

Community Support Journal



Volume 9, Issue 105

July 2020

Montgomery County Community Support Program

Apply Now! CSP Community Connection Grants available

Right now, when people are isolated, there's a way that CSP can help them connect with others.

Maybe someone needs money to buy extra data or minutes on the phone to participate in a zoom-based class or social event or support group. Or someone might want to organize a socially distanced picnic in the park.

This could be a way to pay for it.

In May, CSP awarded a grant to a person who was participating in a community effort called "fairy

dusting". People would leave anonymous treat bags on their neighbor's doorsteps.

Last year's camping trip was partially funded by a Community Connections grant. But it doesn't have to be a big multi-person event. People have gotten grants to go to the gym or go on a movie outing with friends.



CSP tries to make it easy to apply, but we've found people really often need some support – when a recovery

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Rent relief available for qualifying residents In Montgomery County during pandemic

Residents who have lost more than 30 percent of their income or have become unemployed since March 1, 2020 due to the COVID-19 crisis are eligible for monthly rent payments of up to \$750 per month, according to the Montgomery County Commissioners.

"More than 13,000 of our renters experience extreme cost burden with rent representing more than 50 percent of their income at any given time," said Dr. Val A. Arkoosh, Chair of the Montgomery County Board of Commissioners. "We hope to help as many people as possible to stay safe and healthy in their homes during the pandemic by providing much needed economic relief."

Applications opened July 6. COVID-19 Rent Relief Funds will be provided from March 1, 2020 to December 31, 2020.

For more information, go to pages 2 and 3 of this newsletter.



NEWS

MONTGOMERY COUNTY BOARD OF COMMISSIONERS

VALERIE A. ARKOOSH, MD, MPH, CHAIR

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Contact: Teresa Harris | Public Affairs Manager | 610-278-3062 | tharris@montcopa.org

FOR IMMEDIATE RELEASE:

Montgomery County Health and Human Services Partners with Pennsylvania Housing Finance Agency (PHFA) to Offer Rent Relief for Low and Moderate-Income Renters During the COVID-19 Pandemic
Mortgage Assistance is Also Available Directly from the PHFA

Norristown, PA (July 6, 2020) – The Montgomery County Department of Health and Human Services has partnered with the Pennsylvania Housing Finance Agency (PHFA) to provide Rent Relief Program (RRP) payments of up to \$750 per month in rental assistance to low and moderate-income renters hurt financially during the COVID-19 pandemic. Applications open July 6.

"More than 13,000 of our renters experience extreme cost burden with rent representing more than 50% of their income at any given time," said Dr. Valerie A. Arkooosh, Chair, Montgomery County Board of Commissioners. "We hope to help as many people as possible to stay safe and healthy in their homes during the pandemic by providing much needed economic relief."

Funding is provided by the PHFA through the Federal Coronavirus Aid, Relief and Economic Security (CARES) Act, which has portioned at least \$150 million for rent relief.

Applicants must be Montgomery County residents, have lost more than 30% of their income due to reduced work hours or wages, or have become unemployed after March 1 due to COVID-19. Renters who applied for PA unemployment assistance must have done so after March 1. COVID-19 RRP funds may only be used to cover rent incurred between March 1, 2020, and December 30, 2020, and the maximum monthly assistance is \$750. Renters' income before March 1 must be no more than 100% of the area median income or \$96,600 for a family of four based on the table below:

Household Size	Income
1	\$67,700
2	\$77,300
3	\$87,000
4	\$96,600
5	\$104,400
6	\$112,100
7	\$119,800
8	\$127,600

For more information about the Rent Relief Program and how to apply, visit www.montcopa.org/HHS or talk with a Montgomery County Office of Community Connections Navicate by calling 610.278.3929. Montgomery County residents in need of emergency mortgage assistance can apply directly to the PHFA by visiting <https://www.phfa.org/pacares/mortgage.aspx>. The COVID-19 outbreak continues to be a rapidly evolving situation. Please visit the Montco COVID-19 Data Hub at www.montcopa.org/covid-19 to get the latest news, geographic and demographic information, and updates.

