

# Community Support Journal



Volume 10, Issue 112

February 2021

Montgomery County Community Support Program

## Urge Your Legislators to Cosponsor the Medicaid Reentry Act *Help incarcerated individuals reenter community life*

NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH

ADVOCACY

**ALERT!**

Last week, Reps. Tonko (D-NY) and Turner (R-OH) were joined by Senators Baldwin (D-WI) and Braun (R-IN) in reintroducing the Medicaid Reentry Act (H.R. 955/S. 285). This bipartisan bill would allow states to restart Medicaid coverage for eligible incarcerated individuals up to

30 days before their release from jail or prison. H.R. 955/S. 285 is an important step toward improving access to much-needed mental health and substance use services for one of the most vulnerable populations in the country.

[Will you take two minutes today to urge your legislators to cosponsor the Medicaid Reentry Act?](#)

TAKE ACTION

*Read more on page 2...*

### Also in this issue:

- **Tips for using public transportation..... 2**
- **CSP virtual meeting reminders..... 5**
- **Black History Month.... 5**
- **New EVENING CSP meetings..... 6**
- **Community Advocates virtual office hours..... 7**
- **Virtual forensic peer support Group..... 8**
- **MHPC meeting..... 9**
- **Virtual MHFA ..... 10**
- **Ways to express love.... 11**
- **PMHCA membership committee meeting..... 12**
- **Forensic peer support training..... 13**
- **And more!**



## COVID-19 VACCINE - MONTGOMERY COUNTY, PA

The Montgomery County Office of Public Health is required to follow the Pennsylvania Department of Health's plan for vaccine prioritization for distribution of the COVID-19 vaccine. The goal is for everyone to be able to easily get a COVID-19 vaccine as soon as large quantities are available. At this time, vaccine supply remains extremely limited.

The City of Philadelphia receives their vaccine from the Federal Government directly and is not required to follow the Pennsylvania Department of Health's vaccine prioritization plans.

### COVID-19 VACCINATION REGISTRATION

The Montgomery County Office of Public Health has started scheduling appointments for the Moderna COVID-19 vaccine

*Advocacy Alert—continued from page one*

The criminal justice system has become the largest de facto mental health and substance use disorder treatment provider in the country. According to the Bureau of Justice Statistics, more than half of people in the criminal justice system have a mental illness. Of those with serious mental illness, approximately 75 percent also have a co-occurring substance use disorder. Successful reentry into the community requires enabling justice-involved individuals to avoid returning to the exact environmental factors that led to their incarceration in the first place. Equipping individuals with timely access to substance use, mental health, and other health-related services before release, will facilitate the transition to community-based care necessary to break the cycle of recidivism.

Please consider taking action on this important issue.

Sincerely,

**Chuck Ingoglia**  
 President and CEO  
 National Council for Behavioral Health

*According to the Bureau of Justice Statistics, more than half of people in the criminal justice system have a mental illness. Of those with serious mental illness, approximately 75 percent also have a co-occurring substance use disorder.*



From the Pennsylvania Governor’s Office

Keep these tips

in mind when using public transit to protect yourself from [#COVID19](#).

## SAFETY TIPS WHILE TRAVELING

### PUBLIC TRANSIT



Avoid crowding bus or train stops.



Travel during non-peak hours when there are likely to be fewer people.



Try to use touchless payment options.



Practice social distancing by skipping a seat or row.



Wear a mask, and hand sanitize regularly.



Check with local transit authorities for the latest info.

(continued from page one)

for Phase 1A which includes qualifying healthcare offices and healthcare professionals, private healthcare contractors, people age 65 and older, and people age 18-64 with high-risk conditions.

Persons ages 18-64 with high-risk conditions:

- Cancer
- Chronic kidney disease
- COPD
- Down Syndrome
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised state (weakened immune system) from solid organ transplant or from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- Obesity (body mass index [BMI] of 30 kg/m<sup>2</sup> or higher but < 40 kg/m<sup>2</sup>)
- Severe Obesity (BMI ≥ 40 kg/m<sup>2</sup>)
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus



If you have received ANY type of vaccine in the past 14 days, or plan to get a vaccine in the next 14 days, YOU CANNOT GET THE COVID VACCINE UNTIL 14 DAYS HAVE PASSED.

## QUESTIONS?

For general COVID-19 questions, please email [covid19@montcopa.org](mailto:covid19@montcopa.org) or call the Montgomery County COVID-19 hotline at (833) 875-3967. The hotline is open six days a week, Monday through Saturday from 8 a.m. to 8 p.m. Please note the hotline cannot provide updates or timelines on vaccine pre-registration, or troubleshoot issues with vaccine appointments. Please refer to the instructions received in your confirmation email. Veoci, our survey provider, will not be able to address any inquiries or provide any assistance on this matter.

