



RECOVERY ROUND-UP

PMHCA Promotions and New Staff

PMHCA would like to recognize Tristan Schnoke on her recent promotion to Program Director of PMHCA. Since starting at PMHCA, Tristan has dedicated her time and passion to several projects at Youth MOVE PA including the development of *The Trauma Talk Workshop*. Tristan's new role will be working with the adult population to advocate adequate and affordable mental health care, promote recovery in all arenas, and educate the community on mental health topics. Congratulations, Tristan!

PMHCA would also like to welcome aboard Amy Sagen as Special Programs Coordinator. Amy will be assisting on grant writing for current and future projects, advocating for the statewide agenda, and doing data collection. Welcome to PMHCA, Amy!

Youth MOVE PA would like to congratulate Zoe Small on becoming the Community Outreach Coordinator. Zoe will be advocating for youth and young adults throughout the state, helping with coordinating events such as Wellness Days, and facilitating youth based trainings. Welcome Zoe!

TRAINING SPOTLIGHT

Youth and Young Adult Peer Training will be held on April 19th thru April 21st, from 9 am to 4 pm, at Giant Community Center in Harrisburg, PA. This 3-day workshop 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 with the peers they work with. Peers will learn how to create and maintain ethical boundaries for engaging with this population while supporting positive changes. In addition, individuals will develop wellness tools, understand the importance of self-care, and how to actively participate in the recovery process. A final skill building activity will allow you to relate to a youth and young adult with a seven minute introduction. This course is \$300 for non-members and \$270 for members. You can register at the [PMHCA website](#). This is a PCB approved course for 18 hours of continuing education credits. Any questions regarding this training, please email pmhca@pmhca.org.



YOUTH MOVE PA NEWS

Youth MOVE PA, Copeland Center for Wellness and Recovery, and Doors to Wellbeing brought Peer Generation to their first school in Beaver County in March. It was an awesome experience for the staff, students, and faculty who engaged in the activities. Youth MOVE PA is looking for more schools who would like to participate in this program. Check out their website at youthmovepa.wildapricot.org for more information on Peer Generation.

Youth MOVE PA's quarterly meeting will be April 4th, 2023, virtually on zoom from 4pm to 5:30 pm. Youth, young adults, family members, and staff that work with youth are welcome to join the quarterly meeting. Contact Youth MOVE PA at ympa@youthmovepa.org for more information.

Youth MOVE PA is currently registering youth and young adults for their Wellness Days this summer. They will be held at four different parks throughout the state offering an outdoor experience where they can socialize while engaging in mental health and educational activities.



MOTIVATING OTHERS
THROUGH VOICES OF EXPERIENCE



WELLNESS DAYS 2023

ALL EVENTS ARE FREE AND WILL BE HELD FROM 9:30AM TO 3:30PM

Events for Youth & Young Adults between the ages of 16 to 29





JOIN US THIS SUMMER!

ACTIVITIES INCLUDE

- Educational opportunity on the topic of advocacy
- Leadership & Team Building Activities
- Art, music, fishing, hiking, workshops and more
- Vendors and community resources will be in attendance
- Get a one of a kind "Wellness Days" T-Shirt & Swag Bag

CONTACT US
TO BE A SPONSOR OR VENDOR

717-221-1022 | ympa@youthmovepa.org

<https://youthmovepa.wildapricot.org/Wellness-Days>

DATES & LOCATIONS

- JUNE 20, 2023**
 - Presque Isle State Park
 - Erie Runners Club Pavilion Beach #1
 - [REGISTER HERE](#)
- JUNE 22, 2023**
 - Keystone State Park
 - Pavilion #1
 - [REGISTER HERE](#)
- JULY 11, 2023**
 - Nockamixon State Park
 - Lot 1 Pavilion
 - [REGISTER HERE](#)
- JULY 13, 2023**
 - Toboyhanna State Park
 - Pavilion
 - [REGISTER HERE](#)



"Wellness Days"




FAMILY MEMBERS, CAREGIVERS, & SUPPORT STAFF ARE WELCOME TO ATTEND! (EVERYONE ATTENDING MUST REGISTER)

PMHCA AND YMPA Present

Youth Mental Health First Aid Training

Identify, understand, and respond to signs of mental health and substance challenges of children and adolescents.