COVID-19 Rent Relief Program (CARES Act)

Administered by the Montgomery County Department of Health and Human Services with funding provided by the Pennsylvania Housing Finance Agency (PHFA) through the federal CARES Act.



How do I know if I qualify for Rent Relief?

- Must be a Montgomery County resident
- Renter must document at least a 30% reduction in income since March 1, 2020, related to COVID-19; or
- Renter must have become unemployed after March 1, 2020 as a result of COVID-19; and
- Renter's income may not exceed the Area Median Income for Montgomery County (see table at www.montcopa.org/RentRelief)

COVID-19 RRP funds may only be used to cover rent between March 1, 2020 and December 30, 2020. Eligible applicants may receive up to 6 months' worth of assistance. The maximum amount of monthly assistance is \$750.

How do I apply for Rent Relief?

Go to www.montcopa.org/RentRelief or scan this QR Code with your smartphone to get the forms.



Where do I send my forms?

Please submit all 3 application forms together, along with supporting documentation, through one of the following ways:

Email: RentRelief@montcopa.org

Fax: 610-278-3636

Regular Mail:

COVID-19 Rent Relief Program
Montgomery County
Human Services Center
P.O. Box 311
Norristown, PA 19404-0311

Overnight Mailing ONLY (FedEx, etc.):

COVID-19 Rent Relief Program
Montgomery County
Human Services Center
1430 DeKalb Street
Norristown, PA 19401

Who can I call if I have any questions?

A Navicate from the Office of Community Connections is available to answer questions by calling (610) 278-3929.



Montgomery County
Department of
Health and Human Services

Office of Housing & Community Development

Applications will be accepted through September 30, 2020.





Community Support Program (CSP) of Montgomery County PA stands in solidarity with our black and brown communities. CSP was founded with the idea of bringing together individuals that receive mental health services, their family members, providers and county and state officials in an equal partnership to promote recovery and system change within the mental health system. However, we recognize that system change does not happen in a vacuum and that issues of systemic injustice have far-reaching effects. In these challenging times, we believe that our commitment to mutuality and shared power and to respect for all voices is paramount. CSP of Montgomery County remains committed to these values and wants to thank the community for bringing ‘light and hope’ to systemic injustices that have continued for far too long. We recognize that the changes needed are not easy, especially during this time.

As we go about our daily lives, impacting what we can, we would like to share a quote from Mike Nelson, CPS. In a recent writing which begins, “Who is my neighbor”, he says that, “Often times we look for silence in these situations hoping things will calm. Silence for the sake of silence doesn’t work or peace simply for peace sake doesn’t work – But let’s have justice for justice sake.”

Montgomery County, PA CSP



July Is National Minority Mental Health Awareness Month

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their

background. However, background and identity can make access to mental health treatment much more difficult.

National Minority Mental Health Awareness Month was established in 2008 to start changing this. Each year millions of Americans face the reality of living with a mental health condition. Americans in minority communities often face more barriers to recovery due to lack of access to health care, lower rates of medical coverage, cultural insensitivity of providers, bias and discrimination in the delivery of care, language barriers, and higher levels of stigma.

Active outreach and advocacy are vital to ensure that every individual has access to effective treatment and that stigma and discrimination do not affect the seeking out or quality of healthcare.

Community Connection Grants (continued)

coach or certified peer specialist help a person, it seems to be easier. Grants typically can be for up to \$100 for an individual, more if there are more people involved.

We are looking forward to hearing from you. Summer is a great time to meet up with friends, start a new hobby or find support—and we can stay safe and well, too.

See more information about Community Connection Grants & Application on next pages...



Sue Shannon & Ameika Malcolm

From the Social Committee:

Montgomery County Community Support Program (CSP) Community Connection Grant



Hello, MontCo. CSP Friends,

The social committee would like to inform and remind community members about our Community Connections Grant.

