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**April Regional CSP Meeting Minutes**

**Date: April 3, 2023**

Chair: Julie Whitmore

1. **Welcome and Introductions –** Julie Whitmore welcomed everyone to the meeting. This meeting will be a work meeting focusing on the future vision of the regional committee.
2. **Breakout Rooms –** Outreach, advocacy**,** strengthening local CSPs, hybrid meetings, other topics of interest.
   1. First Group: Sheila – Four times a year going to different counties for a meeting and have it be hybrid. We haven’t had a retreat or holiday party like we used to do. Sue said think about Philadelphia could have theirs in July in connection with Independence Day. Montco could hold a meeting in October around Halloween. HopeWorx can bring equipment to the locations to do hybrid meetings. The counties will go back and talk with local CSPs to get feedback and make a plan. Prior to the pandemic, monthly meetings were held at HopeWorx. Counties could rotate turns.
   2. Second Group: The importance of family have them incorporated in the meetings. Also have guest speakers, organize to support local CSPs, hybrid meetings are helpful, learn more about resources. Talked about advocacy issues. Get information from OMHSAS bulletins. What are challenges for counties. A challenge in Delaware County, is getting more people at meetings. We had more before the pandemic. They come to the events but not the monthly meetings. We had this challenge in Montco, Sue said. Let’s include everyone by writing a monthly newsletter. Delco had food at the meetings. In Montco, we do a hybrid. We used to have pizza. Sue said the workforce crisis is universal and something we can talk about as an advocacy issue. Marissa, from Bucks County, wanted to know if other CSPs are on social media. Bucks CSP is on LinkedIn, Facebook and Instagram and helps connect them to more people. Montco CSP is on Facebook. Justin said we’re going to do a retreat and surveys. Sue said Gov. Shapiro knows what CSP is because he was at a Montco CSP meeting when he was a Montco Commissioner. We can work on getting local state reps to our meetings. Sheila said she liked to go to Harrisburg again.
   3. Sue said attending the PMHCA conference in October in Dubois is a way to educate our regional CSP Committee. They want groups at the conference, especially CSPs.
   4. Attendance is low in July. There was a suggestion to have the conference in June and skip the July meeting. Then meet in August. Bucks County volunteered to hold the August meeting and have it in Lower Bucks to be closer to other counties. The meeting will be hybrid. It was suggested to have the meeting during the last two weeks of August due to vacations. It was suggested to have meetings five times a year since there are five counties. Marissa said she would create a poll and email it out to members for their opinions before making a decision.

**3)** **March Minutes** – Approved.

**4) Budget** – Sue said the committee will receive $10,000 from PMHCA in the near future. Can we have a robust conversation about spending the money at our May meeting? In the past, we give money to the local CSPs for things. We give scholarships. We have the seed grants and always in the past, that has been really important to the state. Perhaps an advocacy bus trip. A trip to the conference. The Conference Committee wants to know what the budget is for the conference. Sheila said we have the Carver Center. It’s $50 an hour. We’re reaching out to different people for presentations. Nancy can come. $2,500 has been allocated in the budget for the conference. If you need more money, let us know. Checking if we have access to the pool. Time is 10 to 2 p.m. Send out Save the date.

**5)** **Conference Committee** – Looking for counties to provide activities like vision boards, button making, etc. Let Karleen know. Go back to counties and ask organizations involved with CSPs if they want to have a table. How to get the community to engage in the conference. Have a table activity. Marissa said a lot of organizations don’t understand what CSPs do. Drum Circle was suggested. PRO-ACT has equipment. Delco CSP is planning a drum circle for May MH Awareness Month. CSP success stories. How being a part of CSP has helped. Open Mic. Karaoke. Hand out brochures from different counties.

**6)** **Recovery storytelling for May** – Five-minute recovery story. Hope and resilience in your life and for us to get to know you better and build connection. Stacy Volz volunteered. May meeting will be virtual. Benita volunteered for the meeting after May.

**7)** **Advocacy Committee** - Alex from Melissa’s office, 151th District in Montgomery County was at the meeting. We talked about Access Services and Crisis Services, certified peer specialists. We need a warm line. We talked about a trip to Harrisburg. The QR code we put on the surveys that they can do the survey at the conference. Give more supports to people who use mental health services.

**8)** **Delaware County Report** – Eric noted there was more Delco representation at the regional meeting today. We’re rebuilding and getting back to normalcy. We’re meeting in person. We have a location. It’s 933 Baltimore Pike, Springfield, PA, the Tree of Life Church. Meeting there since the beginning of the year. In May, we will have a Drum Circle – beating stigma. We’re are looking for a facilitator. It’s May 15th 4:30 to 6 p.m. at the Tree of Life Church. Getting a lot of interest. We outsourced our website. Our website is currently being updated. We will update our FB page soon. Our meetings are the 3rd Monday of the month.

**9)** **Announcements**: Justin said NAMIWalk is on May 6th in Ambler. We have a peer-to-peer group which is hybrid. Joann said the Philadelphia Faith and Spiritual-based Conference is on April 28th at the Doubletree Hotel sponsored by the Department of Behavioral Health.

**10)** **Next meeting**: May 1, 2023. Report from Bucks County.