MAY 31, 2023
9 AM - 2:30 PM

REGISTER NOW

\$75 PER PARTICIPANT


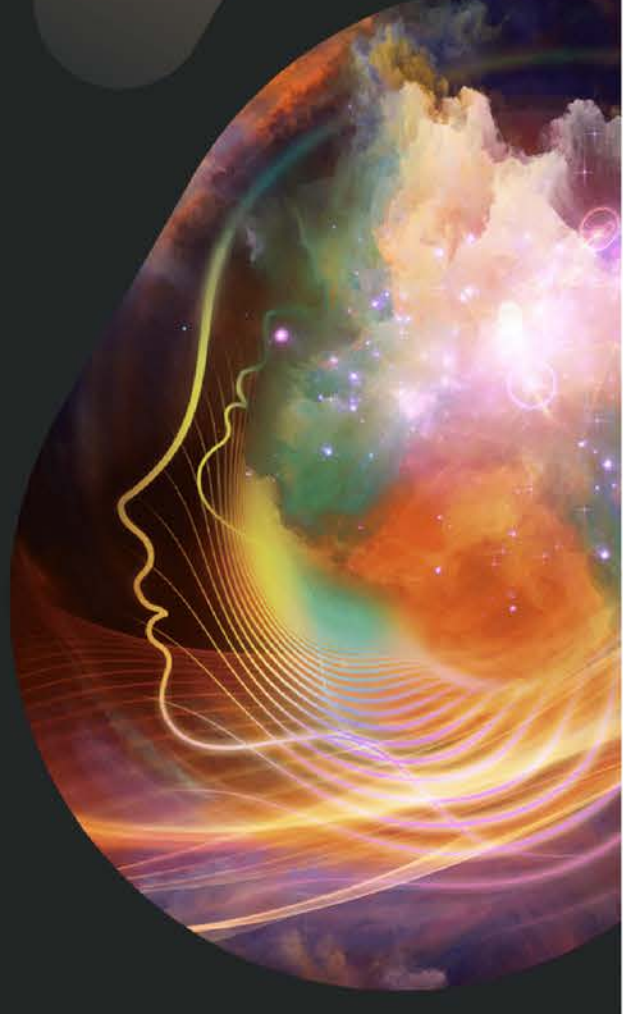


BLENDED COURSE



INDEPENDENT COURSE
STUDY AND VIRTUAL ONLINE INSTRUCTION!



Trauma 101

TRAINING OBJECTIVES

- Gain a basic overview of trauma and brain basics.
- Learn a basic understanding of triggers and trauma responses.
- Understand the complex nature of trauma and how it affects us.

MORE INFORMATION :

- Monday, April 10, 2023
- 1:30 pm - 3:30 pm
- Virtually on Zoom

Register Here!

For More Info
pmhca@pmhca.org
Visit <https://www.pmhca.org>

Research shows that 67% of the population has experienced at least one Adverse Childhood Experience. These trauma-based adversities are predictive of a multitude of toxic physical, mental and social outcomes throughout a person's lifetime. As a society and as individuals, we need to be better informed and prepared to prevent and address the traumatic impact of childhood adversities.



ADVOCATE - EDUCATE - PROMOTE RECOVERY



Training Department Details

Forensic Peer Support trainers have returned from Oakland CA after graduating 14 peers. Up next for those trainers is the Training of Trainers in Harrisburg April 3rd thru April 5th. Future events for these trainers include a training in Portland, Oregon in May and a virtual training in August for any peer who may have personal lived experience in the criminal justice system.

The month of April has our trainers busy providing exciting trainings and preparing for our Mental Health Awareness Workshops. In April, we are bringing you Trauma 101 (our basic trauma education class) and Youth and Young Adult Peer Training (3-day class on engaging with younger folks in a peer setting). During Mental Health Awareness Month on May 4th and 5th, we are bringing you four workshops for free. Registration for all events can be completed on our website at pmhca.org.

The month of April also kicks off the training for our Co-Responder Grant program. Individuals who have interest in this program and meet qualifying factors, will begin their CRS training at PMHCA. CPS credentialing will be held in May for the grant with the academy classes being offered after those courses are completed.

Any questions related to trainings or the Co-Responder Grant can be directed to Ethan Frost, Training Director, at ethan@pmhca.org.



