County Mental Health system as a fierce and compassionate advocate. She is someone who exemplifies the values of Dr. Miller through her role as a professional, a colleague, a mentor, and a friend.

When comparing the award criteria with this individuals' immense contributions to the Mental Health system and the people it supports, it is clear that her work far exceeds the standards. Her work and contributions are widely recognized at many levels of the Mental Health system, including the state, county, and individuals and their families.

Bright began her career as an inpatient caseworker at MCES in the early 1980's. From there, she went on to work as a community case manager for Creative Health Services. She was then hired as the first CHIPP coordinator for the Montgomery County Office of Mental Health. After numerous years at the county office, she went on to become the first Regional Mental Health Coordinator for the Southeast Region of PA. Both the CHIPPs and Regional Coordinator positions were new, which allowed her to further develop her exceptional organizational skills and to implement strategic activities to serve individuals in need of Mental Health supports and services. She has been instrumental with helping many individuals move out of Norristown State Hospital and for program development under the CHIPP's initiative starting in 1993.

She has also been the lead person involved with development of numerous programs and services which provide mental health supports to individuals from all 5 southeast counties. She continues to be directly involved with the 8 Regional residential programs she helped develop. Her goal, as always, is to assure the quality of the services being provided and to support the individuals served by those programs.

Some of her other activities include, but are not limited to, the following: she is a Mental Health First Aid trainer and advocate for Adults and Children, is in a leadership role with the Forensic Interagency Task Force (FITF) on the state's Re-Entry committee, she has ongoing involvement with the statewide County Commissioners Association of Pennsylvania (CCAP), she is active with the Norristown State Hospital Human Rights Board and NAMI board, she participates in the Montgomery County Mental Health Forensic Coalition Steering Committee, she coordinates Norristown State Hospital forensic and civil activities for all 5 Southeast counties, she supports the oversight of the Extended Acute Care at Brooke Glen, and much more! In fact, this is just a short list of all that she is currently doing or has been involved with in the past.

One thing to recognize is that however she gets involved, it is almost always in a leadership role, and she always volunteers to do the work that's needed to accomplish the identified goals. She also is very astute at knowing who to bring together to help get things accomplished. She is person centered, flexible, and a strong advocate for the Mental Health community. She exemplifies the dedication and enduring service which are some of the hallmarks of this award. On a lighthearted note, she can be compared to the mental health version of the energizer bunny and the Action News van as she never stops working to improve the lives of individuals with mental health challenges and she is seemingly everywhere involved in many, many projects!



Keynote from page one

At age six, she received a bone transplant from her rib to her face with an outcome that was not positive, she said. But a vision of angel handing out presents at Christmas at the hospital where she received surgery, helped her through a difficult time.

Over the years, she had thoughts of suicide and was self-injurious. She went to therapy but began blaming herself as she tried not to remember her past.

"I didn't want to feel, I didn't want to remember," Hadge said.

She ended up on Thorazine and was retraumatized by services and messages like: "Don't tell or someone will get hurt." Or, "they won't believe you anyway."

Her outlook began changing when she visited an organization that was within walking distance of where she lived. It was called "The Wildflower Alliance" and is home to the Western Mass Recovery Learning Community. (WMRLC).

The Wildflower Alliance is a grassroots peer support, advocacy and training organization with a focus on harm reduction and human rights.

Here was a place that Hadge felt seen and heard. She was told that she needed to become an expert on her own experience. She learned that human connection was important and that playing a role in one's healing/rescue was key. She was slowly able to overcome feelings of powerlessness, shame, guilt, hopelessness and impending doom.

Joining a Hearing Voices Group, she at first wouldn't speak but bore witness to other people's stories until she was ready to share her own. Feeling like a lost cause after 25 years in the mental health system, she began to feel valued by group members and learned that conflict didn't mean it had to be physical.

Recovery isn't flat. It can be bumpy and that's okay.

- Cindy Hadge

For a time, Hadge decided to live as a man and changed her name to Marty.

