

Pennsylvania Community Support Program (CSP)

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COMMUNITY

- Where We Live
- People
- Common Interests and Backgrounds

SUPPORT

- Assistance and comfort in times of distress
- Encouragement and help
- Social Network
- Material Assistance

PROGRAM

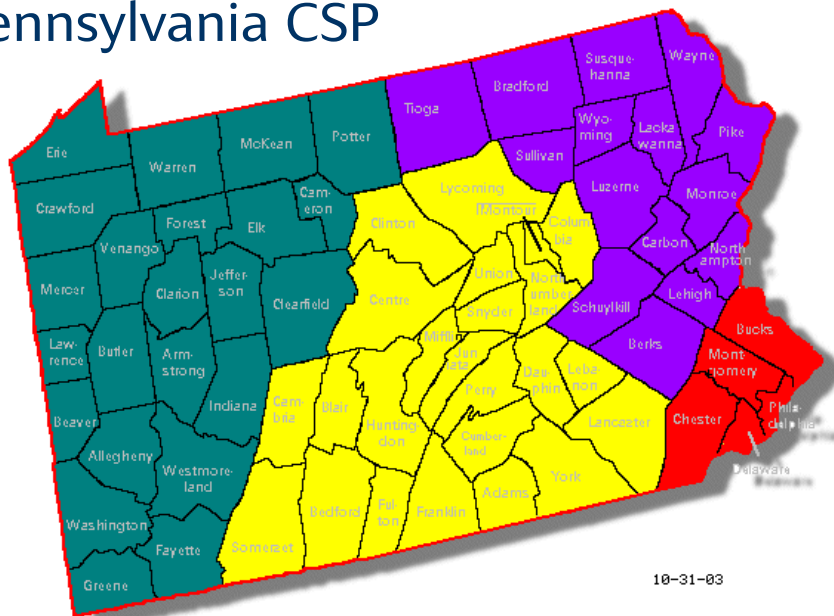
- A plan of action for achieving a goal.
- A system of procedures or activities that has a specific purpose
- A system to develop or provide something

IT'S A WAY OF DOING THINGS!!!

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Pennsylvania CSP



Who Are We ?

We Focus On:
A Common Vision
Improving the Mental
Health System



Consumers



Family Members



Professionals

What Do We Believe?

- ❖ **Creating Opportunities vs. Dependency & Disability**
- ❖ **Treating Individuals with Dignity and Respect**
- ❖ **People First**
 - ❖ **Looking Beyond a Person's Disability**
 - ❖ **Aspirations - Experience - Potential**
 - ❖ **Skills - Accomplishments**

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History

- ❖ Birth of CSP in 1977 by the National Institute of Mental Health (NIMH)
- ❖ Response to Deinstitutionalization
- ❖ Holistic Approach
- ❖ Goals:
 - ❖ To move from institutional to community services
 - ❖ To Improve quality of life vs. management of symptoms

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Evolution

- ❖ NIMH Community Support System (CSS) was a national model created to reach the goals of deinstitutionalization and improving quality of life
- ❖ The model included a philosophy, principles, and a group of consumers, family members, and professionals committed to realizing the goals.
- ❖ CSP describes how the model is implemented

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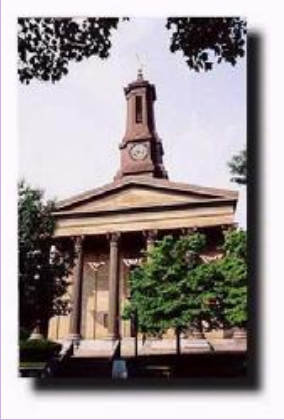
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CSP In Pennsylvania



- ❖ Began in 1984 as a state committee
- ❖ Developed into four regional committees
- ❖ Regional CSP supports development of local committees

CSP Encompasses:



CSP is designed to facilitate the Recovery of Consumers

Vision Statement

Every adult with a serious mental illness including persons with co-occurring disorders will enjoy the highest quality of life. Quality of life consists of inclusion in community, easy access to and choice of comprehensive services and supports, and multiple opportunities to enhance personal growth and recovery.

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Mission Statement

The State CSP Advisory Committee advises the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS) on improving the quality of community based behavioral health services and supports systems by advocating the use of CSP Principles and exemplary practices.