DIVERSITY, EQUITY, AND INCLUSION

DEI HAS BECOME A PROMINENT SUBJECT OF FOCUS ACROSS THE COUNTRY... BUT WHAT DOES IT MEAN? IN THIS TRAINING DESIGNED, WE FORGET THE POLITICS AND BREAK DOWN THE FUNDAMENTALS OF DEI. PARTICIPANTS WILL LEARN:

- WHAT DEI MEANS
- HOW IT CAN POSITIVELY IMPACT OUR SOCIETY
- WHAT IMPLICIT BIAS IS AND HOW TO HEAL FROM IT
- TIPS TO CREATE CHANGE

TRUE DEI IS MORE THAN AN INITIATIVE - IT'S A MINDSET!

REGISTER HERE \$45.00

THIS TRAINING IS GEARED TOWARD YOUTH, ADULTS, FAMILY MEMBERS, PEERS, PROFESSIONALS, AND CLINICIANS

CERTIFICATE OF PARTICIPATION IS PROVIDED.

MAY 3RD, 2023
10 AM - 1 PM ON ZOOM
[Register Now](#)

[d](#) [o](#) [f](#) [in](#)



Let's Talk about Suicide
Mental Health Awareness Days

I Didn't Die, But... Video Screening & QPR Training

A 5 Hour Workshop

Free and open to all!

Learning Objectives:

- **The I Didn't Die, But...** video screening shares the perspective of suicide attempt survivors in an honest, raw, and emotional conversation in an effort to inspire conversation about what works, what doesn't, and what can help those in need.
- **QPR (Question, Persuade, Refer) Training** will teach you important tools to recognize the signs of suicide, inspire hope, and how to ask the important question.

Thursday
May 4th, 2023
9:00 am - 3:00 pm
PMHCA Office
2551 Walnut Street
Harrisburg, PA 17103

[Register Here](#)



Stand Against Stigma & Life Through My Lens

A 5 Hour Workshop

Free and open to all!

Learning Objectives:

- **The Stand Against Stigma Workshop** will educate you on what is stigma, how can we combat stigma that we experience, what can we do to fight stigmas we experience, and how can we create a more inclusive environment.
- **The Life Through My Lens Workshop** is about turning the dial inward and looking at our own self-stigma. Through this workshop, you will learn how to change the lens in which you see yourself to change the way you see others.

Friday
May 5th, 2023
9:00 am - 3:00 pm
PMHCA Office
2551 Walnut Street
Harrisburg, PA 17103

[Register Here](#)



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I DIDN'T DIE, BUT...

A VIRTUAL DROP-IN FOR SUICIDE ATTEMPT SURVIVORS

EVERY FRIDAY @ 7PM

IF YOU HAVE SURVIVED A SUICIDE ATTEMPT AND ARE LOOKING FOR A PLACE OF ACCEPTANCE AND VALIDATION, DROP IN AND CHAT WITH OTHERS WHO HAVE HAD SIMILAR EXPERIENCES.

CONNECT WITH PEOPLE WHO AREN'T ASHAMED TO TALK ABOUT IT AND CREATE A COMMUNITY THAT IS FREE OF GUILT AND STIGMA, WITH A FOCUS ON WELLNESS AND RECOVERY.

DISCLAIMER: THIS GROUP IS STAFFED BY CERTIFIED PEER PROFESSIONALS AND SUICIDE ATTEMPT SURVIVORS AND FOR PEOPLE 18+. THE "I DIDN'T DIE, BUT..." SUICIDE ATTEMPT SURVIVOR DROP IN IS NOT MEANT FOR PEOPLE WHO ARE ACTIVELY SUICIDAL OR IN A CRISIS. IF YOU ARE EXPERIENCING A CRISIS, PLEASE CALL 988 OR YOUR LOCAL COUNTY CRISIS NUMBER.

**CLICK TO
JOIN!**



<https://pmhca.org/>

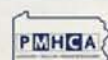
I AM WHO I AM: YOUTH & YOUNG ADULT CO-OCCURRING DROP IN

Drop in and chat with young people, ages 16 to 29, who have substance use and mental health experiences!

Be a part of a supportive virtual community!

