

Community Support Journal



Volume 10, Issue 117

July 2021

Montgomery County Community Support Program

Crisis and Diversion Director meets with CSP Seeks input for future crisis planning

By: Sue Shannon

Anna Trout, Crisis and Diversion Director for the Montgomery County Office of Mental Health, attended the June CSP meeting which was held virtually on June 17th. Trout introduced herself and asked members of the committee what information they wanted to hear about crisis and diversion in the county.

Trout is responsible for the official programs around crisis and diversion, including Mobile Crisis and other services, and she is also the liaison to other county organizations that deal with crisis, such as police departments and paramedics. She said there are five priorities for the county's Mental Health Plan for 2021/22:



- Crisis System Planning – how to improve and expand crisis services, perhaps including a crisis resource center
- Crisis Training – special emphasis on community based providers and crisis planning
- Relationship between Crisis and First Responders

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Virtual hearings held on Human Services Block Grant Plan

By: Kathie Mitchell

Montgomery County residents were invited to participate in two virtual public hearings on the Human Services Block Grant Plan 2020-21 held on June 29th from 10 to 11 a.m. and July 8th from 2 to 3 p.m. At the hearings, individuals could provide written and oral comments on the plan.

Members of the CSP Committee which is comprised of individuals who use mental health services, families and providers, attended one or both of the virtual hearings. Housing was a much talked about topic—the need for more housing, more affordable housing, more supportive housing and more options for people who can't live with their families and can't necessarily live alone.

Amelia Mraz, a Consumer Satisfaction Team (CST) Specialist, talked to the group about some of the issues CST found during their most recent residential survey.

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- Preparation for the 988 Roll Out – There is a federal requirement for a national suicide hotline that is 988 to replace the previous 10 digit line. Right now the calls locally are answered by Montgomery County Emergency Service (MCES). If there is an increase in call volume are we prepared? We also have to coordinate with state wide efforts – there is some discussion about setting up regional call centers.
- Preparation for moving Delegate Services In-house – There is a position of a Mental Health Delegate who is responsible for 302 admissions, which is currently handled by a subcontractor. The state has recently required that this position be done by a county employee. The county is working on what that would look like; in the meantime, they have a waiver to keep the subcontracted Mental Health Delegate for one more year.

Questions from participants –

1. A crisis resource center would be helpful – would it be a place a person could go instead of going to MCES?

Answer: The county is looking into how to set up a better place for people to go – emergency rooms can be traumatizing, focusing on “what’s wrong with you” rather than on healing. They will be using a consultant to look into how to do this successfully – there have to not be a lot of barriers, and you have to coordinate with emergency responders so that they know about the resource.

2. Can you be 302d in Bucks County and then get sent to Montgomery County if that’s where you live?

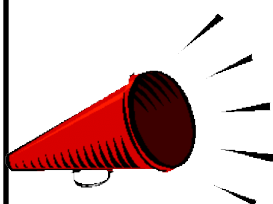
Answer: The 302 process is specific to a county – if Bucks County determines that a 302 is necessary, then Montgomery County doesn’t have any say in that. However, if there is a hospital bed available closer to home, it would be possible for a person to be moved to the closer resource.

3. Will the consultant be able talk with the people at CSP, who have a lot of experience? Can we focus on prevention, on alternatives, on respite?

Answer: Anna said that she wasn’t sure if the consultant would get to that point, as the first step would be to determine whether a crisis resource center is appropriate here, but if things progress, the county would definitely want to get feedback from CSP.

4. What is the county doing to make sure that there is enough training and coordination with police departments?

Answer: Besides the CIS school that is doing terrific work, Mobile Crisis has been partnering with police departments and creating HUBS, first in Norristown and now in Abington, and Lower Merion and some other places.



Anna also said, from an advocacy standpoint, private insurance doesn’t cover crisis services, so the county and Medicaid pays for the services that exist. If privately insured people’s crisis expenses were covered by insurance, there’d be more resources available. That is an issue CSP can advocate around.



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TALK LINE**
855-715-8255
text 267-225-7785

Justice Related
Services
610-500-2111

text 215.703.0411
or call 888.826.6866
teentalkline
teens helping teens / no judging no pressure

Starting Point
Mobile Psych Rehab
215-540-2150

Homeless Street
Outreach
610-482-5483

www.accessservices.org

Kathy Laws, CSP family tri-chair, stated that there are waitlists for housing that don't make it an accessible resource to individuals who need it. Housing also needs more funding for staff; the quality of staff makes a difference.