This grant is in place to support and foster community and social interaction among members of the mental health community and the larger community. Due to our current situation with Covid-19 our social gathering opportunities are very limited. However, this is a great way to get creative with how we interact with the people around us and staying connected.

We are inviting and challenging you with the help of the Community Connection Grant to come up with ways to safely interact with your peers – virtually and out in the community.

Some of our past grant recipients have done activities such as Art and Eat, Halloween Parties, camping trips, dinner and a movie, and joining a gym. Some people have used the grant to take driving lessons, get their GED/ID's and to help them figure transportation when starting a new job.

Some suggested ideas from the social committee members are online video game tournaments for the gamers. Social distancing lunch in the park with a friend, virtual classes, movie watch club and outdoor open mic. These are few suggestions and we welcome you sharing your ideas. And if you need any support with an activity reach to your peers, CPS's and us to for help.

Ameika Malcolm has subscribed to a virtual walk/run/bike challenge with the Runegade run club. She and her peers have been meeting up at HopeWorx on Tuesdays and Fridays at 8am where they go for a walk in the Norristown Farm Park. If you would like to join them and you are unable to make those time you can contact Ameika at **610-270-3685** or amalcolm@hopeworxinc.org and they can arrange a time and date convenient for you.

Another activity Hopeworx completed with Brush With The Law is a painting series inspired by famous artist such as August Strindberg, Claude Monet, Cezanne, Violet Oakley, and Georgia O'Keeffe. Also, CIC has been running some virtual support and activities groups. In the coming weeks the HopeMarket will be working on an activities calendar. We are very interested in hearing about and seeing how people utilize the MontCo. CSP Community Connections Grants.!



Challenge yourself this summer! You can do it!

2020 Summer Challenge

<https://runsignup.com/Race/PA/Phoenixville/2020RunRideSummerChallenge>



**Out for a morning walk with
Ameika, Bonnie and Scottie
(Dogs—Sandy and Campton)**



**Patricia Seidle - "Unique"
inspired by Cezanne**



**Social
distancing
painting at the
HopeMarket**



Paintings inspired by August Strindberg



Montgomery County CSP Community Connection Grant Application

Name: _____ Date: _____

Address: _____

Phone: _____ E-mail: _____

Have you attended a CSP meeting or related community events?

☐ Yes ☐ No If yes, when and where? _____

Are you willing write about and share your experience with the CSP monthly newsletter?

☐ Yes ☐ No

Description of Activity (Date, number of participants, budget, etc.):

Note: Due to limited funds the CSP committee may provide up to half of the total cost.

Amount Requested	\$
Matching Funds	\$
Total Activity Cost	\$

Additional Comments:

Return completed application to: amalcolm@hopeworxinc.org or fax: 610-270-9155

Got Pa. unemployment cash you weren't supposed to? Your identity may have been stolen.

by [Erin Arvedlund](#), The Inquirer, Updated: June 10, 2020

Mitch Gerstein didn't file for unemployment — he remains an extremely busy and employed accountant. So he was surprised to receive two checks totaling nearly \$12,000 in unemployment benefits from the state of Pennsylvania.

"Someone obviously filed in my name," said Gerstein, who works for Isdaner & Co., a tax accounting firm based in Bala Cynwyd.

Without receiving those checks in the mail, he never would have known that he and [as many as 58,000 other Pennsylvanians](#) had some identifying information stolen as part of nationwide scams related to coronavirus. [Readers can report identity thefts related to unemployment here.](#) In this version of the fraud, thieves steal identities of working people and then file claims for Pennsylvania unemployment. Sometimes the fraudsters direct the money to go to their own bank accounts rather than the person whose identity was stolen.

Since discovering the crime, Pennsylvania's Department of Labor and Industry is starting to route unemployment checks to the home addresses or bank accounts of working people named in the suspicious applications — in order to prevent the thieves from getting the money.

"We're also starting to issue debit cards" in place of paper checks, said Susan Dickinson, the department's unemployment compensation benefits policy director.