"I chose to live as a man," Hadge said. "I thought it was my solution. I began to heal the little girl in me. It was a step in the process" to respect herself.

Today, Hadge is a lead trainer at WMRLC. Before her presentation was over, she answered some questions and gave some advice.

"Trauma can inform me but it doesn't have to define me," Hadge said. "People can heal. Our bodies can heal. Our minds can heal. It made a world of difference to have people to talk things through."

She also said that validation is vital to help build connection.

"If you feel connected to one person, that adds to your resiliency," she said.

Nancy Wieman Award for Innovation - Winner is Wendy Heines

Wendy Heines won the 2021 Nancy Weiman Innovation Award. Heines was the Chief Executive Officer of PAHrtners Deaf Services in Glenside and is now transitioning into the Executive Director of Community Relations. She has over 20 years of experience both establishing and operating behavioral healthcare programs for the Deaf and Hard of Hearing population in New Jersey and Pennsylvania. In January 2003, Wendy joined the newly formed Deaf Services Center (now known as PAHrtners Deaf Services) as its Director. After several promotions, she assumed the role of Chief Executive Officer in January 2010. Under Wendy's leadership, the PAHrtners' staff has grown from 12 to more than 120 employees with over 85 percent of those employees being Deaf or Hard of Hearing.

During her tenure, several programs have been added to PAHrtners' range of services, including: Outpatient, Interpreting, Blended Case Management, Home and Community Living Arrangements for individuals who are Deaf with co-occurring developmental disabilities, Community Inclusion for Autism, and a Residential Treatment Facility for adolescents who are Deaf. Wendy has sat on a state-wide workgroup that is in the process of developing a curriculum for the training of Deaf Certified Peer Specialists. Wendy has also had influence with several County Offices and Managed Care Organizations across the State, for the development of services that linguistically and culturally meet the needs of individuals who are Deaf. In 2013, PAHrtners also began operation of the first Residential program for the Deaf in Allegheny County. Since then, PAHrtners has continued to grow in the Western region, providing Case Management and Peer Support in addition to Residential.

What sets Wendy apart from other CEO's? Wendy has a progressive hearing loss, which began in childhood, and is now profoundly Deaf. Wendy has been a part of the Deaf community for over 25 years; she embraces Deaf culture and cherishes American Sign Language (ASL). Having a shared life experience with the people she serves and employs has had great contributions to her overall success and the success of PAHrtners. This is in addition to her charismatic personality, compassionate ways, and her ability to always keep a smile on her face despite the everyday challenges faced by the Deaf Community. Wendy is also a team player and does not see herself as above the rest. You will often find her "hanging out" with the members, participating in a team meeting or helping to serve food at a holiday party.

Wendy is most proud of the family called PAHrtners Deaf Services. PAHrtners is a significant part of her life. She has been quoted: "We have been told repeatedly by government regulatory bodies, by managed care organizations reviewing our work, and most importantly by the people we serve and their families, that the quality of our work is exemplary. Our PAHrtners team is dedicated and passionate about the work we do because we 'get it.' Deafness is our lives too!"

"We set out to prove to the world that a team of Deaf professionals can run a behavioral support program."

*Quote from
Wendy Heines*

Wendy graduated from Rutgers University with a Master's degree in Social Work and is a Licensed Clinical Social Worker. Wendy is a member of the American Deafness and Rehabilitation Association (ADARA—a national group of professionals networking together with the goal of providing excellence in service delivery to individuals who are Deaf or Hard of Hearing). Additionally,



Wendy is a lifetime member of the Pennsylvania Society for the Advancement of the Deaf. She has been a contributing author in two published books on Deaf Behavioral Health and is often sought out for her consultation in this area. Montgomery County and all of Pennsylvania is very fortunate to have Wendy Heines working for those who are Deaf. I urge you to please consider Wendy for this lifetime achievement award in recognition to all her AMAZING accomplishments.

Conference Day Break Out Groups

The 8th Annual Montgomery County CSP Conference & 43rd Annual Montgomery County Mental Health Awards Reception opened virtually on May 11, 2021 with remarks from Tara Gaudin, Director of Montgomery County Department of Health and Human Services.

