



RECOVERY ROUND-UP

Pennsylvania Commission on Crime and Delinquency Grant Secured By PMHCA

PMHCA has won a grant through Pennsylvania Commission on Crime and Delinquency (PCCD) to begin a Co-Responders Academy. The program will be piloted in Elizabethtown, PA, under the partnership of Chief Cunningham (Elizabethtown Police Department), Blueprints for Addictions Recovery Inc., Recovery Insights, and PAPSC. Individuals will be given the education necessary to obtain their credential(s) in CPS, CRS, CFRS, and CRSS, then attend a ten-day academy course that will round out their skills to work side-by-side with police officers to respond to mental health crisis calls. The ten-day academy will include trainings such as self-defense, Forensic Peer Support, Trauma Sensitive Peer, Crisis Peer Support, and Diversity, Equity, and Inclusion. Blueprints for Addictions Recovery Inc. and Recovery Insights will employ up to four peers that will begin work with the Elizabethtown police department. PMHCA will collect data to determine the effectiveness of peers in the field. This grant will be for two years, which will give up to four peers employment and a livable wage while PMHCA gathers data to create a model to implement with other departments.

YOUTH MOVE PA NEWS

Youth MOVE PA has joined forces with The Copeland Center for Wellness and Recovery to bring another amazing training opportunity to Pennsylvania.

Peer Generation Youth Empowerment Trainings are offered through a collaborative partnership between The Copeland Center for Wellness and Recovery and Youth MOVE PA. Peer Generation Youth Empowerment® (PGYE) is owned and copyrighted by the Copeland Center. Together, Youth MOVE PA and the Copeland Center are striving to make this available to youth and youth peer supporters to address the statewide need of strengthening the youth peer support workforce. We also believe this training is a crucial step to ensuring that Pennsylvania Youth have an opportunity to learn about Peer Support as a career pathway and to embrace resiliency and empowerment in their own lives.

Questions about Peer Generation Youth Empowerment: Please contact Amey Dettmer at adettmer@copelandcenter.com or Kevin Puskaric at kevin@pmhca.org

To register for any of the Peer Generation Trainings, visit [Youth Move PA website](https://youthmovepa.wildapricot.org) at <https://youthmovepa.wildapricot.org>.

TRAINING SPOTLIGHT

Peer Support Within The Criminal Justice System: Forensic Peer Support will be offered on February 7th - 9th from 9 am to 4:30 pm virtually on zoom. This class is offered to any certified peer specialist or recovery specialist that has personal lived experience in the criminal justice system. Through the three-day journey, participants will take a deep dive into the sequential intercept model to learn how to implement diversion programs in their community to reduce recidivism and work side by side with law enforcement, probation/parole, the courts, etc. The training also gives a refresher on ethics, trauma, and introduces the role of the forensic peer support professional. The cost for the class is \$270 for members and \$300 for non-members. [Register](https://www.pmhca.org) at [pmhca.org](https://www.pmhca.org).



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YOUTH UNITED FOR CHANGE

PEER GENERATION
Youth Empowerment

JOIN US FOR THESE FREE EVENTS

Peer Generation Youth Empowerment: An Introduction to a Youth Peer Support in Schools and Systems of Care Webinar
January 24th at 1:00 PM Eastern Time
[Click Here to Register for the Webinar](#)

In-person Full Course: Peer Generation Youth Empowerment Training
[Click Here for more information and to register to the Full Course](#)
February 27th- March 1st
9:00 AM- 4:30 PM
Harrisburg, PA

PMHCA | Youth MOVE PA | Copeland Center for Wellness and Recovery

Trainers Tid-Bit

The training department is buzzing with busyness. Our trainers are on the road, in virtual rooms, and in our conference room teaching people from all walks of life about mental health topics. We are beginning screenings of our suicide survivors video "I Didn't Die But..." with community conversations around what we are doing right, what is not working, and what we can do to support the suicide survivor. *Trauma Talk* has been on the road and talking to youth/young adults about their superpowers along with how to clean up their trauma closet. Youth MOVE PA has offered virtual workshops on trauma, etiquette, and social media for free under their grants. Forensic Peer Support is going national again and is scheduled to be in Oakland, California in March. And every month, PMHCA and Youth MOVE PA is bringing three trainings a month, many of which are now PCB approved for CPS/CRS individuals.