Every Saturday @ 12pm

**CLICK TO
JOIN!**



<https://www.pmhca.org/>



PMHCA/YMPA Swag Store

Have you ever seen our staff's awesome stigma crusher sweatshirts and wanted it? Or maybe our Life Through My Lens Pride shirt for this year's pride rallies?

We can now grant you all access to our swag that our employees wear to events and every day comfort. From hoodies to coffee mugs, our bonfire stores have a little bit of everything. And the best part, you are contributing to our mission every time you purchase from one of our stores.

Check out PMHCA's store at

<https://www.bonfire.com/store/pmhca/> and YMPA's store at <https://www.bonfire.com/store/youth-move-pa/>.



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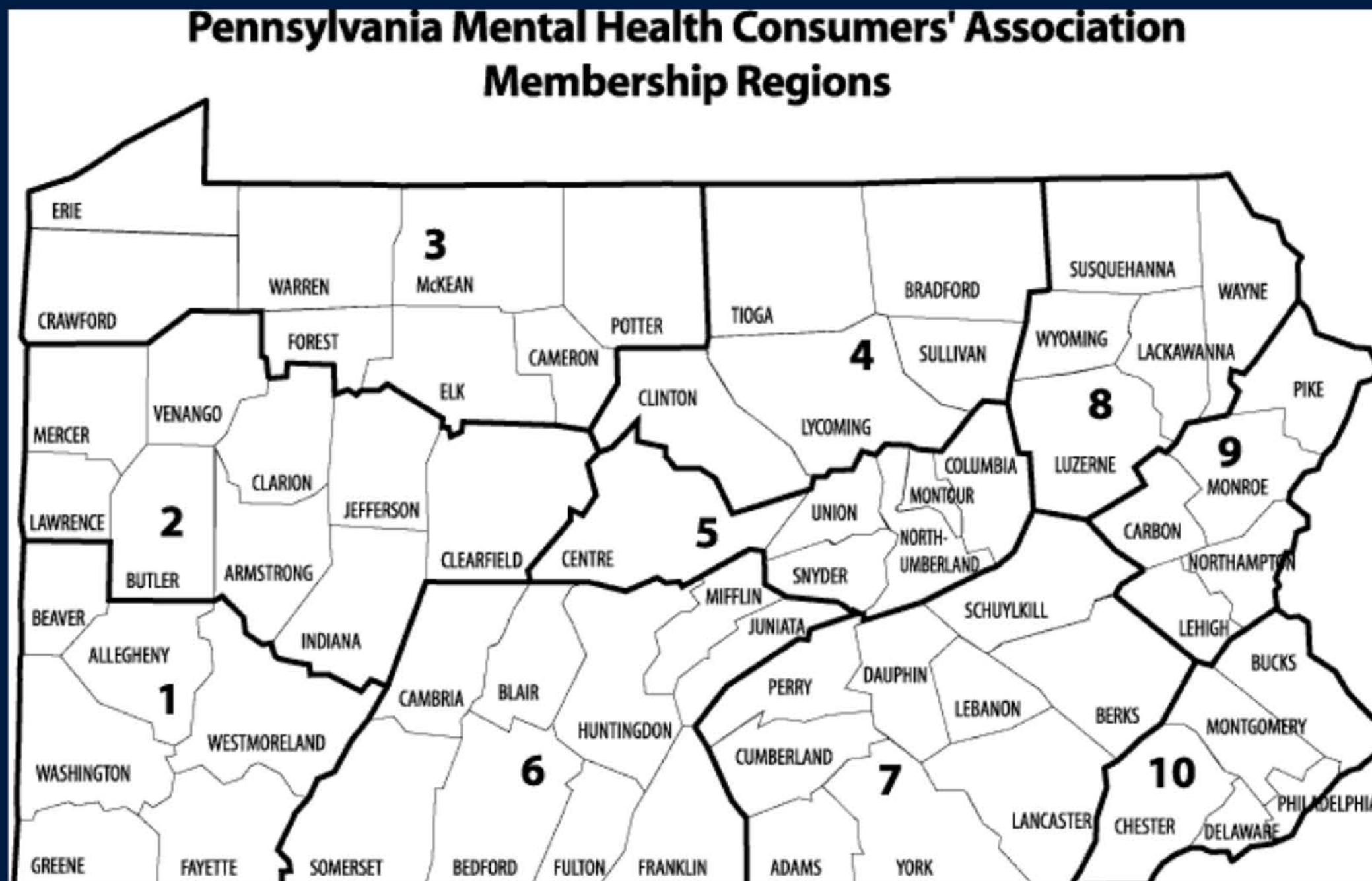
Call for



PMHCA

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NOMINATIONS



Pennsylvania Mental Health Consumers' Association is requesting nominations for regional representatives to serve on our Board of Directors.