After an exceptional storytelling by Keynote Speaker Cindy Hadge (see story on front page), the conference held break out groups from 11 a.m. until 12:30 p.m. and in the afternoon from 1:30 p.m. to 3 p.m.

The Break Out Group Activities and Instructors included:

Dance Party - Participants who were looking for some movement to get energy flowing could step into this party. Danny Kuchler, the CSP Chair for Person in Recovery.

Grab Bag - A way to get to know your peers by answering randomly selected questions drawn from a virtual grab bag. Karleen Caparro and Jason Matlack from Creating Increased Connections facilitated.

Karaoke - Sing along with your favorite tunes with Lauren Landers Tabares, Coordinator of Community Based Services for Montgomery County OBH.

Open Chat - A chance to reconnect with old friends—and make new ones—during this open chat session. Facilitated by Penny Johnson, Project Coordinator of the CST at Hopeworx and Chanel Santiago, of the Norristown Vet Center.

Scribble Art - Scribble a piece of art and seek its meaning.

Tai-Chi - An ancient Chinese art incorporate a system of slow, gentle, non-strenuous movements that increase flexibility and energy while reducing stress. Instructor Mitch Goldfarb, a Kinesiology professor at West Chester University.

Wellness Toolbox - Activity participants will develop a Wellness Toolbox based on the Wellness Recovery Action Plan (WRAP). Led by Sheila Hall-Pringleau, Director of Creating Increased Connections, Maria Maneos, founder of Brush with the Law, and Tracey Riper-Thomas, Coordinator of Peer Support and Career Services for OMH.

Yoga - A physical and spiritual practice that originated in ancient India. Led by Sara Dobson, Director of the REACH program at Penn Foundation.

Conference Survey Results: There were 30 responses from individuals who attended the conference. They were overwhelmingly positive! The averages for the surveys submitted indicate 4.33 – 5 stars each for the keynote and each individual activity. Many comments validated the day went smoothly and appreciation of holding the conference and award virtually both to feel connected and have more people who typically can't attend be able to attend to join and family ability to support the award recipients

Charlene

Charlene Artillio, LPC (she/her) Children's Clinical Services Manager
Office of Mental Health, Montgomery County Department of Health and Human Services

2021 Mental Health Awards

CSP Ambassador Award

CSP presents an annual award to an honoree who embodies and promotes the principles of CSP: empowerment, cultural competency, natural supports, flexibility, coordination, accountability, sensitivity to special needs, and a strengths based perspective. The 2021 award goes to:

Danny Kuchler

Recovery and Resiliency Awards

These awards are intended to recognize individuals, children, families, programs, and organizations that exemplify Recovery and/or Resiliency Principles.

Recovery & Resiliency Award Winners

Paul DeMarco

Maggie Jaramillo

Ellen Kozlowski

Amalthea Leland

Mikaela D. Martin

Montgomery County Coroner's Office

Lisa Thomas

Moira Tumelty

Recovery Principles: Hope, Individuality, Choice, Peer Support, Community Focus/Integration, Personal Responsibility, Meaningful Life, Advocacy, Resources

Resiliency Principles: Optimism, Community Opportunity & Participation, Strength, Support, Child and Family Voice, Spectrum of Resources, Uniqueness of Families and Children