And Sue Shannon, HopeWorx Executive Director, pointed out that funding needs to be put towards WIFI. People need more than just computers, tablets, and phones, they need WIFI to connect and use them.

PART I: COUNTY PLANNING PROCESS:

[illegible]

With funding from the Human Services Block Grant, we established a Community Advisory Council. This council is made up of consumers of services from all health and human services offices. We believe this consumer model, sharing information and working together just as our offices work together, gives us feedback and guidance that is useful in our planning process.

Mental Health

- Community Support Program (CSP) and Systems of Care County Leadership Team and Community Meetings. The Community Support Program (CSP) Committee is made up of individuals who receive mental health services, family members, provider staff, interested citizens and county staff. System of

Care (SOC) is a cooperative agreement with counties coordinated through the Mental Health Office. SOC is responsible to make recommendations that inform policy, planning, and practice.

- In order to develop this year's annual plan, OMH, in partnership with CSP, conducted an Assessment of Needs Survey in the beginning of 2018 to understand the current priorities of stakeholders. In addition, OMH and CSP jointly conducted focus groups throughout the county to obtain a more detailed understanding of the priorities.
- The feedback from stakeholders is infused into the language of Request for Proposals and Contracts and helps to inform Performance Based Purchasing measurements and the Practice Guidelines of services.
- The System of Care Initiative also conducts an annual needs assessment with stakeholders in each county which is compiled and published as guide to local and state planning and progress.
- Montgomery County collects feedback from those who have utilized services through Consumer Satisfaction Team and Family Satisfaction Teams each year through surveys and focus groups.

Housing Assistance

- The Office of Housing and Community Development develops a Consolidated Plan every 5 years per requirements from its federal funder, the U.S. Department of Housing and Urban Development. The Consolidated Plan process includes a series of public meetings and comment periods so that citizens from all areas of the County may provide input regarding their suggestions for priority projects related to community development and the development of affordable housing.
- The Office must also complete an Annual Action Plan that outlines how it will use its public funding that year to meet the goals identified in the 5 Year Consolidated Plan. As part of this process, the office hosts a series of public meetings throughout the County. These public meetings are held during the initial funding announcement period, so that citizens can provide comment on the types of projects to fund, as well as after the draft funding recommendations have been announced by the Board of Commissioners.
- In addition, the Office of Housing & Community Development sponsors monthly Community Update Meetings to inform the public about issues related to its Your Way Home initiative, which is the county's housing crisis response system.
- The Your Way Home Advisory Council, a 25-member, Commissioner-appointed board of representatives from healthcare, education, criminal justice, behavioral health, nonprofits, philanthropy, and landlords; meets three times per year to provide recommendations to the Office of Housing and Community Development on homeless services, including funding priority areas.



The PA 504- Continuum of Care/ Emergency Food and Shelter Governance Team meets at least quarterly to provide oversight to homeless services funding applications, including federal, state, and local sources. This group creates applications, ranks projects based on the county's defined priority areas, and recommends funding for projects in alignment with the priority areas."

To read the entire 85-page document, go to:

<https://www.montcopa.org/DocumentCenter/View/28103/FINAL-HSBG-WORD>



Montgomery
County PA

July / August Support Schedule

FAMILY SUPPORT GROUP

7/6 @ 7:00 PM

7/7 @ 9:30 AM

7/8 @ 7:00 PM

7/12 @ 7:00 PM

7/19 @ 7:00 PM

7/21 @ 9:30 AM

8/2 @ 7:00 PM

8/4 @ 9:30 AM

8/9 @ 7:00 PM

8/12 @ 7:00 PM

8/16 @ 7:00 PM

8/18 @ 9:30 AM

***CAREGIVERS OF CHILDREN/ADOLESCENTS WITH MENTAL ILLNESS GROUP IS NOT MEETING JULY & AUGUST**

CONNECTION PEER SUPPORT GROUP

7/3 @ 10:00 AM

7/10 @ 10:00 AM*

7/13 @ 7:00 PM**

7/17 @ 10:00 AM

7/24 @ 10:00 AM*

7/27 @ 7:00 PM**

8/7 @ 10:00 AM

8/10 @ 7:00 PM*

8/14 @ 10:00 PM**

8/21 @ 10:00 AM

8/24 @ 7:00 PM**

8/28 @ 10:00 AM*

***GEARED TOWARDS ADULTS 55+ BUT ALL ARE WELCOME**

****GEARED TOWARDS YOUNG ADULTS 18-40ISH BUT ALL ARE WELCOME**

**ALL GROUPS ARE HELD VIA ZOOM. NO COST, REGISTRATION REQUIRED.
WWW.NAMIMONTCOPA.ORG/VIRTUAL-SUPPORT-GROUP-REGISTRATION/
QUESTIONS: 215.361.7784 | WWW.NAMIMONTCOPA.ORG**



