

OMHSAS Adult Advisory Committee CSP Regional Report Summary

Region: Southeast

Submitted by: Mary Fala, SE Regional CSP Technical Assistant

Date: March 25th, 2010

Report Summary:

- **Budget:** During our March meeting, we reviewed the budget for spend down. We decided to move the \$190.00 left in the seed grant item line down to travel reimbursement. There was some question as to how much people are currently being reimbursed for travel. We also decided to move \$500.00 from the Training and Education item line to Food-Retreat & Holiday Planning. We awarded scholarships today, so we have \$524.00 left on the scholarship item line. We need to decide how we are using the item line 'Transportation to the PMHCA conference', and also the \$500 left in 'Training and Education'. Three of the five counties have submitted their project expenditure plans. One county, Bucks, will not be using the money this year for a project.
- In January, the Public Policy/Outreach/DIC, Seeds Grant, and Scholarship subcommittees met; in February, the Public Policy/Outreach, Seed Grant, and Retreat Planning subcommittees met; and in March, the Advocacy, Retreat Planning, and Scholarship subcommittees met.
- **The Outreach/Public Policy Committee/DIC/Advocacy Subcommittee:** This committee has distributed a flyer into the community informing people about CSP and inviting them to attend. Drop-in centers have been included in these outreach efforts. The committee also plans to have our first regional CSP e-newsletter ready for distribution by the time of our retreat on May 20th. This committee is also discussing ways to advocate regarding the budget, as well as bed bug remediation, which is a huge issue in our region. Some people visited their legislators or wrote or called them prior to March 8th. The committee is looking forward to input from DASH and possibly a teleconference advocacy skill building workshop.
- **Seed Grant Subcommittee:** The seed grant committee awarded one last seed grant in February for \$500 to Candice Thompson of the William Way LGBT Community Center for a WRAP project. All of the seed grant recipients have been invited to our July regional CSP meeting to share about their projects and celebrate their completion.
- **Retreat Planning Subcommittee:** This committee has organized for our retreat, which the larger Regional committee voted to have on Friday, May 20th. The theme will be: CSP: Where it's Been and Where it's Going. The schedule includes a panel discussion of the history of CSP with representatives from the founding days of CSP, and also a panel discussion on advocacy that will feature representatives from each of the sponsoring organizations that have formed the PA Advocacy Coalition. A representative from Sherry Snyder's office will talk about the budget, and there will be County Reports. The speakers have confirmed with us.
- **Scholarship Subcommittee:** This committee has awarded 11 scholarships altogether. One is for PAPSRS, one for WRAP Around the World, and the others for PMHCA. There is \$524.00 left for scholarships in the budget.
- **Conference:** Three or four people from the southeast region will take part in the CSP Town Hall Workshop. Regional scholarships have already been awarded, and counties are in the process of awarding more scholarships. We are also in the process of working out transportation options to Pittsburgh. We have decided not to charter a bus.

**OMHSAS Adult Advisory Committee
CSP Regional Report Summary**

- Other Topics: Debbie Plotnick and Kate Atkins came in February. Debbie talked about legislative advocacy with respect to the state budget, and Kate led us through a skill building exercise that empowered us to speak effectively with our legislators about the budget. Pat Madigan brought information and sample letters for writing to our legislators. Liz Woodley is coming in April to talk about the Train the Trainer Forensic Peer Support Curriculum. Bob Manrodt will have to be rescheduled, since he could not make it in March. We continue to look at the interface of CSP with ROSI/county planning, and communication between CST and CSP.

- Next Regional CSP Meeting: Monday, April 4th, 2011, 4 – 6 p.m., in the Norristown Public Library. Sub-committee meetings will be held at 3:00 PM. Light Dinner at 3:45 PM.

OMHSAS Adult Advisory Committee CSP Regional Report Summary

Region: Northeast

Submitted by: Lynn Houseknecht, Northeast Region CSP Technical Assistant

Report Summary:

- PMHCA Scholarship Applications- Applications were due by February 4, 2011. Eight scholarships have been granted.
- CSP Retreat- The annual CSP Retreat will be held on June 21, 2011 at Nay Aug Park. The retreat will be held in lieu of the regular monthly meeting. Terry McCarthy, Mental Health Team Leader, of the Disability Rights Network of PA will speak at the retreat. Kathy Wallace, Director of Advocacy and Community Mental Health Services at the Advocacy Alliance, will speak about suicide prevention. There will be a scavenger hunt and open mic. A group has been developed to work on the scavenger hunt. The group chose "Stages of Change" for the retreat theme.
- County Plan- CSP involvement in the county plan was discussed.
- Voter Registration- Reviewed the progress of one of the selected goals of increasing voter registration in the region.
- Co-Chair Nominations- There is a vacant Regional CSP Co-Chair position available. Several individuals in the group expressed interest in the position. A ballot will be sent out shortly and the election will be conducted by email. The group discussed the duties and responsibilities of a regional CSP co-chair.
- Issues/Concerns: No issues or concerns were identified at this time.

