**October 2023 SE Regional CSP Meeting Minutes**

**Date: October 2, 2023**

**Chair: Joann Johnson**

1. **Welcome –** Joann Johnson welcomed everyone to the meeting**.**
2. **Speakers – Human trafficking – Dan Emr and Allegra Cressman from Worthwhile Wear who work with women 18 years and older.** Dan saidwhile looking for work, traffickers would prey on the kids, working at a restaurants or hotels and force them into brothels. In India work, we looked at root cause and saw it was economically driven. We started with apparel. It’s not just overseas its here. Having someone exploiting them. Capitalize on this person’s vulnerability for profit. To develop program, we talked to survivors. What does this issue look like? They said we need a space to feel space, a space to have time to process the trauma and time to heal. We developed a model to offer those things. Safety, security, time to rebuild a foundation. Started a long-term housing program called **The Well, started in 2014 in Bucks County for women** who have experienced sex and labor trafficking. To understand their worth, unpacking trauma and address triggers that stop their progression forward. **The Well – is second stage.** Women going thru different social service providers. They were homeless or had substance abuse. Those issues were addressed but not underlying trauma. The **Worth It** program partners with social providers and is the first phase of the program - engaging with people thru Worth It. Help them understand services. And deep dive into trauma not just the obvious. If you’re homeless – you need housing. Hungry – need food. Those are most obvious. In these situations, life starts to get on track. Then they get re-exploited because underlying trauma wasn’t addressed. This leads to falling off the tracks again. Worth It connects to services in community, helps address trauma, host programs and encourage them to build healthy relationships with healthy people. Success means healthy people in life. Good people in law enforcement and judicial system. Victims meet them in classroom setting and say they felt heard. Worth It is about 5-week course. We ask them what are your goals? We work to follow up to see they are attaining them. Then some move to housing program: **The Well. A 2-year** **program.** They come to us without the basics. Birth certificate, social security card. Have mental health needs. Therapies offered. **Independent living** also offered. We have heard phenomenal feedback from that program. Practice living independently with a safety net. Pay bills, get to work and build up a savings account. We provide **Community Outreach and employment**. They can be employed at Worthwhile thrift stores to get ready for future employment. We love to partner with other social providers to help women build a foundation, understand their worth and deal with trauma factors. Contact Dan: <worthwhilewear.org> or at The Well 215-997-2587 to connect with the team, or by email: mailto:info@worthwhilewear.org. Invited regional members to come in and teach a topic. We take referrals from all over. Not county specific. We get most referrals from the Philadelphia area. FBI, social services and family referrals. Question about referral: The Well or Worth It. Worthwhile Wear has two upcoming Worth It sessions - Oct. 16th - Nov. 9th held in Wayne, PA and Oct. 23rd - Nov. 16th in Southampton PA (Bucks Co.) Worth It application can be found on our Website. Allegra Cressman, Worthwhile Wear, Director of Programming - acressman@worthwhilewear.org - 610-230-6043. Programs in Bucks, Montgomery, Dauphin counties**. Utilize peer specialists?** Allegra saidwe welcome peer specialists. If a person has a CPS we welcome them to attend the sessions with their clients. We developed a sisterhood and they often come back to share their stories of healing. Dan said several 100 have gone through the program and 100% said thru surveys they would recommend the program to others.
3. **Storytelling –** No volunteers today
4. **Review of Minutes –** Reviewed August and September minutes. Minutes approved.
5. **Budget –** Joann reviewed the budget.We received the money. Spent money on Seeds grants, the Harrisburg trip. Spent $4,690. Remaining: $9,716.
6. **Subcommittee Reports:**

 **A. Conference Committee** – No report;

 **B. Advocacy Committee** – Jenna said we had a rousing game of Would You Rather. Adam Stout helped discuss overdose prevention centers statewide and the impacts of that. Also impacts on recovery community with the possible legalization of recreational marijuana. Plans to start a letter writing campaign based on upcoming bills.

1. **County Report – Philadelphia** – We’re usually off during the summer. Sean talked about the annual CSP Health and Wellness Conference. Over 100 people attended in person and 30 some attended virtually. Several people spoke. A CPS Andre Reid, Founder of NAMA (National Alliance for Medication Assisted Recovery) since beginning of behavioral health transformation. It was awesome. Conference was all peer led and had a lot of peer content. Speaker Dr. Jean Wright spoke about his commitment to peers in Philadelphia. Nice because we lost several leaders who were really behind CSP and peer leaders. Our meetings are struggling with the hybrid style. My recommendation is do one or the other. We gained a lot of folks by holding meetings virtually. But we’d like to get people together in person. Joann said we brainstormed at last meeting to see what projects we want to do this year. We want to reach out to the community to get people involved. **Cards behind the wall.** Sean said we send thinking of you cards to people who are currently incarcerated with list of resources and we do a holiday card, too. We’ve sent over 1,000.
2. **New Business/Announcements** – Eric said Oct. 16th event. Delco CSP. Fall festival. Harvesting Community Resources. 933 Baltimore Pike in Springfield. Tree of Life Church. Register so we have enough food. To contact Eric: AyersE@delcohsa.org. Sara Wein said NAMI Family to family class in person on Oct. 16th at Chester County Library in Exton. 8-week class. Phoenixville Library NAMI In Our Own Voice Oct. 12th at 6 p.m. Two people who have a mental health condition will share their story. I will be one of the speakers. <https://namichescopa.org/calendar/>
3. **Next meeting November 6** – Matt Federici from the Copeland Center. Next county report: Bucks County
4. **Meeting adjourned.**