



RECOVERY ROUND-UP

November 16, 2022

Letter from the Executive Director

Dear Members and Allies:

I am thrilled to announce that we are committed to sending a short newsletter weekly as a means of keeping everyone informed. Included in the “Recovery Roundup” weekly newsletter will be important advocacy information, event information, service spotlights, personal stories, recovery tips and tricks, and interesting information we think you will appreciate. We will also include any information you send us to be shared – an event in your area, your personal artwork or stories, etc. Additionally, we will include a training and event schedule to keep everyone up to date.

PMHCA would like to welcome Ethan Frost to our staff! Ethan joined us in July as our Training Coordinator. He is tasked with organizing and implementing our training and workshop schedule which has a wide array of trainings for peers, other professionals, and individuals in recovery. Ethan has been a trainer for PMHCA for quite a number of years, so he is a natural fit in our organization. Welcome aboard Ethan!

I’d also like to share one of our most recent advocacy efforts. As the co-chair of the Mental Health Planning Council Adult Committee, I was asked to be a Commissioner on the Behavioral Health Commission. This Commission consisted of 24 individuals from various agencies and offices across the state, with 6 individuals identified as having lived experience. Our task was to make recommendations to the legislature regarding spending the 100 million dollars set aside for adult behavioral health. We met multiple times in early fall, and submitted a comprehensive report suggesting allocating these funds in 3 “buckets”: workforce, criminal justice, and service delivery. The full report, minutes, and additional information on the Behavioral Health Commission can be found here: [Behavioral Health Commission](#)

Thanksgiving is coming in a few short days! I am thinking of each and every one of you during the holidays. Please be aware of yourselves during these times, maintain your personal wellness, and enjoy the season!

Respectfully,



Executive Director



ADVOCATE - EDUCATE - PROMOTE RECOVERY



RECOVERY ROUND-UP

YOUTH MOVE PA NEWS

2022 Chapter
of the Year



CONGRATULATIONS
YOUTH MOVE PA!!!

Youth MOVE PA has shown extraordinary innovation in making systems and communities better for youth throughout the Commonwealth of Pennsylvania. In doing so, Youth MOVE PA has been awarded Chapter of the Year by Youth MOVE National out of 70 Chapters across the United States, as part of this year's 2022 Rockstar Awards.

TRAINING SPOTLIGHT

Trauma Talk is an opportunity for individuals to learn what trauma is, how it affects our every day lives, and how we can cope with our traumas. Facilitators share a portion of their lived experience with their own traumas and how they are overcoming their traumas. The "trauma closet" is presented to attendees as a way to organize their own traumas. There is also a skill building aspect to this training as individuals learn "super powers" to feel more confident in managing their trauma closet as well. This training will be held in Harrisburg on December 5th at the PMHCA Office. Cost is \$60 per person which includes the cost of the training booklet and bracelet, which is an important part of this training. This training is great for professionals, peers, youth, and the general public who are trying to gain a better understanding of their trauma. Register today at the PMHCA website.

SAVE THE DATE!

PMHCA "KEYS TO RECOVERY" CONFERENCE

OCTOBER 3RD AND 4TH, 2023
DUBOIS COUNTRY CLUB AND
COMFORT SUITES DUBOIS

REGISTRATION OPEN IN 2023



CONGRATULATIONS!!!

KEVIN PUSKARIC

Awarded the Dr. Gary Blau
Professional of the Year Award

As part of Youth MOVE Nationals 2022 Rockstar Awards, the "Dr. Gary Blau Award" is given yearly to a mental health professional who has distinguished themselves as a voice for youth. Kevin is a fierce advocate of amplifying youth voice and championing youth peer support initiatives in Pennsylvania.