As a result, victims of identity theft such as Gerstein may learn that their personal identifying information was stolen only when they receive a Pennsylvania unemployment compensation check, or a direct deposit of unemployment benefits, for which they never applied. Gerstein received two checks -- for \$4,800 and \$6,864 -- totaling \$11,664, which he is returning. If you believe you are a victim of this type of fraud or identity theft, state Attorney General Josh Shapiro and U.S. Attorney William McSwain provided the following guidance:

- If you receive a paper check for unemployment benefits in the mail but did not file in Pennsylvania, do not cash the check.
- Likewise, if you receive a direct deposit but did not seek benefits in Pennsylvania, do not use the money. The Pennsylvania Department of Labor and Industry website contains detailed instructions for returning the funds.
- File a police report with your local law enforcement, and don't take "no need" for an answer. The Department of Labor and Industry wants a copy of that police report, and so will federal authorities.

In addition, report suspected identity theft to the Pennsylvania Department of Labor and Industry and the Federal Trade Commission. A complaint form is available on the Department's website: [DLI.Pa.gov](#). Identity theft and fraud can also be reported to the department using its fraud hotline, 1-800-692-7469. The FTC also has an entire website devoted to identity theft: [IdentityTheft.gov](#).

For more information, go to: <https://www.inquirer.com/news/pennsylvania-unemployment-scam-fraud-identity-theft-coronavirus-ftc-20200610.html>

PMHCA Training

PLEASE NOTE: Zoom video capability is needed to attend all trainings listed.

THIS TRAINING IS AVAILABLE FOR PA RESIDENTS ONLY!

TRAUMA SENSITIVE PEER SUPPORT FIRST STEPS TRAINING PACKAGE

July 20th 2020, 8:30 AM - 4:00 PM

This 6-hour virtual training package has been adapted^[i] by a collaborative practice group^[ii] specifically for peer support practitioners (Certified Peer Specialists, Certified Recovery Specialists, and Family Peers). The class will consist of a mixture of slides, discussions, and interactive exercises and includes a participant manual THAT WILL BE SENT TO THE ADDRESS ON YOUR REGISTRATION.

Four parts to the slide presentation, "Understanding Trauma for Peer Practitioners":

- Part 1: What is Trauma and Who is Affected?
- Part 2: How Does the Stress Response System Work?
- Part 3: What is the Impact of Exposure to Trauma?
- Part 4: What Does This Mean for Peers and Communities?

At the end of each part, there is time for discussion or activities related to the concepts discussed in that section.

Learning Objectives:

- Understand trauma in a broad and inclusive way.
- Learn how the brain and body respond to stress and trauma.
- Recognize the effects of trauma.
- Apply trauma knowledge to your daily work.
- Understand the concept of trauma sensitive response and the core principles of trauma-informed care.

Adapted from Guarino, K. & Chagnon, E. (2018). Trauma-sensitive schools training package. Washington, DC: National Center on Safe Supportive Learning Environments. This resource is available free of charge at <https://safesupportivelearning.ed.gov/traumasensitive-schools-training-package>

^[ii] Members of the practice group included representatives from Pennsylvania Community of Practice on Trauma-Informed Care, Pennsylvania Mental Health Consumers Association, Pennsylvania Peer Support Coalition, Pennsylvania's Department of Human Services' Office of Mental Health and Substance Abuse Services, Youth MOVE PA, Drexel University, Georgetown University, Community Care Behavioral Health, PA Care Partnership, and National Association of Directors of Special Education.

Register on our site at: <https://pmhca.wildapricot.org/event-3879844>



Our voices are needed now more than ever!

PA Mental Health Budget ends November 30, 2020

Before COVID-19 struck PA, our economy looked pretty darn good. In fact, Senator Pat Browne (Republican) from Lehigh County stated that a “promising and improving fiscal picture at the beginning of the current fiscal year for the commonwealth...has been totally turned on its head.”

