

## 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.

Organizations who regularly send representatives to CSP:

Montgomery Co. Department of 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.



## Brief History:

Since 1984, the Pennsylvania Office of Mental Health has used the CSP Principles and the state CSP Advisory Committee to guide development of services and the system of care. Today there are regional CSP committees and committees in a large majority of the Pennsylvania Counties that provide a network of consumers, family members and professionals all working together to promote a recovery focused system of care for mental health consumers in Pennsylvania.

Through the CSP initiative, small seed grants to agencies, counties and advocacy groups have generated innovative training, anti-stigma campaigns, CSP celebrations and the production of a wide variety of literature. Consumers have been empowered and have risen to leadership roles. The system of care is evolving to provide rehabilitation, not just maintenance, and more and more consumers are experiencing recovery from mental illness. The consumers' voice is being heard.

The Montgomery County CSP consists of a main meeting and three subcommittees; advocacy, Social/Media and Conference planning. These meetings are held on a monthly basis and everyone is welcome to attend.

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.

Montgomery County  
Community Support Program (CSP)

1210 Stanbridge St., Suite 600  
Norristown, PA 19401

Website: [www.montcocsp.org](http://www.montcocsp.org)

## Montgomery County Community Support Program (CSP)

### Meetings:

12:00 p.m. to 2:30 p.m.  
3rd Thursday of each month

Norristown Public Library  
1001 Powell St. at Swede St.  
Community Room



## What Does CSP Do?

### At Montgomery County CSP

#### Meetings:

- \* **Guest Speakers** are invited to talk about issues and services, such as Montgomery County's Behavioral Health Court.
- \* **Information** about new county programs and initiatives is presented and the county office invites committee feedback.
- \* **Issues** are raised in the meeting which are included in a monthly report which is forwarded to the PA Office of Mental Health & Substance Abuse.
- \* **Mental Health Plan**—The committee recommends priorities for the County's Mental Health Plan – this helps to shape the transformational system work for coming years.

### Montgomery County 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 assists in legislative advocacy efforts.



### Montgomery County CSP Subcommittees Cont.

- \* **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. This subcommittee also assists in gathering information such as personal stories and poems for the CSP newsletter.
- \* **Conference Sub-committee** – The conference subcommittee will plan and fundraise for the annual Montgomery County CSP Conference/ Mental Health Awards Ceremony.
- \* **Montco CSP Newsletter**—The newsletter provides information to the public about CSP and mental health advocacy. The newsletter is committed to CSP recovery principles which is person centered and empowered by stakeholders. The 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](mailto:kathiemitchell8221@gmail.com).

## CSP Principles

Mental Health Services should be:

#### **Consumer-Centered/Consumer-Empowered**

Services are based upon the needs of the individual and incorporate self-help and other approaches that allow consumers to retain the greatest possible control over their own lives.

#### **Culturally Competent**

Services are sensitive and responsive to racial, ethnic, religious and gender differences of consumers and families.

#### **Designed to Meet Special Needs**

Services are designed to meet the needs of persons with mental illness who are also affected by such factors as age, substance abuse, physical illness or disability, mental retardation, homelessness or involvement with the criminal justice system.

#### **Community-Based/Natural Supports**

Services are provided in the least coercive manner and in the most natural settings possible. Consumers are encouraged to use the natural supports in the community and to integrate into the living, working, learning and leisure activities of the community.

#### **Flexible**

Services are designed to allow people to move in and out of the system and within the system as needed.

#### **Coordinated**

Treatment services and supports are coordinated on both the local system level and on an individual consumer basis in order to reduce fragmentation and to improve efficiency and effectiveness with service delivery. Coordination includes linkages with consumers, families, advocates and professionals at every level of the system of care.

#### **Accountable**

Service providers are accountable to the users of services and include consumers and families in planning, development, implementation, and monitoring and evaluating services.

#### **Strengths Based**

Services build upon the assets and strengths of consumers and help people maintain a sense of identity, self-esteem and dignity.