Nominees must be dedicated to providing a statewide representative voice and to promote the growth and strength of the consumer movement.

Nominations are being accepted for regions 1-5

Nominations *must* include Nominee's name, contact info, and a short description of the nominee's qualifications.

All nominations must be sent to Kim Brown kim@pmhca.org, no later than April 30, 2023. **Self-nominations will be accepted.**

REQUIREMENTS FOR NOMINATIONS

*Full Name

*Phone Number

*Email Address

*Short Description of Nominees Qualifications



ADVOCATE - EDUCATE - PROMOTE RECOVERY



COMING SOON
STAY TUNED

Certified Peer Specialist Training

at
Community College of Philadelphia

June 12 to 23



A Certified Peer Specialist (CPS) is willing to self-identify as having a serious behavioral health disorder (mental and/or addiction illness). A CPS supports others in their recovery process, builds mutual trust, shares experiences, learns about the recovery process, and moves toward a more meaningful life in the community.

For more information email, DBHIDS.PeerCulture@phila.gov.

All participants must complete Storytelling training before CPS training. If you are interested in being trained to be a Certified Peer Specialist, please look out for the application in early April at DBHIDS.org.

Attendees will also have an opportunity to earn six credits towards another certificate program or an associate degree.



INVESTING IN MENTAL HEALTH

A Call for Sustainable Funding

Insufficient state funds puts Cumberland & Perry Mental Health Services in jeopardy.

Accessing immediate Mental Health Services is crucial to our residents. Prevention is key for individuals who struggle with mental health challenges. But it comes at a cost.

Who is Impacted by the Lack of County-Base Mental Health Funding?

- Children, Adults, & Families
- County Human Services
- Community Law Enforcement & EMS
- **EVERYONE**

Bottom Line:

Decreased funding & increased costs could result in cuts to services for children & adults in our communities.

Join us for a **Town Hall Meeting** to discuss the Mental Health Budget Deficit and the potential impact on **You**.

TOWN HALL MEETING

When: **April 3, 2023**
Monday . 6pm - 7:30pm

Where: **Lower Allen Township Building . Gorgas Hall**
2233 Gettysburg Road, Camp Hill

Panelists: Annie Strite
Cumberland-Perry MH Administrator
Megan Johnston
Cumberland-Perry Senior Human Services Manager
School District Personnel
Law Enforcement
Person with Lived Experience

Questions: Cumberland-Perry MHIDD
mhidd@cumberlandcountypa.gov
717.240.6320



McKean County CSP Meeting First Friday of the Month

STEPS Drop-In Center at 62 Main Street, Bradford, PA 16701 (entrance on Chamber's Street) or via Zoom.

If you plan to participate via the Zoom platform, below is the zoom meeting information;

Topic: McKean County CSP

Time: 1st Friday of the month, 11:30 AM Eastern Time

Zoom Meeting Link:

<https://guidancecenternet.zoom.us/j/89375271435?pwd=aDB0NHg4WHdleWRBa3ZZYZGRzYzQT09>

Meeting ID: 893 7527 1435

Passcode: 275065

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>

FREE EVENT
COME YOU MUST

MAY THE 4TH
BE WITH YOU FOR
MENTAL HEALTH

MENTAL HEALTH AWARENESS FAIR
MAY 4, 2023
4 PM – 7 PM
IRMC PARK

VENDOR TABLES
GIFT BASKETS
FREE FOOD
SPIN ART
SLIME MAKING
POPCORN
SLUSHIES
COTTON CANDY
AND MUCH MORE

SPONSORED BY

Consumers, Families, & Professionals
INDIANA COUNTY
COMMUNITY SUPPORT PROGRAM
Promoting Mental Health Recovery

Photo Disclaimer:
Please be advised that photographs will be taken at the event. By attending the event, you consent to photographing and usage of your image and likeness.



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