KEVIN PUSKARIC, CPS, CRS, CFRS
YOUTH MOVE PA, PROGRAM DIRECTOR



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OKLAHOMA FAMILY CONFERENCE

PMHCA & Youth MOVE PA landed in Oklahoma City for the Families Can't Wait: Providing Essential Support for Today's Challenges and Tomorrow's Wellbeing conference hosted by the National Federation of Families from November 2nd through November 5th. The time we spent out there making connections, learning new things, and experiencing a new place were nothing short of amazing. We attended multiple different workshops on an array of topics from sustainability to trauma to youth focus. Our team had the opportunity to listen to the awesome keynote, Rwenshaun Miller, and we all truly felt what he had to say. We also had an exhibitor table where we were able to link and connect with an overwhelming number of people, discussing advocacy, education, and recovery. The staff who attended also had a great time getting to know one another on a more personal level. Our relationships with each other as PMHCA and YMPA staff members become stronger and more comfortable every day. This conference was life-changing, and we are so grateful to be able to do such remarkable things that allow us to bring incredible ideas and tools back home. The experience was remarkable!

CALL FOR CHANGE NEWS

PMHCA has been honored to be a part of the Advancing The Call For Change Steering Committee for the past 8 months. Over the course of 2022 this steering committee of advocates, consumers, family members, providers, and managed care organizations have worked vigilantly alongside the Office of Mental Health and Substance Abuse Services (OMHSAS) and Mercer to develop an action plan to guide Pennsylvania's Behavioral Health system further towards becoming recovery-oriented. The steering committee consists of members from 17 different counties and represents people across the lifespan who have lived experience with Serious Mental Illness, Substance Use Disorder, families of those with lived experience, individuals on the autism spectrum, veterans, people with lived experience in the criminal justice system, and more.

Together, the steering committee has worked to identify 73 recommendations that would continue the push towards a recovery-oriented Mental Health system. The committee then voted on 20 recommendations to prioritize as Goals over the next 5 years. These priority recommendations address issues related to: Navigating the Health Choices/Behavioral Health System, increasing access and enhancing quality of services (think recovery/resiliency training, addressing workforce shortages, children and youth, telehealth, peer support, etc.), Enhancing integrated care, developing a more robust crisis system, and Diversity, Equity and Inclusion. PMHCA pushed hard for the revitalization of Community Support Programs (CSP), enhancement of children, youth and young adult services, mental health in schools, peer support, rural access, and crisis system enhancement.

The steering committee's final meeting took place on November 2nd, 2022 and has met 14 times since March 2022. Throughout this process, members received feedback from the communities they represented and brought it to each meeting to ensure consumer voice was not only represented but was a major part of the work that was done. With the final meeting behind us, the Advancing The Call For Change Action Plan is now being finalized and will be presented to the Department of Human Services (DHS/OMHSAS) on November 18th.

So what's next? We wait patiently for the action plan to be approved and be put into effect, at which point entities across the Commonwealth will begin carrying out the work laid out within. There were many organizations who were recommended to carry these goals out, including PMHCA; however it is still up to DHS/OMHSAS to make the final decisions. Until then, we stand in solidarity with our members and will continue to advocate, educate and promote recovery as we have done from the very beginning.

If you would like to learn more about A Call For Change and how it has impacted our Commonwealth's Mental Health system for the past 17 years, *click here!*



PMHCA Youth MOVE PA

MERRY JEEPY CHRISTMAS

DECEMBER 10TH
3pm - 6pm
FREE ADMISSION!

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| HAVE FUN IN THE SNOW, VOTE FOR YOUR FAVORITE JEEP, AND RAISE MONEY FOR PMHCA'S 2023 KEYS TO RECOVERY CONFERENCE! | JEEP CHRISTMAS DECORATION CONTEST! -\$15 to enter your Jeep! SILENT AUCTION! DELICIOUS FOOD! UGLY SWEATER CONTEST! -Anyone can enter! CRAFT & COMMUNITY VENDORS |
|--|---|

Silent Auction Announced @ 5pm
Contest Winners Announced @ 5:30pm

North End Fire Company
118 N Tulpehocken Street
Pine Grove, PA 17963

WANT TO BE A VENDOR OR SPONSOR FOR MERRY JEEPY CHRISTMAS?