Usually a budget is created for twelve months. Due to concerns about our future financial stability, the Pennsylvania budget was passed as a five-month budget for most of social services, including the category of mental health. Other categories, such as education have been budgeted for all twelve months. The mental health budget will begin on 7/1/2020 and goes until 11/30/2020.

Our voices are needed now more than ever. We need to educate our Pennsylvania legislators about why mental health services are needed and how individuals, families, and communities will be impacted without them. Legislators are going to have to make difficult decisions regarding how to fund areas with less money.



Think about your home budget. If you have less (revenue) coming in then you have to figure out where you will cut back. Legislators are going to be faced with the same challenge.

Please reach out to your local Representatives and Senators. You can find your legislators by visiting: <https://www.legis.state.pa.us/cfdocs/legis/home/findyourlegislator/index.cfm>. Once you have their contact information, please call (best option) or email (next best option) and use the following script to advocate for monies to be available to our mental health system.

Hello. My name is _____ and I live at _____. I am calling today to share my concerns about funding for mental health services. Mental health services are important to me because _____. Without mental health support I worry that _____.

(If you have a personal story about how difficult accessing services can be or how without mental health services you would not be as successful or what could have happened to a family member, please share!) Please make mental health a priority when the budget is decided for the rest of the year. Thank you.

Together, we can make our voices heard!

There is no health without mental health.

COVID-19 RESOURCES



Find [food assistance resources near you](#).



[Mental health and substance use disorder help](#) is available.



If you are unable to work due to COVID-19, you may be eligible for [unemployment benefits](#).



Learn more about COVID-19 testing and [find a testing center](#).



See the latest COVID-19 guidance on [phased reopening](#).



Find COVID-19 [resources and guidance for Pennsylvania drivers](#).



GOVERNOR TOM WOLF

Montgomery County Office of Mental Health Update on COVID-19

For current updates in Montgomery County, please go to the County's COVID Hub: www.montcopa.org/COVID-19. People are encouraged to call ahead to service providers to confirm there have been no changes to delivery as public health best practices are evolving. Please utilize the Community Connections program for general questions or help navigating getting connected as well as Mobile Crisis and the Peer Support Talk Line.



**ACCESS
SERVICES**

Creating better ways to serve
people with special needs

Access Services is proud to provide behavioral
health services to Montgomery County.

MONTGOMERY COUNTY
**MOBILE
CRISIS
SUPPORT**
855-634-HOPE
(855-634-4673)

MONTGOMERY COUNTY
**PEER SUPPORT
TALK LINE**
855-715-8255
text 267-225-7785

Justice Related
Services
610-500-2111

Text 215.705.8411
or call 855.625.5858
teentalkline
teens helping teens / no judging no pressure

Starting Point
Mobile Psych Rehab
215-540-2150

Homeless Street
Outreach
610-482-5483

www.accessservices.org



NOVEL
CORONAVIRUS

SELF-CARE TIPS DURING COVID-19 SOCIAL DISTANCING



Pennsylvania Attorney General Josh Shapiro

CONNECT.

This is a time to come together because we need each other now more than ever. Use this time to strengthen your connections with your loved ones and friends through video chats, text messages or phone calls.



DEVELOP A ROUTINE.

Creating a routine can provide us with a sense of control, which becomes essential during times of uncertainty. Routines are



different for everyone but planning meal times, a bedtime and time to be productive is a good place to start.

FIND THINGS THAT BRING YOU JOY.

Continue to do things that make you happy at home. This can also be a great time to explore new pastimes. Read a new book, enroll in an online course, experiment with cooking or start a new series. Finally attempt an activity or



project you never previously had time to do. This will keep you busy while allowing you to learn or start something new.

EAT WELL AND EXERCISE.

During these uncertain and stressful times, it might be challenging to eat or exercise as you normally would. Maintaining nutritious eating habits and continuing to exercise are essential to keeping your body happy and healthy. Some examples of appropriate exercise are yoga and running.



PRACTICE MINDFULNESS.