OMHSAS Adult Advisory Committee CSP Regional Report Summary

Region: Western

Submitted by: Sharon A. Miller, a Western Region CSP co-chair, regional CSP representative member of OMHSAS Adult Advisory Committee, *and* Director of Education & Advocacy, NAMI Southwestern PA

WRCSP Co-Chair Contact Info: Bonnie Gallaher; gallaherb@fswpa.org / Wendy Keefer: wkeefe@atlanticbb.net / Sharon Miller: (888) 264-7972 / smiller@namiswpa.org

Technical Assistance: Laurie Combs at CHAPS DIC (814) 333-2924 / wrcsp2006@yahoo.com
WRCSP Toll Free: (866) 400-0620

Report Summary:

- **Meeting Format:** Meetings are held on the second Friday monthly at the Tanglewood Center in Butler. Meetings commence with an educational presentation then continue with the convening of the standing workgroups and steering committee. Monthly reports are given by OMHSAS, NAMI SWPA, PCPA and PAPSRS along with opportunities for local CSP representatives and other stakeholders to report. The convenings continue to have a strong focus on information sharing and each meeting devotes time to mobilize support to engage in specific legislative advocacy. Attendance consistently averages about 75 individuals.
- **February Education Presentation (the March meeting was not held due to weather concerns):** Follow-up to November's "Let Our Voices Be Heard: Improving Quality of Life for Consumers in Personal Care Homes" panel presentation. *A two year collaborative, grassroots advocacy project focused on amplifying the voices of underserved consumers in rural communities who live in personal care homes in Armstrong/Indiana, Washington and Fayette counties.* The panel presentation highlighted the findings of CFST interviews with people living in PCHs, During the February meeting we facilitated a brainstorming session on next steps for advocacy for the entire 23 county region. WRCSP has identified people residing in PCBH as a priority for outreach and education. We will be developing print materials specifically designed for both owners and residents of PCHs and we will be coordinating activities with local CSPs.
- **February Budget Advocacy Activity (ongoing electronically as well through coordinating with local CSPs, DICs and NAMI):**
 - Engaged in letter writing campaign to Governor Corbett (72 letters were mailed) This activity continues with Thank-you letters sent to Gov. Corbett and letters targeting House and Senate leadership, Appropriations Committee members and respective legislators
 - Identify Budget Advocacy Champions throughout 23 county region as point persons to receive "leave-behind" materials and for scheduling local legislative visits. (These visits began the week following the February meeting in many districts throughout the region.)
- **Annual WRCSP Recovery Conference:** Friday May 13, 2011 Joy of Recovery Re-visited: The Power of Belief. The focus of the conference will be on holistic recovery. Our keynote, Gina Calhoun, OMHSAS Certified Peer Specialist, will speak on the *Power of Belief*. The conference will offer various workshops including a music therapy demonstration, benefits of pet therapy and a presentation by the Invisible Village Theater; a peer comedy group that conducts mental health skits. It will be a day of networking, resource sharing and celebration.
- **Seed Grant Update:** **Seed grant applications may now be submitted at any time throughout the fiscal year.** Interested applicants can contact CHAPS DIC for seed grant application

OMHSAS Adult Advisory Committee CSP Regional Report Summary

requests. Applications will be reviewed at a minimum of twice annually. Funded projects must reflect CSP principles and be easily replicated throughout the region. The maximum seed grant amount per awardee is \$1,000. Often times seed grants are awarded in lesser amounts. The first and second round applications were reviewed in January and March. Seven grants were awarded as follows: (Funding remains for consideration of additional applications prior to end of FY.)