National Alliance on Mental Illness

Montgomery County PA

JACK DUFFY 5K POWER RUN

AUGUST 15, 2021



In-Person 5K Run & Virtual Run/Walk

This third annual event is being held to honor and celebrate the life of Jack Duffy, a brilliant and kind young man and accomplished runner whose purpose was "to serve, help, and empower others." Both in-person and virtual events will take place on Sunday, August 15. The in-person 5K Run will be held in Horsham, starting and ending at the Hatboro-Horsham High School Stadium and using the beautiful, paved Power Line Trail. Proceeds will benefit NAMI (National Alliance on Mental Illness) Montgomery County PA to support local mental health awareness, advocacy, and education.

Register by July 25 for t-shirt (ends August 13):

<https://runsignup.com/JackDuffy5KPowerRun>



NAMI's 2021 Summer Newsletter is available at:

<https://files.constantcontact.com/3e18f979001/2613303b-8074-4bb6-939c-366931612766.pdf>

MONTCO MEMO

Save the Date



presented by



Montgomery County PA

Wednesday, November 10th

5pm -7pm

Cedarbrook Country Club | Blue Bell, PA

Co-Chairs: Neen Davis & Abby Grasso

Details and invitation to follow | www.namimontcopa.org/b4b/

Questions: eroberts@namimontcopa.org



HOPEWORX COMMUNITY | BWTL DODGE WATER BALLOON CHALLENGE FUND RAISER

**Every Friday starting August 6th
(National Water Balloon Day)
Friday, August 6th, 13th, 20th, & 27th**

3pm–4pm

**1210 Stanbridge St., Suite 600
Norristown, PA 19401**

1 BALLLOON: \$5

3 BALLOON: \$10

**THE TARGETS:
AMEIKA, MARIA, SUE & PENNY**



**AT THE END OF THE FUND RAISER ON AUGUST 27TH
THERE WILL BE A PRIZE FOR THE PERSON WITH MOST TARGET HITS.**

**100% of the money collected will go towards
supplies for the Art and Craft Club.**

More Information: 610-813-1140 | amalcolm@hopeworxinc.org



**Office of Mental Health and Substance Abuse Services
SFY21-22 Mental Health Planning Council**

SAVE THE DATE!

Starting in SFY21-22, 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. Currently, all SFY21-22 meetings are being planned as remote meetings.

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 17, 2021: 10AM-3PM

Tuesday November 16, 2021: 10AM-3PM

Tuesday February 15, 2022: 10AM-3PM

Monday May 16, 2022: 10AM-3PM

Location

All meetings in SFY21-22 are planned as remote only 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



August 17, 2021 Mental Health Planning Council Meetings

Remote Access Information MHPC Executive Council Information

| Committee/Subcommittee Meetings | | | | | | |
|----------------------------------|---------------|---|--|--------------|----------------|----------------|
| Committee | Time | Meeting ID | Webex Link | Web Password | Phone Number | Phone Password |
| Persons-in-Recovery Subcommittee | CANCELLED | | | | | |
| Children's Committee | 10am-12pm | 132-783-3715 | Children's Committee Link | RhSRspAN822 | 1-415-655-0001 | 132-783-3715 |
| Adult Committee | 10am-12pm | 132-845-9671 | Adult Committee Link | rVQkBPjm249 | 1-415-655-0001 | 132-845-9671 |
| Older Adult Committee | 10am-12pm | 132-922-5215 | Older Adult Committee Link | tjRf9YMrS33 | 1-415-655-0001 | 132-922-5215 |
| Networking Lunch | | | | | | |
| Networking Lunch | 12:00-12:30pm | Each Committee Session meeting above (Older Adult, Adult, and Children's) will remain open until 12:45 for optional networking lunch. Please note, staff may not be available consistently throughout the entire networking time. | | | | |
| Joint Session | | | | | | |
| Joint Session | 12:45-3pm | 132-823-8625 | Joint Session Link | JyMceKWG386 | 1-415-655-0001 | 132-823-8625 |

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.