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Goals:

1. ADVOCACY

To review and make recommendations regarding county, regional, state and national services, policies, legislation and regulations that impact consumers and families.

2. COALITIONS

To foster communication, collaboration and partnerships among consumers, families, professionals and community groups.

3. COMMUNITY INTEGRATION

To support the recovery of consumers by advocating for equal access, opportunities, and choices in education, health care, housing, meaningful work and relationships, transportation and spiritual and leisure activities that represent the character of the community.

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Goals:

4. COMPREHENSIVE SERVICES

To ensure that community-based behavioral health services and support systems are comprehensive, available, accessible, appropriate and accountable.

5. CSP COMMITTEES

To establish grass roots support and ensure effectiveness of County, Regional and State CSP Committees.

6. EDUCATION

To influence and create positive attitudes, behaviors and knowledge about consumers, families and services. To ensure that training and technical assistance in CSP Principles and exemplary practices is provided to consumers, family members, professionals, community decision-makers and the general public.

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The CSP Recovery Model

- ❖ Template for service and recovery planning
- ❖ Template for meeting people's needs, to improve quality of life & to promote best practices

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CSP Model Components

- ❖ Centered on Recovery and a holistic view of the person
- ❖ Surrounded by CSP Principles
- ❖ Incorporates the aspects of everyday life

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The Recovery Wheel



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Principles of The Community Support Program:

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, supportive, 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 other factors such as aging, substance abuse, physical illness or disability, intellectual disabilities, homelessness, or involvement with the criminal Justice system

Community Based/Natural Supports:

Services are provided in the most natural setting possible. Consumers are encouraged to use natural supports in their community and to engage in the living, working, learning, and leisure activities of the community.

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Principles of The Community Support Program:

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 across the community and the local system in order to improve efficiency and effectiveness of the services. This includes connections with consumers, families, advocates, and professionals at every level of the system of care.

Accountable:

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

Strengths Based:

Services build on the strengths of consumers and help people maintain their personal identity, self-esteem, and dignity

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CSP & County Planning

County Plan Guidelines Include:

- ❖ **Measuring the integration of recovery-orientated programs for local systems & services.**
- ❖ **Checklist and signature page for the process of CSP committee inclusion in annual County planning activities**

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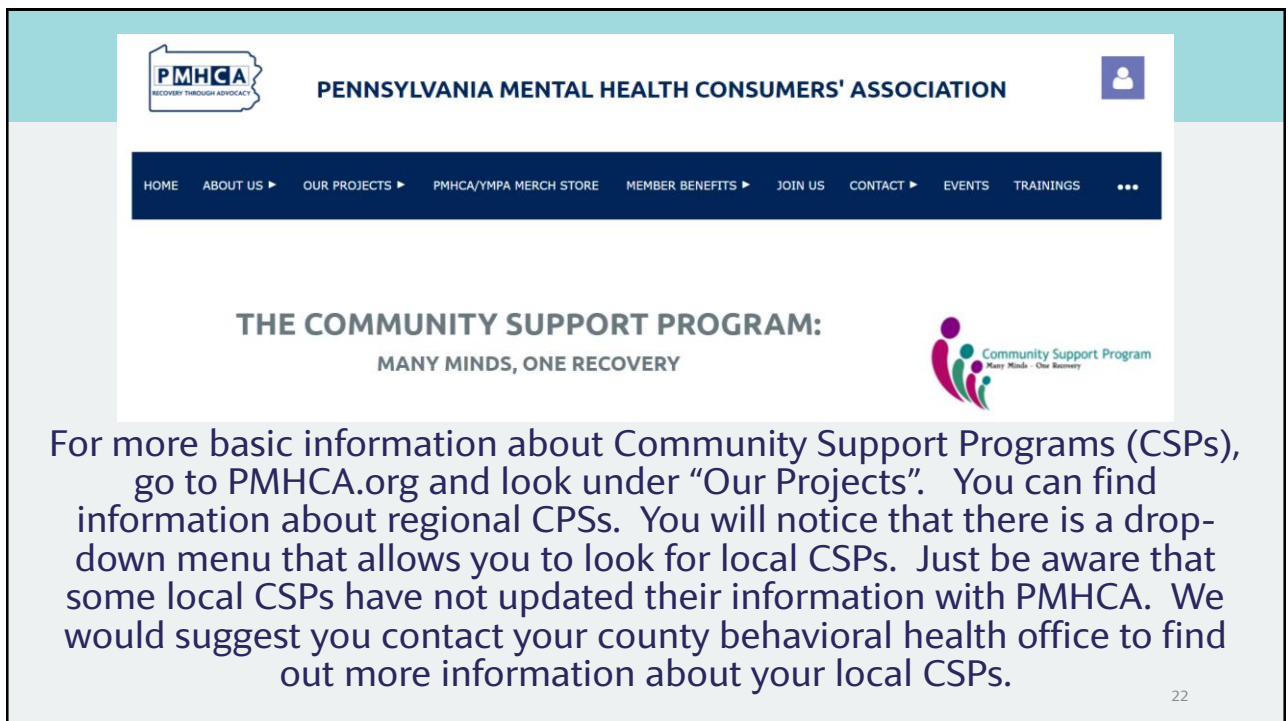
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What Can You Do?