Mindfulness based activities such as meditation can be beneficial. Try using apps to find meditations that work for you. You can also attempt journaling to put your thoughts and feelings on paper.



LIMIT NEWS AND SOCIAL MEDIA.

There is a lot happening in the world and the constant reporting can create anxiety and stress. Limit the amount of news you consume and attempt to spend less time on social media.



REACH OUT.

Recognize that this is a hard time and a lot of things are out of your control. Reach out to your loved ones if you feel lonely or need a little extra love.






BE KIND TO YOURSELF.

It is important to be kind to yourself during this stressful time. Putting projects and goals on hold can be incredibly frustrating, but however you choose to spend this time is perfectly acceptable.



 **833-OAG-4YOU**
833-624-4968

 www.attorneygeneral.gov/covid19

 [www.twitter.com/PAAttorneyGen](https://twitter.com/PAAttorneyGen)
 www.facebook.com/PAAttorneyGen
 www.instagram.com/PAAttorneyGen



The National Council and a coalition of behavioral health organizations have made a historic appropriations request for behavioral health organizations in response to COVID-19. The request - an emergency appropriation of \$38.5 billion for providers of mental health and addiction treatment services - is one of the largest and most important funding requests of our time.

Thank you all for the advocacy work you have done already. Your stories, your data and your consistent outreach have all contributed to our advocacy efforts thus far, but we are not done yet.

Will you take two minutes today to urge your Members of Congress to support an emergency appropriation of \$38.5 billion for providers of mental health and addiction treatment services? We are asking you to email your Members and Tweet at them as well to let them know how urgent this ask is.

Community-based providers of mental health and substance use treatment services were already struggling to meet the growing demand for services, even before COVID-19 began. [COVID-19 has exacerbated the need for behavioral health services](#). The pandemic has increased anxiety, fear, isolation and grief, leading to declining mental health and increased substance use in our communities that will only continue to get worse.

Your colleagues in behavioral health organizations across the country are participating in a day of advocacy. We hope you'll join them in taking action.

As always, thank you for all you do.

Sincerely,

Chuck Ingolia
President and CEO
National Council for Behavioral Health



CSP Subcommittee Reports for June 2020

Advocacy Subcommittee:

Kim reported that the advocacy committee is talking about coordinating with the advocacy coalition that is forming. They also talked about resources for people who are facing post-Covid financial crises, especially around housing. They want to bring a guest speaker from Legal Aid to a future CSP meeting to talk about people's rights, especially around housing and eviction.

They also talked about a scam that is happening currently, in which people falsely file for unemployment using stolen identities and get it sent to their direct deposit. To combat this, the state has started sending the first payment as a check, which means that some people who have had their identities stolen are receiving large checks. It is important to get the word out so that people don't spend the money and become liable to pay it back.

BuxMont Collaborative is going to do a candidate forum for federal candidates in the fall. The committee discussed coming up with questions to contribute to that forum.

The Executive Committee did write a statement in support of the Black Lives Matter movement, which did not make it into the newsletter but will go out with the newsletter and will be posted on social media tomorrow in recognition of Juneteenth.

Social Subcommittee: Ameika reported that the social committee had a good meeting just talking about how the COVID crisis has been affecting everyone socially – people are "Zoomed out" but they're still trying to keep people connected. They also discussed the upcoming election and how to encourage more people to get involved and how to get more people engaged with the Community Connection grants to use the money to get out in the community. There was a suggestion to encourage people to write letters in this time of social distancing.

Jason said that he is working on a camping trip for September. Ameika also reminded everyone that CIC is doing Friday Funday on Zoom and HopeWorx is doing a Zoom art class, painting the masters. NAMI is going to launch a trauma-informed yoga class online.