Four-Part Trauma Training Series Completion Awards

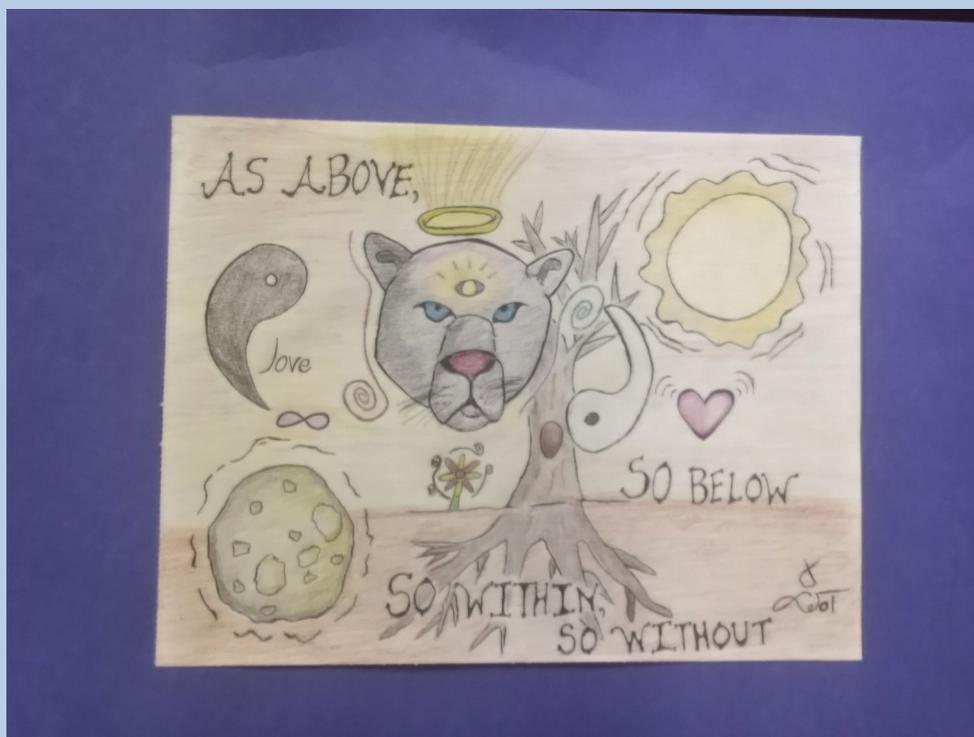
The Montgomery County Office of Mental Health/Developmental Disabilities/Early Intervention would like to recognize the following individuals for their commitment to pursuing knowledge and skills, and for creating a recovery focused and trauma-informed system of care, as demonstrated by their completion of the four-part trauma training series hosted by the Montgomery County Behavioral Health Training Institute.

Babette Benham, Livengrin
Breanna Chavez, Merakey
Dion Despaigne, Hopeworx
AshelyDiPiero, Eagleville Hospital
Anne Goodman, Central Behavioral Health
Christine Kelly, Mental Health Partnerships
Joan Kovar, Merakey
Maria LaRosa, Merakey
Jessica Lees, Merakey
Zanaya Liba, Merakey
Suzanne Martorella, Merakey
Myrene Maske, Creative Health
Staci McAndrew, Creative Health
Carla Owens, Central Behavioral Health
Emily Rich, Creative Health
Victoria Sayles, Private Practice
Megan Seigenfuse, Central Behavioral Health