Looking into the future, the training department is looking forward to mental health awareness month. May 4th and 5th, we are offering two days of workshops. On May 4th, we will have our *I Didn't Die But...* video screening and conversation followed by *QPR* training for \$30 per participant. On May 5th, we will be holding our *Life Through My Lens* and *Stand Against Stigma Workshops* for free. You can register now for one or both of these days at pmhca.org.

If you would like an updated copy of our course catalog with price sheet or have any questions or curiosities regarding trainings, please contact our training coordinator, Ethan Frost at ethan@pmhca.org.

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.

FEBRUARY 6TH
9 AM - 5 PM

**REGISTER NOW
FOR FREE**



**IN-
PERSON**



PMHCA Office
2551 Walnut Street
Harrisburg, PA 17103



NAMI MAIN LINE SUPPORT GROUPS

The Havertown NAMI Family Support Group is a free, confidential group of families helping other families who live with mental health challenges. This group meets in-person on the third Tuesday of the month from 7 to 8:30 pm. For more information or if you are new to the group, please contact Nora at nora@huntjohnson.org.

The NAMI Connection Recovery Support Group for adults living with mental illness meets on Tuesday evenings on Zoom. Please contact Danielle Sulpizio at (484) 880-0660 or Ed Kane at (484) 744-0860 for more information.

The Parent Peer Support Group is for parents with a middle school through young adult child will meet weekly on Wednesday evenings via Zoom. If you are interested in joining this support group, please email Nancy.

For more information about other NAMI Main Line support groups, please go to <https://namimainlinepa.org/support/support-groups/>.



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Western Region Community Support

Program (CSP) is

Moving AGAIN!

(We hope this is the last time!)



Beginning February 10, 2023

New Location: Lawrence County Cares
708 West Washington Street, Suite 2
New Castle, PA

The building is well marked from the street, and has a parking lot beside it. When you enter the building, go right to the gymnasium. If you get lost, call Rita at 724-822-0181

Scam Prevention Series

McKean County Community Support Program (CPS)

Upcoming Events

Scams like phishing, identity theft, online dating hoaxes, money exchange scams, and many others have become extremely common in our community and around the world.

Join us after the New Year for this prevention series through the local McKean County Community Support Program (CPS) hosted by The Guidance Center's STEPS Drop-in Center on the first Friday of every month.

SAY NO TO SPAM

STEPS
DROP-IN CENTER
The Guidance Center

All events are **FREE** to the community!
For more information, call (814)-362-6535

Hosted by:
STEPS Drop-In Center
62 Main St., Bradford, PA 16701

Identity Theft

January 06 Alen McGill, Senior Supervisory Special Agent, Pennsylvania Office of Attorney General presenting how our information is obtained and tips to stay safe online.

Scam Prevention

February 03 Alen McGill, Senior Supervisory Special Agent, Pennsylvania Office of Attorney General presenting on Scam Prevention.

Scam Information

March 03 City of Bradford Police Chief, Mike Ward, will be presenting on Scam Information and Prevention for our local community.

Romance Scams

April 07 Alen McGill, Senior Supervisory Special Agent, Pennsylvania Office of Attorney General presenting on Romance Scams.

All events begin @ 11:30 AM

www.guidancecenter.net

Membership Updates

PMHCA is currently updating their membership database. Kim Brown will be removing memberships that are lapsed. Please take a moment to check on your membership status and renew it at your earliest convenience. If any information, such as your email address, physical address, or employer has changed, please update that information with us as well. If you have a financial hardship limiting you from renewing your membership, please contact Kim Brown at kim@pmhca.org. Also, all questions and concerns regarding your membership can be directed to Kim.

Area Events

January 31, 2023

4:00 pm - 5:30 pm

Drop-in Counseling

6:00 pm - 7:00 pm

STEM

For The Cause Teen Center

1130 6th Avenue

Berwick, PA 18603

570-483-8336

January 31, 2023

12:00 pm - 2:30 pm

Pizza Lunch with Coloring & Conversations

H.O.P.E.S. Drop-In Center

123 Railroad Street

Bedford, PA 15522

814-623-2898

January 30, 2023

12:30 pm - 2:00 pm

National Escape Day

Create a collage and explore healthy ways to escape

Our Place Drop-In Center

597 East Main Street

Somerset, PA 15501

814-701-2857

*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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Questions? Email PMHCA

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