- ❖ Promote and encourage Recovery for consumers (respect, dignity & hope)
- ❖ Support involvement of consumers and families in CSP activities
- ❖ Participate in your County and Regional CSP Committee and other organizations such as PMHCA, NAMI, and PAPSRS

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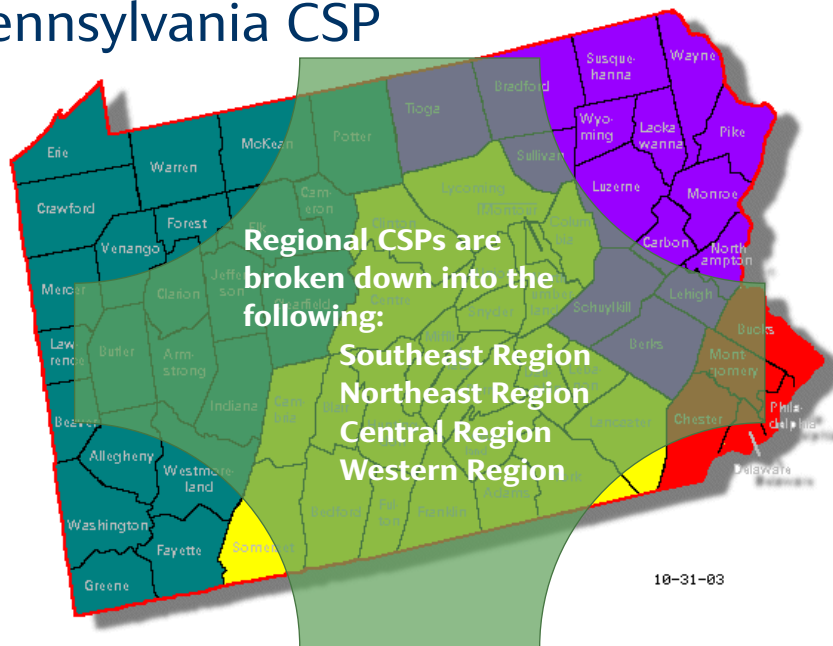
The screenshot shows the homepage of the Pennsylvania Mental Health Consumers' Association (PMHCA). The header includes the PMHCA logo with the tagline "RECOVER THROUGH ADVOCACY" and the full name of the organization. A navigation menu lists: HOME, ABOUT US, OUR PROJECTS, PMHCA/YMPA MERCH STORE, MEMBER BENEFITS, JOIN US, CONTACT, EVENTS, TRAININGS, and a menu icon. The main content area features the heading "THE COMMUNITY SUPPORT PROGRAM: MANY MINDS, ONE RECOVERY" and the logo for the Community Support Program, which includes the text "Many Minds - One Recovery".

For more basic information about Community Support Programs (CSPs), go to PMHCA.org and look under "Our Projects". You can find information about regional CSPs. You will notice that there is a drop-down menu that allows you to look for local CSPs. Just be aware that some local CSPs have not updated their information with PMHCA. We would suggest you contact your county behavioral health office to find out more information about your local CSPs.

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Pennsylvania CSP



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Northeast Region

The Northeast Region still meets on the third Tuesday of the month @ 10:00 via Zoom. The contact person is: Lynn Houseknecht / 570-628-0155 / lh@theadvocacyalliance.org

This group has a presentation at all of their meetings. Topics have included peer support workforce, Medical Assistance Transportation Program, self-care and managing stress. They will have a presentation on the NAMI Smarts Advocacy Program at the February meeting.