CONTACT TRISTAN SCHNOKE AT TRISTAN@YOUTHMOVEPA.ORG

*Hey PA Recovery Organizations and Peers
Got an event happening?
Let us know and we will add it to our
newsletter!*

CONTACT US

pmhca@pmhca.org

ympa@youthmovepa.org

<https://pmhca.org>

<https://youthmovepa.wildapricot.org>



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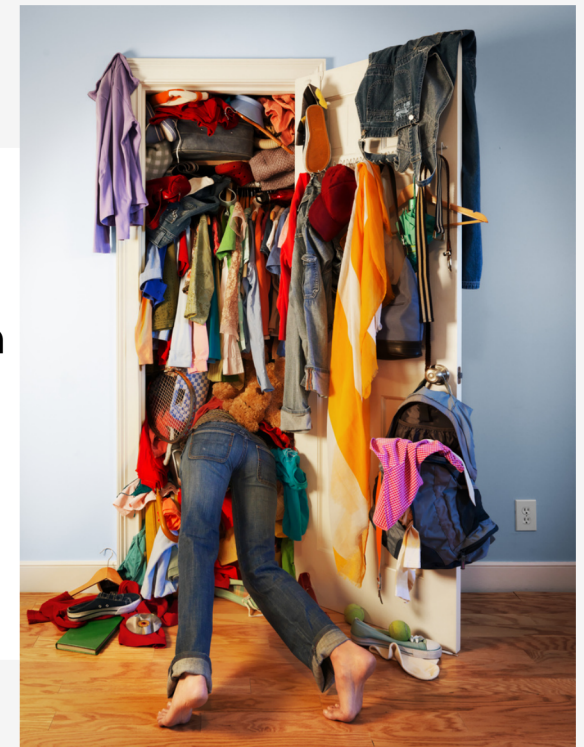


PMHCA AND YMPA UPCOMING TRAININGS

DEC.
5

TRAUMA TALK WORKSHOP

This workshop talks to attendees about what trauma is, how it can affect us throughout our lives, and what we can do about it. There is a skill-building portion which is to help attendees feel more confident in using the skills they are taught along with identifying what they already use to help organize their “trauma closet”. Will be held at the PMHCA office in Harrisburg. \$60 per participant (includes bracelet and workbook).



DEC.
7-9

YOUTH AND YOUNG ADULT CPS

This training allows for education, conversation, and skill building that focuses on working directly with the youth and young adult population as well as enhancing the knowledge attendees may already have about peer empowered story sharing and relationship building. Learn how to engage youth and young adult peers, support change, and establish boundaries through an ethical/professional relationship. \$300 non members/ \$270 members. Held via zoom.

PCB approved for CPS/CRS.



DEC.
12

A GUIDE FOR ETIQUETTE

This training is to assist youth in understanding what etiquette is, why it is important, and how to use these skills in real life situations. Certificate of participation is provided. This training will be held via zoom. This training is offered free of charge through YMPA!



DEC
15

YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. This will be held at PMHCA/YMPA Office in Harrisburg from 8 am to 5 pm. This is a free training being offered by YMPA!



JAN
18-20

TRAUMA SENSITIVE PEER: CONTINUING OUR JOURNEY

As Certified Peer Professionals, we continue our healing and recovery journey every day and this workshop allows for more growth and understanding of trauma, how it applies to us as humans, and how we can apply it to our professional life.

Practice sharing your story in a sensitive manner and receiving a story in an empathetic manner. Peers will gain an understanding of vicarious trauma and the importance of self-care. Cost is \$300 per participant/\$270 for PMHCA members. **This will be held at the PMHCA Offices in Harrisburg for the three days of classes.**



Advocate - Educate - Promote Recovery