2021 CSP Poster Art Contest Winners

Theme: Connection

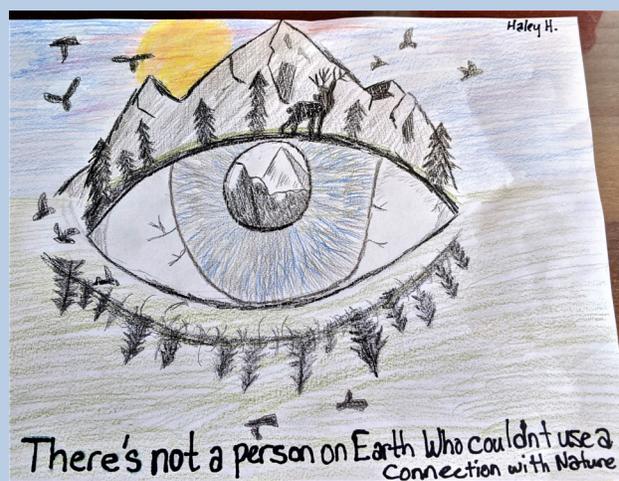
First Place Winner



Second Place Winner



Third Place Winner





NAMI | Montgomery County PA

National Alliance on Mental Illness

YOU ARE
NOT
ALONE



**MAY IS MENTAL
HEALTH AWARENESS
MONTH**

For more information: <https://namimontcopa.org/mh-awareness-month/>



Join Us! **YOUR WAY** *Montgomery County PA*

June 12th 10-11am A Virtual "Mind, Body, Spirit" Experience

For the second year in a row, NAMIWalks will be a little different — while making a lot of difference. Our collective mental health needs are at their greatest now. One in three U.S. adults reported experiencing depression or anxiety since the pandemic began. NAMI's programs and advocacy are needed more than ever.

So join us on June 12, 2021 as we come together virtually to make a difference in the lives of those impacted by mental illness in our community!

TEAM T-SHIRT CONTEST!

Decorate a team t-shirt for a chance to win some NAMIWalks Swag!

While supplies last - Registered teams that email eroberts@namimontcopa.org can get free t-shirts to decorate.



To enter: email a picture of your shirt to eroberts@namimontcopa.org by June 5th. Winners Announced Walk Day!

NAMI RIBBON CAMPAIGN



Post pics of where you display your ribbon design May 24th-28th



NEW!
EVENING MEETING FOR MONTGOMERY COUNTY CSP
May 20, 2021 from 6:30pm to 8pm

The Montgomery County CSP committee is starting an evening meeting, so that people who are unable to make the daytime monthly CSP meeting can participate. This meeting, like the daytime meeting, will be held on Zoom, on the third Thursday of the month, at 6:30pm. A recording of the guest speaker from the daytime meeting will be shared, and at least one member of the CSP Executive Committee will attend both meetings to ensure that information is shared. Minutes will be taken at the evening meeting and feedback on issues that are discussed will be shared along with the information from the daytime meeting.

This is a good opportunity to have your voice be heard – Vera Zanders, the Deputy Administrator for Adult Mental Health for Montgomery County, attended the December CSP meeting to talk to the committee about how seriously the county and Magellan takes feedback from CSP. Suggestions and feedback from CSP members are considered and directly incorporated into plans and implementation of programs and initiatives in Montgomery County.

The CSP committee is establishing this evening meeting to enable more people, from more diverse backgrounds, to participate. Every stakeholder in the Montgomery County mental health system is welcome to attend.

More about CSP can be found at our website: www.montcopacsp.org.

There is no advance registration. The Zoom meeting information is below:

[https://us02web.zoom.us/j/87307355682?
pwd=Nm5sY2lNRThldWZTdM4xMVQrM3dTdz09](https://us02web.zoom.us/j/87307355682?pwd=Nm5sY2lNRThldWZTdM4xMVQrM3dTdz09)

