

RECOVERY ROUND-UP

PMHCA PROGRAM NEWS

PMHCA and YMPA staff engaged in Suicide Prevention Day at the Capitol on September 26th. We were able to hear stories of suicide attempt survivors, family members of those that died by suicide, and advocates for change. We were also able to network with other agencies who work towards suicide awareness and prevention.



We also joined forces with other advocates on September 27th for The March on Harrisburg to demand equitable and fair health care for all along with living wages for those working in the field.



TRAINING SPOTLIGHT

On November 29th thru December 1st, 2023, Forensic Peer Support will be offered from 9 am to 4:30 pm virtually on zoom. This new curriculum was developed with Drexel University to prepare peers to work throughout the criminal justice system. This training focuses on trauma informed, ethical approaches to interacting with peers that have had interactions with law enforcement, prisons, courts, etc. Deep dive into the Sequential Intercept Model and learn how to divert individuals from prison, jails, and hospitals. This hands-on, interactive class will allow peers to create programs for their communities to reduce recidivism throughout three-days of learning.

The cost per participants is \$300 if you are not a member of PMHCA; PMHCA members receive a reduced price of \$270. This includes the cost of all information needed to be an active participant of class.



ADVOCATE - EDUCATE - PROMOTE RECOVERY



YOUTH MOVE PA NEWS

Zoe and Kevin presented the “Our Turn to Talk” Community Conversation Workshop for the first time as the keynote speaker at the “Together We Thrive Conference” on September 13th. After such positive feedback, this will be a workshop we will be offering in the future.



Sources of Strength hosted their first mock training for staff to engage in on September 11th. They have their first school signed up for the program beginning in November. The team continues to work on the material and bond together to build a great program for Pennsylvania.

Check out the latest episode of “Our Story Isn’t Over” podcast hosted by Chris. In this episode, Brody Valentin, high school student and public speaker, shares where they find hope and how emotional awareness begins earlier than we might think.

Merry Jeepy Christmas



Shine those Jeeps up and deck them out in the best Christmas theme with us on December 9th from 2 PM to 6 PM at North End Fire Company in Pine Grove. There will be a parade this year for everyone to show off their Jeeps. We will also have food, vendors, a silent auction, and a bonfire. [Register your Jeep now.](#)

Training Department Details

The training department is expanding by adding new contracted trainers. We would like to welcome Kaylie Sullivan, Jennifer Yali, Megan Riley, and Nikki Wills as trainers.

Kathy, Ethan, Tristan and Kevin completed their 18-hour Certified Peer Support Specialist Supervisor training with The Copeland Center. We extend a congratulations on a wonderful accomplishment.

Upcoming trainings being offered by YMPA and PMHCA include Social Media and It's Connection to Mental Health, Mental Health Advanced Directive, and Life Through my Lens. If you are interested in attending any of these virtual trainings, please visit youthmovepa.wildapricot.org or pmhca.org to register.

Currently, the training department is booking into November of 2023 for one-day trainings and December of 2023 for three-day trainings. If there is interest in booking a training, please email Ethan at ethan@pmhca.org.

**FORENSIC
PEER SUPPORT
WITHIN THE
CRIMINAL
JUSTICE
SYSTEM**

**November 29th, 2023 thru
December 1st, 2023
9 AM to 4:30 PM**

Learn how to advocate for the needs of those involved in the criminal justice system. Develop skills to use your story to inspire hope. Dive into the Sequential Intercept Model to divert individuals from the criminal justice system to reduce recidivism.

Held Virtually
On Zoom
[Register Here!](#)



Keys to Recovery Conference

The Keys to Recovery Conference is sold out at this time. We look forward to seeing everyone next week at the Dubois Country Club for our sold out conference!

On the next page, you will find a list of workshops that will be offered. You can register for any workshops when you arrive at the conference. Early registration will begin on October 2nd from 6 pm to 7:30 pm. To kick off the conference, we will have a pool party following registration!





PMHCA KEYS TO RECOVERY CONFERENCE PRESENTS THE FOLLOWING WORKSHOP SPOTLIGHTS:

- "Law of Attraction" and Personal Responsibility
- Pat Deegan's Academy + Library
- Personal Responsibility in Recovery: Fear Busters
- Building A Resilient Future After Adversity
- The Power of One - Strategic Self-Disclosure
- Challenge, Choice, Change: Tobacco Recovery is Recovery
- The 988 Suicide & Crisis Lifeline in PA: There is Hope in Recovery
- Collage Your Wellness
- What do Holistic Services look like for a Drop-In Center?
- Using YOUR Voice for Change: Advocacy
- Self-advocacy in Action
- Building Bridges: The Intersectionality between Cultural Humility & Suicide Prevention
- Building Bridges for Mental Health
- Empowerment! Self Care Strategies
- Becoming Grounded in Recovery through Art
- Harnessing the Power of Hope
- Letters to Legislators

