



# RECOVERY THROUGH ADVOCACY

The Source of Wellness and Recovery Focused News in PA



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- [One reason to choose forgiveness over revenge](#)
- [Principles for humanistic responsiveness to children and adolescents coping with the pandemic](#)
- [The Incredible Healing Power of Music - Healing Childhood Trauma in Adulthood](#)
- [Implementing Adverse Childhood Experience Screening in an Intensive Outpatient Mental Health Program](#)

<http://pmhca.wildapricot.org>

[pmhca@pmhca.org](mailto:pmhca@pmhca.org)

## FROM THE EXECUTIVE DIRECTOR'S DESK

Dear Members,

Wow! What a few months we have had! So much has happened here at PMHCA since our last newsletter! I actually don't even know where to start.

First, I want to personally welcome Jereme V. West and Kim Brown to our staff! Jereme is the Program Director at PMHCA, and his fierce personality and abundant energy are welcome and so appreciated on our team! Kim is the Administrative Support Coordinator, and she brings a can-do attitude and an ability to keep us all organized that is second to none! Both Jereme and Kim bring so much depth and passion to the work that we do, welcome aboard!

The other biggest news we have is that we are moving our office location. Our building on Derry St. that has served us for many years has been "acquired" by PennDOT under eminent domain for the

183 expansion project. We spent the past nearly a year negotiating with PennDOT, looking for a new building, and going through everything we own preparing to move. We finally closed on our new building at 2551 Walnut St. in Harrisburg at the end of April and will be moving in June. Our new location is an old bank building that is rich in history and architecture. We will have a beautiful training and meeting space on the first floor, with our offices on the second and third floors. It has been a long journey, and we are almost there!

We have also been busy launching a few new programs. Our new Virtual Drop-Ins started in April, and they are building steam! We have drop-ins on Zoom in the evenings and on weekends every day but Wednesday. Another great initiative is the Certified Peer Specialist Scholarship and Support Program. In collaboration with the four Regional CSPs, we are selecting 100 candidates to receive free tuition and certification testing to become Certified Peer Specialists. You can read more about both of these programs later in the newsletter and on our website. We send a big thank you to the Office of Mental Health and Substance Abuse Services (OMHSAS) for funding these programs.

There really is a lot going on at PMHCA, read on for all the details!

Respectfully,

Dr. Kathy Quick, DSW, LSW, CPS  
Executive Director

### Newsletters will continue to be sent out digitally for the following reasons:

- Cost-effective
- Ability to reach more individuals throughout the Commonwealth
- Updates more frequently

# Open House!

PMHCA is moving! Our Derry Street location has been "acquired" by PennDOT under eminent domain as part of the I83 expansion project. We have purchased a new office space at 2551 Walnut Street, in Harrisburg and are inviting members and allies to our open house.



**June 1**  
**2pm to 4 pm!**

Light refreshments will be available.



## ANNUAL MEMBERSHIP MEETING



June 1 from 1pm to 2pm

<https://us06web.zoom.us/j/89807137121>

Or in-person at:  
2551 Walnut St.  
Harrisburg, PA. 17103



Our open house introducing our new office will follow the meeting from 2pm to 4pm.

Please contact [kim@pmhca](mailto:kim@pmhca) if you need assistance

## ★ New Staff Members

PMHCA staff is growing and changing! We are proud to introduce our new Program Director, Jereme V. West, and our new Administrative Support Coordinator, Kim Brown. Both Jereme and Kim bring a new level of passion and excitement to the PMHCA team and to advocacy and recovery in Pennsylvania! Welcome aboard!



# May is Mental Health Awareness Month!

Let's all work on adjusting our lenses! If we celebrate ourselves and share our stories of hope and inspiration, we *can* motivate others to do the same. Please join PMHCA and YMPA in this fight against self-stigma by posting your stories, successes, and healing using **#lifethroughmylens**

**YOUTH MOVE PA!**

**PMHCA**  
RECOVERY THROUGH ADVOCACY

**LIFE THROUGH MY LENS**

**WE ARE ENCOURAGING AN ATTACK ON SELF-STIGMA BY WAY OF SHOWING THE WORLD HOW WE FLOURISH EVERY DAY**

**#LIFETHROUGHMYLENS**

**PMHCA MAY MEMBERSHIP DRIVE**

Receive a free Tshirt with any new membership OR membership renewal!

**DIGITAL**  
Click here to join or renew!  
<https://www.ombca.org/join-us/>

**EMAIL**  
For a paper copy of the application, please make your request at [ombca@ombca.org](mailto:ombca@ombca.org)

Help build a stronger road to recovery, free from stigma and discrimination.



PMHCA and YMPA are on the move!

PMHCA and Youth MOVE PA have been busy promoting recovery! We presented Trauma Talk for Peers at Peerpocalypse in Oregon in March, and we went to the Pennsylvania Certification Board Conference in April.

**Statewide CSP Meeting** 



**June 2, 2022 | 9am to 12pm**

**Two Attendance Options - Virtual On Zoom**  
**Or In-Person @**  
**Pennsylvania Training & Technical Assistance Network (PaTTAN)**  
**6340 Flank Dr.**  
**Harrisburg, PA. 17112**

**\* REGISTER HERE \***

Please join us for a meeting designated to connect everything CSP in Pennsylvania. PMHCA and the four Regional CSPs are working together to initiate and facilitate this meeting as a way to recreate communication pathways and reconnect after the difficult years during the COVID pandemic.

