OMHSAS Adult Advisory Committee
CSP Regional Report Summary for January 2011

Region: Southeast

Submitted by: Mary Fala, SE Regional CSP Technical Assistant

Report Summary:

- Budget: We are doing well with our budget. We have $1850 out of $3000 left of seed grant money after awarding all of our seed grants. For that reason, we may award one more grant that has come in after the deadline. We have $694.46 out of $1,150 left for food, which is to cover food for our June retreat as well as monthly meetings. We had a lovely Christmas Party. We have $140.52 left to reimburse people for travel. Money for things like County CSP Projects, Training/Education, Scholarships, and Transportation to the PMHCA conference is all money that is yet to be spent or even dedicated at this point.

- In November, the Outreach/Public Policy Committee, the Speaker Presentations Committee, and the Holiday Party Planning Committee met. In December, the Outreach/Public Policy Committee and the Seed Grant Committee met.

- The Outreach/Public Policy Committee: In an effort to interface with the larger community and to form connections with the larger community, and to develop new membership, this committee finalized its creation of a Southeast Regional CSP Flyer for distribution. The flyer invites people from the community to come and experience our CSP meetings and be involved in the subcommittees. The committee also decided to work on an e-newsletter with an eye toward attracting people who have a stake in various issues to become more actively involved in CSP and the systems advocacy that is at the heart of what we come together to accomplish. A draft of a first e-newsletter will be drawn up, sent out, and piloted. Ultimately, the plan is to disseminate it on a quarterly basis.

- Seed Grants: The seed grant committee met and reviewed the applications that had been submitted by the November 30th deadline. Five seed grants were awarded. Altogether, including the seed grants that had been awarded by the September 30th deadline, nine seed grants have been awarded, with representation from each of the five counties. We may award one more. We plan to have a time of celebration of the seed grant projects in July 2011, during which time we will hear reports about how the projects went.

- Speaker Presentations Committee: The Speaker Presentations Committee has invited Debbie Plotnick to come talk to us about how to effectively talk/communicate with legislators about the budget, and she will be coming to our February meeting. We have invited Bob Manrodt, the state Spiritual Supports Facilitator, to come and talk to us about spirituality as a recovery concept and about how CSP and Bob can work together. He will come in March or May. We have brainstormed possible topics for the June retreat, i.e., housing, forensic peer support, work incentives, health care reform, crisis intervention/management, medication issues, and hospital to community. We have given everyone in Regional CSP a list of these possible topics and will narrow it down at our January meeting. We will also plan for a couple of more speakers for this year.

- Guest Speakers: In November, Bill Holt, John Farmer, and Jeff Shair shared about the history of CSP, which was very informative for us, and enlightening in terms of the original formation of CSP, its meaning and purpose, and its mission for today and into the future. We had a holiday party in December.

- Conference: We are in the process of deciding who to sent to the PMHCA conference in June 2011, and who will serve as panelists at the CSP town hall workshop there. Bill Holt will be the moderator.

- Other topics: We are looking to Drop-in Centers in the region and at how to interface with them. We shared information about the Pennsylvania Advocacy Coalition and the recent summit. We are discussing ROSI's and looking at what is happening with ROSI's in each county of the region, and we are looking at county planning and coordinating so that CSP is a stakeholder in each county.

- Next Regional CSP Meeting: Monday, January 3rd, 2011 at 4 – 6 PM in Bldg. 6 at Norristown State Hospital. Sub-committee meetings will be held at 3:00 PM. Light Dinner at 3:45 PM.

Region: Northeast

Date of Meeting: November 16, 2010

Submitted by: Lynn Houseknecht, Northeast Region CSP Technical Assistant

Report Summary:

- Five seed grants have been awarded to the following counties:
  - Berks - Received $500 to produce a spiral-bound book of artwork, writings, poetry and photography created by consumers in Berks County.
  - Carbon/Monroe/Pike - Received $500 to add CSP information to restaurant placemats.
  - Lackawanna - Received $500 to develop advocacy training for system change. A series of meetings will be held that will include training on self-advocacy written, phone and communication skills, boundaries and advocacy tools.
  - Schuylkill - Received $500 to purchase items for and deliver Welcome Baskets containing personal care items, household items & a list of community resources to individuals leaving the state hospital.
  - Susquehanna - Received $500 to develop a suicide prevention campaign. The project will consist of a billboard advertisement created by a high school student who portrays the most moving and educational message pertaining to suicide prevention.

- CSP Network Day**-** The CSP co-chair day will be on February 4th at 1:00 PM at NBHCC in Moosic. Co-chairs or representatives from 15 counties in the Northeast will be invited as well as, an OMHSAS representative, a NAMI representative and Cindi Mazza- OMHSAS Advisory Committee co-chair. The agenda will include seed grant & scholarships, attendance at regional meetings, strategies to increase attendance, county planning, setting goals and outreach. The meeting will be available to access by teleconference for those who cannot attend in person. Lunch will be provided and mileage will be reimbursed.

- PMHCA Scholarship Applications- Applications are due by February 4, 2011.

- CSP Outreach Survey- A survey has been developed to assess if regional meetings are convenient, beneficial, etc. The survey will be sent to all local CSP's and the results discussed at the Network Day.

- Issues/Concerns: No issues or concerns were identified at this time.

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Region: Central

Submitted by: Pat Madigan, Director of Technical Assistance, Training-PMHCA

Report Summary:

- The main work of CRCSP this quarter has been with Seed Grant awards. CRCSP has awarded 5 Seed Grants for fiscal year 2011. They are as follows:
    - Bedford - Promote individual choice and community integration $500. In coordination with the HOPE Open House in October, movie tickets will be available with CSP brochure materials to promote both choice and integration in community activities.
    - Cumberland/Perry - Wellness Summit $500. Offer a 3-4 hour event featuring three-six 15-20 minute presentations followed by a panel discussion and question & answer session on the connections between physical and mental health, featuring a panel of a Psychiatrist, Medical Doctor, and consumers.
    - CMSU - Develop a Recovery Book $500. To develop a Recovery book which individuals are sharing art, stories, photos having books available at psychiatric facilities, county municipal meetings, and in coordination with their Drama Club community presentations.
    - Dauphin - Create a CSP banner $500. Our plan is to participate in more "non mental health" activities, such as fairs, informational events, etc. In order to do these activities, we would like to purchase a banner stand that would help to project the message of CSP.
    - York/Adams - Glimpses of Wellness- What My Wellness Looks Like To Me $500. To create a celebration of art work that demonstrates how "Glimpses of Wellness- What my Wellness looks like to me" using resources of CSP, providers and done in partnership with York College to display the art show at a local community art gallery for the reduction of stigma and increased acceptance in the community.
- CRCSP has established several sub-committees at the regional meeting. They are as follows: Public Policy/ROSI Admin-County Planning; Seed Grants; Scholarship; Outreach; Education; Retreat and DIC Coalition.
- CRCSP continues discussion regarding CSP membership, ROSI Admin./County planning process and outreach to the general community for a welcome to participate at the regional meeting.