**Celebrating independence on
July 4th, 2021**



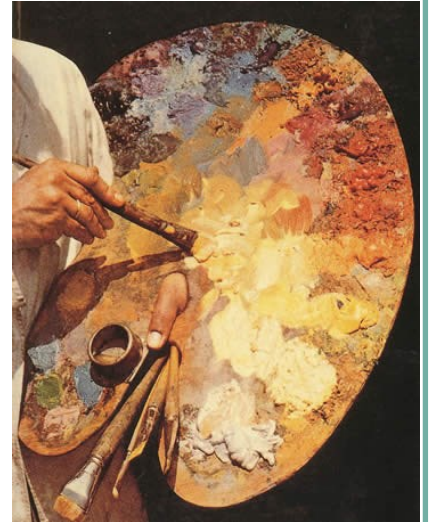
Colors: Painting the walls of Recovery

By: Michael Nelson, Mutual-Aid Facilitator, Trainer at
Creating Increased Connections

The great thing about being a trainer/group facilitator for Creating Increased Connections is that I find myself working with a team that strives for excellence- people who follow through with commitments without excuses. It is easy to do your best when you're surrounded by people who do their best. This is what makes our team exciting and different from traditional facilitators and trainers. We embrace the quote from Thomas Jefferson, 3rd president of the United States, ***"Who then can so softly bind up the wounds of another except he who has been afflicted by the same wounds."*** *We come from the lived experience.*

Training and facilitating is a huge undertaking. I believe the first thing for any group facilitator or trainer to realize is: this position is one of privilege, which must be taken seriously, while always embracing the values and ethics discussed by the Copeland Center the goal at Creating Increased Connections is for individuals to walk away not only enlightened but able to say they experience a kinship they knew they were talking to somebody who cares.

In trainings, I firmly stress there is no perfect facilitating style. If we all provided the learning experience the same way, it would be extremely boring! We all bring unique life experience to the table. But any time someone allows us the privilege of walking beside them in their learning process we handle that opportunity with care and respect. The highlight for me as a trainer is when I literally see the light bulb moment- when someone gets it and realizes; *"Yes, I just encountered a new idea."*



The other thing that is so rewarding as a trainer is coming into a training room as painters walking upon a blank canvas. Everyone with their brush *painting their story, their ideas, theories, perspectives and learning one from another; looking at this room fully painted with beautiful pastel colors with some pinks and rich blues and strong reds and radiant purples and dark blacks and I take my moment of pause and reflection and I say learning happened here! Can you see it and your mind's eye. I see cans of paint everywhere, grab your brush and paint your wall.*



15 Ways To Keep Cool When It's **Hot**

MedicineNet Medical Author: [Melissa Conrad Stöppler, MD](#)

Medical Editor: [William C. Shiel Jr., MD, FACP, FACR](#)

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from [heat cramps](#) to [heat exhaustion](#) and [heat stroke](#). The following tips can help you keep cool all summer long.

1. Alter your pattern of outdoor [exercise](#) to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, [walking](#) instead or [running](#), or decreasing your level of exertion.
2. Wear loose-fitting clothing, preferably of a light color.
3. Cotton clothing will keep you cooler than many synthetics.
4. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
5. Fans can help circulate air and make you feel cooler even in an air-conditioned house.
6. Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired [feet](#).
7. Keep [plastic](#) bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of [cold](#) water with you.
8. Take frequent baths or showers with cool or tepid water.
9. Combat [dehydration](#) by drinking plenty of water along with sports [drinks](#) or other sources of [electrolytes](#).
10. Some people swear by small, portable, battery-powered fans. At an outdoor event I even saw a version that attaches to a water bottle that sprays a cooling mist.
11. I learned this trick from a tennis pro: if you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.
12. Avoid [caffeine](#) and [alcohol](#) as these will promote [dehydration](#).
13. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.
14. If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theater, or other public space that is cool. Many cities have cooling centers that are open to the public on sweltering days.
15. Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses, too.

Are you getting enough to eat?

Donnel Brown, who works at The Food Trust (a food access and nutrition education nonprofit in Philly), is conducting a survey this summer about food access and food insecurity in Norristown. She is looking for people who are Norristown residents to participate. The survey takes about 15 to 20 mins to complete.

There is a **\$40 gift card** for each participant that will be mailed or delivered after the survey is completed.

If you are interested in taking the survey, please reach out to Donnel Brown at 717-510-2101 or 267-323-5374 or dbrown@thefoodtrust.org ASAP.



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.