- **MHA Northwest PA**, Erie. Submitted on behalf of the Drop-in-Center Coalition workgroup. Grant supports development and publication of a western region newsletter to be published twice yearly.
 - **Clearfield Jefferson Dream Team Drop-in-Center**. Grant supports development, publication and distribution of Recipes for Recovery Cookbook. Publication for spring 2011.
 - **Clearfield-Jefferson CSP**. Grant supports outreach and transportation assistance for the Recovery Resources Festival in DuBois.
 - **Western Region Housing Coalition**. Grant to be utilized for scholarship support and the development of print materials for the Western Region Housing Option Coalition Conference to be held in Clarion.
 - **Mercer County CSP**. Grant supports local recovery conference, scheduled for May 3, 2011.
 - **Westmoreland County CSP**. Grant supports distribution of healthy walker companion kits for the Drop-in-Center retreat focusing on healthy lifestyles.
 - **Support and Wellness Action Network** (comprised of consumers, NAMI members, MHA, peer specialists and other community providers and the county office of behavioral health). Grant supports distribution of American Red Cross personal safety emergency packs to attendees of SWAN seminars.
- WRCSP Scholarship Applications are Currently Being Reviewed: The intent of the scholarship program is to expand opportunities for people living with mental illnesses and family members to participate in educational programs and conferences held within PA. Priority is given to the PMHCA, PAPSRS and NAMI SWPA conferences however all proposals for in state events are considered. Contact CHAPS for the scholarship policy and application form. Scholarship applications should be submitted as soon as possible for consideration of support for NAMI and PMHCA conferences. This FY WRCSP awarded 3 scholarships to recent PAPSRS conference.
 - Standing Workgroup Activities for FY 2010-11: Each workgroup developed one education presentation and/or a product or activity for distribution or replication throughout the region. The standing workgroups and designated activities as follows:
 - Anti-Stigma: educational pamphlet project for regional distribution
 - Peer 2 Peer: research and development of a seed grant for drop-in-center coalition
 - Drop-in-Center Coalition: development of regional newsletter
 - CFST: new survey development
 - Recovery Education: coordinated the development of the Annual WRCSP Recovery Conference scheduled for May 13, 2011
 - Psych Rehab: educational brochure development for regional distribution
 - Provider Co-chair Appointment: During the January convening steering committee members appointed Bonnie Gallaher as provider co-chair to complete the term of Elise Barr. All members of WRCSP and most especially the steering committee members wish Elise all the best in her new endeavors and offer much thanks for her years of service as she truly embodies recovery principles.

OMHSAS Adult Advisory Committee CSP Regional Report Summary

Region: Central

Submitted by: Tom Newman

Report Summary:

- The CRCSP has been very busy; \$2,500.00 for 5 seed grants was given. They were given to The Advocacy Alliance, Bedford County CSP, MHA or Capital Region, MHA of York Adams Counties, and the Dauphin County CSP.
- From the Education Empowerment Training fund:
 - Lancaster County Compeer program was given \$500.00 to support their “10th Annual Friendship Luncheon” which includes a recognition ceremony for participants. Nearly 100 people attended last year.
 - Lancaster County CSP was given \$500.00 to help fund a two-day Leadership Training Institute to encourage mental health peers to serve on boards.
 - Blair County CSP was given \$900.00 for a 2.5 day WRAP training
- 11 scholarships have been awarded so far this year; 7 for the PMHCA Annual Conference, 1 for WRAP Around the World Conference, and 4 for the PAPSRS Conference. Additional scholarship applications will be considered at the April meeting.
- The CRCSP annual retreat will be held Saturday, June 11 from 10 until 3 at the York Fairgrounds. The agenda tentatively includes a recovery story presentation, a report from the OMHSAS Acting Secretary regarding the state and federal budgets for mental health services, and summary reports from local CSPs on their highlights for the year.
- Barb Feather took over as the new T.A. Coordinator for the Central Region CSP & Tom Newman took her place as co-chair for the CRCSP
- CRCSP is also helping support local Counties with the ROSI process as well as the County Plans that are due in May
- DJ Reese of OMHSAS and Liz Woodley from PMHCA gave a presentation on the Forensic Peer Specialists program
- Pat Madigan from PMHCA urged all CSP members (as a group or individually) to write letters directly to the governor or make personal contacts with area legislators urging them to maintain sufficient funding for mental health in the new budget. She said it is important to provide specific examples of “lived experience” and the effectiveness of programs such as drop-in centers, clubhouses, warm lines, etc. Anyone who does make a contact is asked to let Pat know. Pat’s contact information is pat@pmhca.org 4105 Derry Street | Harrisburg, PA 17111 717-564-4930 or 1-800-887-6422