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Southeast Region

This group is meeting virtually, on the first Monday of the month at 2pm. The contact person is: Sue Shannon / 610-270-3685 / sshannon@hopeworxinc.org. They are working on member recruitment and are planning an advocacy event in June.

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Central Region

This group is meeting remotely on the first Saturday of the month at 10 AM. The contact person is: Kathyann Corl / episfrn@aol.com.

Last year this group did a major Stigma Awareness Project with positive messages about Mental Health. They are now planning for their retreat in June at Fort Hunter.

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Western Region

This group is meeting in person on the second Friday of every month, at 10 AM. The contact person is: Laurie Combs / 814-333-2924 / lcombs@chapsinc.com. This group has a presentation every month. Last year, they were able to distribute \$38,000 in seed grant monies to their counties for local initiatives. This included Christmas lists for the patients at both state mental hospitals in their catchment area.

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Local Community Support Program Committees

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Montgomery County CSP

LEADERS

- Person in Recovery Tri Chair
- Family Tri Chair
- Provider Tri Chair
- Committee Co Chairs
- County CSP Liaison

COMMITTEES

- Advocacy
- Community Outreach
- Conference Planning

WORK GROUPS



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Meetings



The 3rd Thursday of each month from 1 pm to 2:30 pm.

Committees meet before at 12 PM to 1PM

*Currently are facilitated over Zoom

Meeting Features:

- Guest Speaker
- Committee Updates
- County Updates
- Allows for planning
- Has County Office of Mental Health Staff Present

Evening Meetings??

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Member Communication

- Newsletter
- Website - www.montcopacsp.org
- Email List



Activities

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.

Conference Subcommittee plans and fundraises for the annual Montgomery County CSP Conference, includes workshops, musical entertainment, guest speakers and lunch. The conference also includes the award ceremony for the Montgomery County Office of Behavioral Health annual Mental Health Awards.

Community Outreach Subcommittee works on facilitating opportunities for people in the CSP community to be more involved in the community, including implementing the Community Connections grants, which provide funding for people to participate in a variety of activities, transportation grants which provide gas cards and SEPTA day passes to CSP community members, and organizing the annual CSP Poster Art contest.

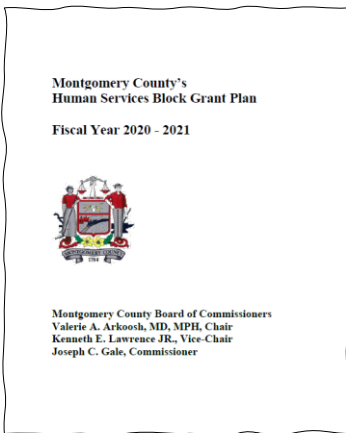
Shaping System Change

Community Support Program committees offer a forum setting in Pennsylvania for consumers, family members, and professionals to speak their beliefs and values and promote system changes. These meetings have helped shape the way treatment services are delivered to consumers, improved the public's understanding that consumers and family members should be regarded as people first, and advocated for the implementation of quality treatments that support the recovery of those with serious mental illness.

(“Pennsylvania Mental Health Consumers’ Association - Community Support Program”)

Shaping System Change

- Montco CSP Members give input which is included in the County Planning Process
- Focus groups at CSP meetings
- Survey – Online, email, and paper versions



Welcome to the CSP Community

The Montgomery County Community Support Program (CSP) Committee 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

CSP Annual Needs Assessment Survey

By filling out this survey you will enable the CSP, in partnership with the Office of Mental Health, to better voice your thoughts and concerns for future planning. We value everything you have to say and appreciate your input and insight regarding the mental health services that are currently being provided to individuals.

[Click here to take survey](#)

How do I get involved?



- Membership is FREE
- Sign up for our mailing list
- Come to our meetings
- Join a subcommittee

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Thank you

Kathy Quick, Executive Director, Pennsylvania
Mental Health Consumers Association
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John Herrman
johngbg3@comcast.net

Rita Lane, Southwest Behavioral Health
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Kathy Laws
kathylaws33@gmail.com

7/29/20XX

Employee orientation

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