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Justice Related
Services
610-500-2111

montgomery county
teent@kline
text 215.703.8411
or call 866.825.6866
teens helping teens / no judging no pressure

Starting Point
Mobile Psych Rehab
215-540-2150

Homeless Street
Outreach
610-482-5483

www.accessservices.org

COVID-19 Vaccine—from the Montgomery County, PA website

Vaccine Registration: The COVID-19 vaccine is available to anyone age 12 and older (Pfizer) or 18 and older (J&J). Walk-ups are accepted at all vaccine clinics. To see a list of locations and hours, visit our [vaccine page](#) or call (833) 875-3967.

Vaccine Frequently Asked Questions: Check out the list of vaccine FAQs to get answers to questions about the COVID-19 vaccine.

Vaccine Providers in Pennsylvania: There are a number of locations in Montgomery County that are distributing vaccine, they are listed on vaccines.gov.

COVID-19 Vaccine Update

| Montgomery County, PA Weekly COVID-19 Vaccine Update – July 14, 2021 | | | | | |
|--|--------------------------|----------------|---------------|---------------|---------------|
| Countywide Vaccination Status (all providers) | | | | | |
| Data Source | Status | # Vax'd | % Total Pop | % of 12+ | % of 65+ |
| Pennsylvania Department of Health | Partially Covered | 54,991 | 6.62% | 7.62% | 9.72% |
| | Fully Covered | 406,561 | 48.93% | 56.33% | 71.93% |
| | Total | 461,552 | 55.55% | 63.95% | 81.65% |
| Philadelphia Department of Public Health | Received at least 1 dose | 81,563 | 9.82% | 11.30% | - |
| Combined | Total Estimate | 543,115 | 65.36% | 75.25% | - |

| COVID-19 vaccine now available for: | | | Ages 12 and older |
|-------------------------------------|-----------------------|--------------------|-------------------|
| County-Administered Vaccinations | | | |
| 1 st Doses | 2 nd Doses | Single Doses (J&J) | |
| 93,887 | 90,779 | 8,625 | |

| Countywide Race and Ethnicity Data (all providers) | | |
|--|--------------------|----------------------------|
| Race/Ethnicity | % Total Population | % of Vaccinated Population |
| Asian | 7.7% | 2.9% (last week: 2.5%) |
| Black/African American | 9.6% | 7.3% (last week: 7.0%) |
| White | 78.8% | 79.2% (last week: 80.7%) |
| Other/Multiple Races | 3.9% | 10.6% (last week: 9.8%) |
| # of Unknown values | | 60,863 (~1 in 8) |
| Hispanic/Latino | 5.4% | 5.1% (last week: 4.7%) |
| Not Hispanic/Latino | 94.6% | 94.9% (last week: 95.3%) |
| # of Unknown values | | 100,188 (~2 in 9) |

Note: On July 9, 2021, the Pennsylvania Department of Health vaccine dashboard was updated, a change which significantly impacts the numbers and percentages of partially and fully vaccinated Montgomery County residents displayed on this graphic.

Note: Race & ethnicity is only available from PA DOH data and does not include those vaccinated in the City of Philadelphia.

www.montcopa.org/COVID-19vaccine

(833) 875-3967



COVID19@montcopa.org COVID-19 Hotline: 833-875-3967

Hotline hours: Monday - Saturday (8 a.m. – 8 p.m.)

CSP Committee Reports for June 2021

Advocacy Subcommittee:

Kim Renninger reported that the advocacy committee discussed the land grant of the Norristown State Hospital to Norristown, which will impact three programs on the grounds. They are reaching out. Also, there is an open comment period until July 6th for the money for America's Rescue Plan, which is federal money that is being sent to address issues from the pandemic. The advocacy committee will send out info about how to comment.

Social Subcommittee:

Penny Johnson reported that the social committee considered two grant applications and granted them, for support for a person who has been having some medical issues. The committee also discussed a suggestion to put the applications for the grants online.

Conference Subcommittee:

Erin Lewis reported that conference committee started talking about next year, discussing possible venues, including Mermaid Lake, which is now a park in Whitpain, and the Variety Club, which is where we were going to hold it in 2020. They also want to have a virtual opportunity for the conference.

May 17, 2022 and May 24, 2022 were the dates they discussed – if anyone knows any conflicts please let us know.

CSP MEETING CALENDAR 2021

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

The next meeting will be:

| | |
|-----------|----|
| July | 15 |
| August | 19 |
| September | 16 |
| October | 21 |

Until further notice, these meetings 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.

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

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**