CSP MEETING CALENDAR 2020

*Meetings are held every third
Thursday, monthly @
Norristown Public Library from
12: 00-2:30pm*

The next meeting will be:

July	16
August	20
September	17
October	15

Montgomery County CSP Executive Committee

2019/2020 Co-Chairs

Provider Member: Abby Grasso, Executive Director of NAMI

Person in Recovery: Paige Jellison

Family Member: Anise Robinson

2019/2020 Sub-Committee Chairs

Social/Media: Amalthea Leland, Karleen Caparro

Advocacy: Kim Renninger, Joyce Snyder

Conference: Penny Johnson, Erin Hewitt

2019/2020 Treasurer

Morgan Killian-Moseley, CST Specialist

Fiduciary

HopeWorx, Inc.

CSP Principles

- * **Consumer Centered/
Consumer Empowered**
- * **Culturally competent**
- * **Able to Meet Special
Needs**
- * **Community Based with
Natural Supports**
- * **Flexible**
- * **Coordinated**
- * **Accountable**
- * **Strength Based**

**Join our
Mailing list!**

We have an e-mail list as
well as a regular mailing,
to join:

Send an e-mail to:

amalc01m@hopeworxinc.org

*Or send your contact info to
the mailing address below*

Meetings:

12:00 p.m. to 2:30 p.m.

***3rd Thursday
of each month***

Norristown

Public Library Community Room

*1001 Powell St.
(at Swede St.)*

Kathie Mitchell, Newsletter Editor

**Montgomery County Community
Support Program (CSP)**

1210 Stanbridge Street,
Suite 600
Norristown, PA 19401
610-270-3685

Website: www.montcopacsp.org

Mission Statement:

Montgomery County's Community Support Program (CSP) brings together individuals that receive mental health services, their family members, providers and the Department of Behavioral Health in an equal partnership to promote recovery and excellence in the delivery of community-based mental health services.

The committee strives to include a balance of people who use services, people who provide services, family members, and interested members of the community at large.

The CSP initiatives continue to grow state, regionally and county wide. As the involvement increases CSP has become a place that feedback can truly be given to the county from individuals that receive services and information can be given that suits the needs and requests of those that attend.

CSP Subcommittees:

- * **Advocacy Subcommittee**—Works on legislative, policy, communication, budget, voter education and other issues related to mental health services in the county, statewide and at the federal level when relevant. At the direction of the CSP Committee, the Advocacy Subcommittee gathers information on issues, plans advocacy events and creates a monthly newsletter to provide information to the stakeholder network as well as the community at large about the work of CSP. The newsletter also provides updates on new and changing mental health services provided in Montgomery County.
- * **Social/Media Subcommittee**—Works on facilitating opportunities for people in the CSP community to be more involved in the Montgomery County community. This includes implementing the Community Connections grants, which provide funding for people to participate in a variety of activities. The committee also implements transportation grants that provide gas cards and SEPTA day passes to CSP community members. The annual CSP Poster Art contest is also organized by this committee.
- * **Conference Sub-committee** – The conference subcommittee will plan and fundraise for the annual Montgomery County CSP Conference.
- * **Newsletter Subcommittee**—The newsletter subcommittee works to provide information to the public about CSP and mental health advocacy. The newsletter subcommittee is committed CSP recovery principles which is person centered and empowered by stakeholders. Our goal is to provide information through various media avenue and to create a quality newsletter that includes but is not limited to, legislative advocacy, events, services, personal recovery stories and creative writing such as poems. Please feel free to submit articles and stories to enrich our newsletter. Send to the editor: kathiemitchell8221@gmail.com.

Organizations who regularly send representatives to CSP:

Montgomery Co. Department of Behavioral Health
Central Behavioral Health
Consumer Satisfaction Team of Montgomery
County
NAMI Montgomery County
Mental Health Assoc. of Southeastern PA
Salisbury Behavioral Health
Magellan Health Services
Resources for Human Development
Community Advocates of Montgomery Co.
Montgomery County Emergency Services (MCES)
Hedwig House

We invite all peers, family members and providers/professionals to attend.



**If you can't attend the monthly
CSP meetings but would like to
give your feedback on topics we
discuss, please email us at
amalc01m@hopeworxinc.org**