Meeting ID: 873 0735 5682

Passcode: 789171

COME
SHARE
WITH US

WE ALL GOT TALENT

NON
PERFORMERS
WELCOME

WHERE

WHEN

CALLING ALL
MUSICIANS, SINGERS,
DANCERS, ARTIST, RAPPERS,
POETS, COMEDIANS, UNIQUE
OR ANY OTHER FORMS OF
TALENT

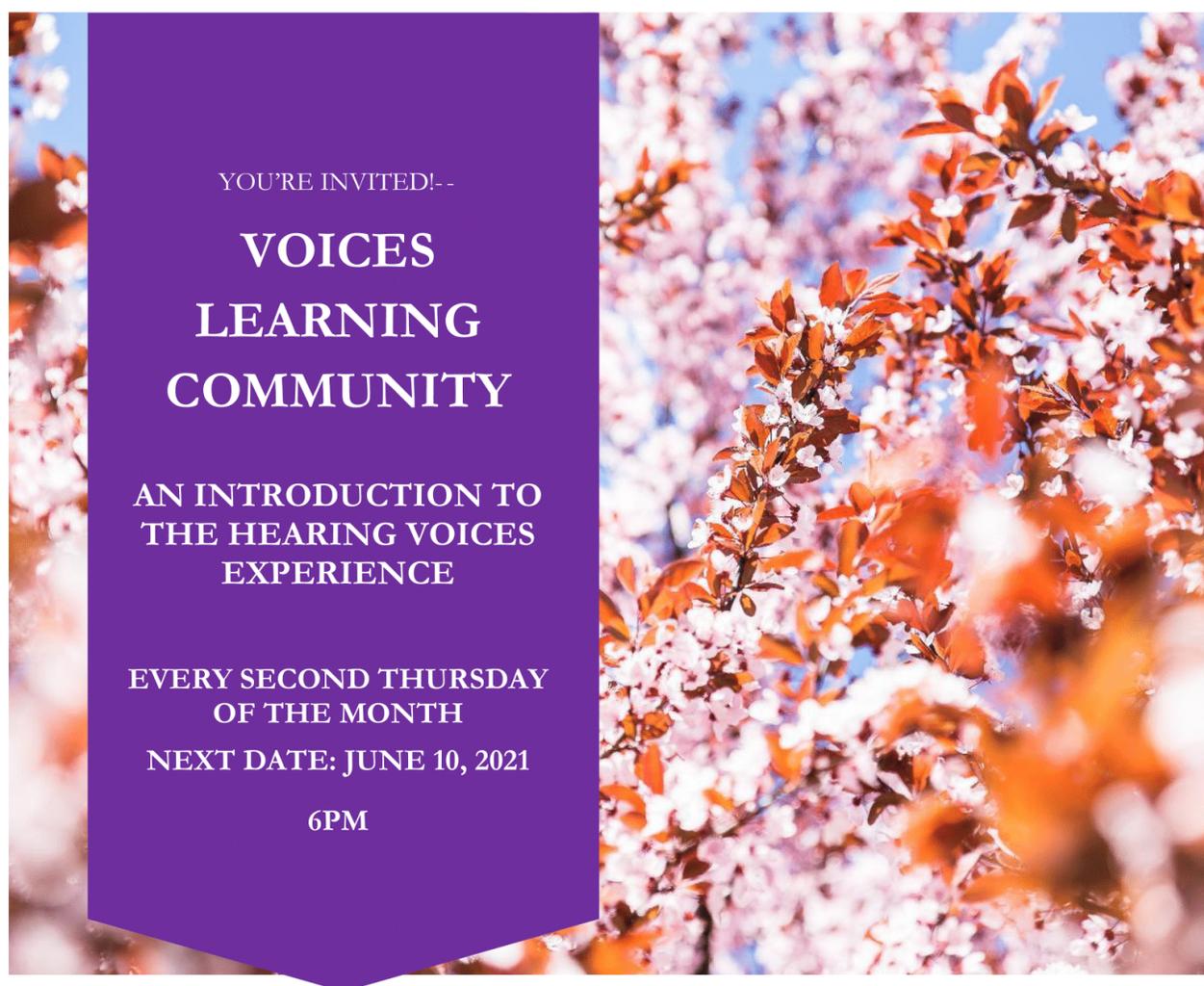
REGISTRATION REQUIRED
FOR ZOOM LINK:

<https://www.eventbrite.com/e/cic-talent-show-tickets-154296798879>

FRIDAY, JUNE 11TH
12:00PM-2:00PM EST

All performers will receive a gift card

Questions? Contact Sheila Hall-Pringleau



Join us for a thought-provoking discussion to introduce the hearing voices experience. Many people have the experience of hearing voices, or experience other sensory phenomena not shared by others. If this sounds like you, or you are trying to support someone in your life who is struggling with these experiences, the Voices Learning Community will introduce you to a nonclinical environment where you will have the opportunity to speak with people with the hearing voices experience who live productive and fulfilling lives. Everyone is welcome, including family members, medical professionals, and anyone else interested in discovering an alternative viewpoint on the hearing voices experience.