We need to know how many individuals intend to log in so we can ensure enough spaces are available. Please register each person separately if they will be logging into Zoom individually. If you are attending virtually with a group at one location with one login, please only register once.

Pennsylvania Mental Health Consumers' Association - Community Support Program (wildapricot.org) **PMHCA@PMHCA.ORG**

# Clearfield/Jefferson CSP Day!

On May 19, 2022 Clearfield/Jefferson County held their annual CSP Day in Dubois. There were about 65 peers and allies in attendance and the theme amplified that we are all works of art. We had activity stations such as tie-dyed t shirts and sand art; music and a peer playing the spoons; and PMHCA provided their self-stigma workshop during lunch. A great day was had by all!



# Call for Change

Christopher Lunsford is involved in the Call For Change Steering Committee! This committee began meeting bi-weekly as of March 2022 to discuss, disseminate, and ultimately create a 5-year action plan for the next phase of the Call For Change (first created in 2005 by OMHSAS under the guidance of Joan Erney) which continues to transform the delivery of Pennsylvania's Mental Healthcare into a recovery-oriented system. The steering committee's work is already being received by the Mental Health Planning Council and PMHCA will continue working throughout the year to bring consumer voice into the Call For Change action plan.



# CPS Scholarships!

UPDATE (May 12, 2022): The only remaining space available is at the Western Region location! Please only apply if you are able to attend this location and dates! [Click Here](#) to apply.



The Southeast region and Northeast region scholarship recipients have been selected and either have been notified or are being notified in the next several days. The Central Region scholarship recipients will be notified in late June.

## PENNSYLVANIA MENTAL HEALTH CONSUMERS' ASSOCIATION

### CERTIFIED PEER SPECIALIST SCHOLARSHIP & SUPPORT PROGRAM

APPLICATION LINK: [HTTPS://WWW.SURVEYMONKEY.COM/R/KFXB7B](https://www.surveymonkey.com/r/KFXB7B)

PMHCA is pleased to announce the Certified Peer Specialist Scholarship Program! *This program offers full tuition for CPS training AND (1) certification test.* There will be (4) cohorts across Pennsylvania in the Northeast, Southeast, Central, and Western regions. Regional Community Support Programs are assisting in identifying and selecting applicants to assure diversity and equitable candidate selection. The program **DOES NOT** cover travel, lodging, or meals for any participant. The link for the scholarship application is above, if you need a paper application or have other concerns, please contact [pmhca@pmhca.org](mailto:pmhca@pmhca.org) with your request.

#### DATES & LOCATIONS

**Southeast Region**  
West Chester, PA  
May 30 – June 10 (M-F)

**Northeast Region**  
Scranton, PA  
June 27 – July 1 and July 11 – 15 (M-F)

**Western Region**  
Franklin, PA  
August 1 – 12 (M-F)

**Central Region**  
Harrisburg, PA  
August 22 – Sept 2 (M-F)

This program is funded by the Office of Mental Health and Substance Abuse Services (OMHSAS) funds.

## PMHCA Virtual Drop-In Schedule

Join us for Virtual Drop-Ins 6 Days a Week!  
(Starting on April 12, 2022)  
**Zoom link will be the same for each Drop-In**  
**"CLICK HERE TO JOIN"**

Monday 5:30pm - Waiting for Services
Tuesday 7:00pm - WRAP (Wellness Recovery Action Plan)
Thursday 5:30pm - WRAP (Wellness Recovery Action Plan)
Friday 5:30pm - Waiting for Services
Friday 8:00pm - Community Inclusion
Saturday 10am - Alternative coping skills (guided meditation, yoga, breathing, etc.)
Saturday 6pm - Goal Setting
Sunday 3pm - Skill Building
Sunday 7pm - Community Resources

Virtual Drop-Ins will be for individuals 18 and older.

This program is funded by The Office of Mental Health and Substance Abuse Services (OMHSAS) funds. [pmhca@pmhca.org](mailto:pmhca@pmhca.org) Pennsylvania Mental Health Consumers Association - Home [wildanrcat.org](http://wildanrcat.org)

## Virtual Drop-Ins!

PMHCA is pleased to launch a series of Virtual Drop-In groups! We set times in the evenings and on weekends in an effort to reach people when supports may be limited. All groups are staffed by seasoned Certified Peer Specialists with a focus on wellness and recovery.





# Youth MOVE PA



Youth MOVE PA is hosting "Wellness Days 2022", regional retreats for youth & young adults across the Commonwealth of Pennsylvania. [Click here](#) to register!!!

**Thrive for Hope** has been running virtually on zoom for over 15 months with consistent attendance from youth & young adults throughout Pennsylvania. This peer-led emotional support has been successfully filling the gap reaching youth in rural areas and those waiting to access services due to long wait times.

**Thrive For Hope**

A virtual support group for Youth & Young Adults between the ages of 16-29 years old

**EVERY THURSDAY**  
4:00 PM - 5:00 PM  
ON ZOOM

Thrive 4 Hope    Peer-Led Emotional Support Group    Hosted by Youth MOVE PA & PaPSC    We HOPE to See You There

[ympa@youthmovepa.org](mailto:ympa@youthmovepa.org)

[Click Here to Join the Group](#)



**\* BECOME A MEMBER \***  
Join with other concerned youth advocates who want to make a difference in the lives of youth and young adults.  
**Membership is FREE!**