For more information contact:

Robin Campbell : robin.l.campbell@rhd.org

Or visit www.mchvn.org

Join Zoom Meeting

<https://us02web.zoom.us/j/81646904585>

Meeting ID: 816 4690 4585

Dial by your location

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Germantown)





YOUNG PEOPLES' HEARING VOICES GROUP

TUESDAYS

BEGINNING APRIL 13, 2021

• 6:00 to 7:30 •
PM

• **ON ZOOM**

<https://us02web.zoom.us/j/84853101167>
Meeting ID: 848 53101167

The Young People's Hearing Voices Group is a safe space for teens and young adults who have the experience of hearing, seeing, or sensing things not perceived by others. It's a place to talk and find personal meaning in our experiences. Attendance is free.

COVID reviewed by guest speakers at April CSP Meeting - From the April CSP Minutes

Janet Panning, from the Montgomery County Office of Public Health, talked about Covid:

She reviewed the past year and the covid positivity rates, which peaked a few times and now are going up again. People are getting vaccinated, especially now that all adults are eligible. the J & J vaccine is on pause because of the blood clot side effect that has been reported. However, the county is still vaccinating with the Pfizer vaccines. She shared the website for vaccine registration – <https://vaccine.montcopa.org/> and also the phone number 833-875-3967, the helpline if they cannot sign up online. They are also keeping track of the people who are homebound and can't get out to get a vaccine. They are developing a plan to bring the vaccine to people who are homebound.

She reviewed the county's Covid information page and demonstrated how to access the vaccine registration page. She demonstrated how to register for a vaccine appointment.

Michel Masters talked about how Covid is affecting the community right now:

Right now Covid is widespread in the community, which makes it difficult to do contact tracing or to quarantine people who may be exposed.

Right now our incidence rate is 189.6 per 100,000 people, which is high – the county is aiming to get the number below 50. The Positivity rate is 8.1%, which is also high – the county aims for less than 5%. The county right now is averaging 223 positive cases identified per day.

While most of the county's senior citizens are vaccinated, now there are increased hospitalizations for people between 30 and 40 years old, and outbreaks among social cohorts.

She reviewed the variants that have been identified in the county – the UK variant, which has been found to be more contagious, more likely to be spread even with mask use, is becoming prevalent.

Vaccine hesitancy – they have found that 55% of people want to get vaccinated, and then some people want to wait and see (this group is considered movable, convincing), some people will get vaccinated if required for their job, and a percentage of people who will not get the vaccine.

She reviewed the key messaging points – this has been difficult for everyone, the virus is new and they're still learning things, they are following the science, and it is important to continue to follow mitigation measures like wearing masks, social distancing and keeping gatherings small.

We are a community – all of our decisions affect each other, so we need to work together to keep each other safe. "Break-through" cases – people have reported getting Covid after being vaccinated. This is common for vaccines, but the people who get sick don't get as sick and usually avoid hospitalizations.

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

teentalkline
teens helping teens / no judging no pressure
text 215.703.8411 or call 800.925.5000

www.accessservices.org

CSP Reports for April 2021

Advocacy Subcommittee - Kim reported that the committee talked about the ballot initiatives – they really want to get the word out, because many people don't vote in the primary elections.

Also, the committee discussed concerns with privacy with the new RisePA statewide referral system.

Social Subcommittee- approved a gas card grant.

Conference Subcommittee –

May 11th, 10-3pm – please register, it is going to be a fun day.
Keynote speaker Cindy Hadge
Register early, so we can mail you supplies.

Guest Speaker: Janet Panning, from the Montgomery County Office of Public Health, talked about Covid:

She reviewed the past year and the covid positivity rates, which peaked a few times and now are going up again.

People are getting vaccinated, especially now that all adults are eligible. the J & J vaccine is on pause because of the blood clot side effect that has been reported. However, the county is still vaccinating with the Pfizer vaccines.

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CSP MEETING CALENDER 2021

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

May	20
June	17
July	15

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

Montgomery County CSP Executive Committee

2020/2021 Co-Chairs

Provider Member: Abby Grasso, Executive Director of NAMI

Person in Recovery: Danny Kuchler

Family Member: Kathy Laws

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:

- 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**