For more information, go to: <https://www.montcopa.org/3660/COVID-19-Vaccine>, and

<https://www.health.pa.gov/topics/programs/immunizations/Pages/COVID-19-Vaccine-Providers.aspx#map>,

where you can find the **Pennsylvania Vaccine Provider Map**.

The Pennsylvania Department of Health is working to ensure all enrolled vaccine providers have information publicly available for those currently eligible to be vaccinated. This map will be updated as more locations receive vaccine. Click on a marker to see details on vaccination locations. All locations listed on the map are enrolled providers. It is important to note that the supply of vaccine compared to the demand is very limited, and many locations may not have vaccine available. Please contact the provider/facility directly to check if they have any appointments as not all providers are vaccinating people eligible in Phase 1A.

MONTGOMERY COUNTY, PA  **COVID-19 VACCINE CLINICS**

Next update: 2/24/2021

**February 17, 2021 Update**

**Now scheduling people who  
pre-registered on or before this date  
January 13, 2021**

**Total Registered  
in Phase 1A**

**165,320**

**Total First Doses  
RECEIVED**

**26,400**

**Total First Doses  
ADMINISTERED\***

**24,063**

**\*Majority administered to healthcare workers and first responders**



Montgomery County  
Office of Public Health



*This information does not include vaccine obtained or given by providers outside of the Office of Public Health such as hospitals and pharmacies.*

**CONNECT TO OUR VIRTUAL CSP MEETINGS ON FEBRUARY 20TH!**

**Day meeting: 12-2:30 pm**

**Evening meeting: 6:30-8 pm**

*Emily Ferris from Magellan will be the guest speaker, talking about Certified Recovery Specialist services.*

**12-2:30 Meeting link:**

Join Zoom Meeting

<https://us02web.zoom.us/j/86279748743>

Meeting ID: 862 7974 8743

+16465588656,,

Meeting ID: 862 7974 8743



**Evening Meeting from 6:30pm to 8:00pm:**

<https://us02web.zoom.us/j/87307355682?pwd=Nm5sY2lNRThldWZTdM4xMVQrM3dTdz09>

Meeting ID: 873 0735 5682

Passcode: 789171

By phone: 1 301 715 8592 US

All are invited and we would love to hear for you.

Or, you come to catch up on what going on the Montgomery County Community Supports Systems.

Please share and thank you! *Ameika Malcolm, HopeWorx*  
 1210 Stanbridge St., Ste. 600, Norristown, PA 19401



Black History Month first originated as part of an initiative by writer and educator Dr. Carter G. Woodson, who launched [Negro History Week](#) in 1926. Woodson proclaimed that Negro History Week should always occur in the second week of **February** — between the birthdays of Frederick Douglass and Abraham Lincoln.

Since 1976, every American president has proclaimed February as Black History Month. Today, other countries such as Canada and the United Kingdom also devote an entire month to celebrating black history.

The Web is a great place to find out more about that history — in poetry, literature, the arts, sciences, sports and entertainment — making Black History Month a time of fun, celebration, and learning.

Source: Chiff.com



## New Evening Meeting for Montgomery County CSP!



### **NEW!: EVENING MEETING FOR MONTGOMERY COUNTY CSP**

**February 18, 2021 from 6:30pm to 8pm**

The Montgomery County CSP committee is starting an evening meeting, so that people who are unable to make the daytime monthly CSP meeting can participate. This meeting, like the daytime meeting, will be held on Zoom, on the third Thursday of the month, at 6:30pm. A recording of the guest speaker from the daytime meeting will be shared, and at least one member of the CSP Executive Committee will attend both meetings to ensure that information is shared. Minutes will be taken at the evening meeting and feedback on issues that are discussed will be shared along with the information from the daytime meeting.

The Guest Speaker at CSP this month will be Emily Ferris, from Magellan, who will talk about Certified Recovery Specialists services. We'll show a recording of her presentation at the evening meeting, and if there are questions, we'll be able to send them to Emily the next day.

This is a good opportunity to have your voice be heard – Vera Zanders, the Deputy Administrator for Adult Mental Health for Montgomery County, attended the December CSP meeting to talk to the committee about how seriously the county and Magellan takes feedback from CSP. Suggestions and feedback from CSP members are considered and directly incorporated into plans and implementation of programs and initiatives in Montgomery County. The CSP committee is establishing this evening meeting to enable more people, from more diverse backgrounds, to participate. Every stakeholder in the Montgomery County mental health system is welcome to attend. More about CSP can be found at our website: [www.montcopacsp.org](http://www.montcopacsp.org).

There is no advance registration. The Zoom meeting information is below:

<https://us02web.zoom.us/j/87307355682?pwd=Nm5sY2lNRThldWZTdM4xMVQrM3dTd09>

Meeting ID: 873 0735 5682

Passcode: 789171

By phone: 1 301 715 8592 US

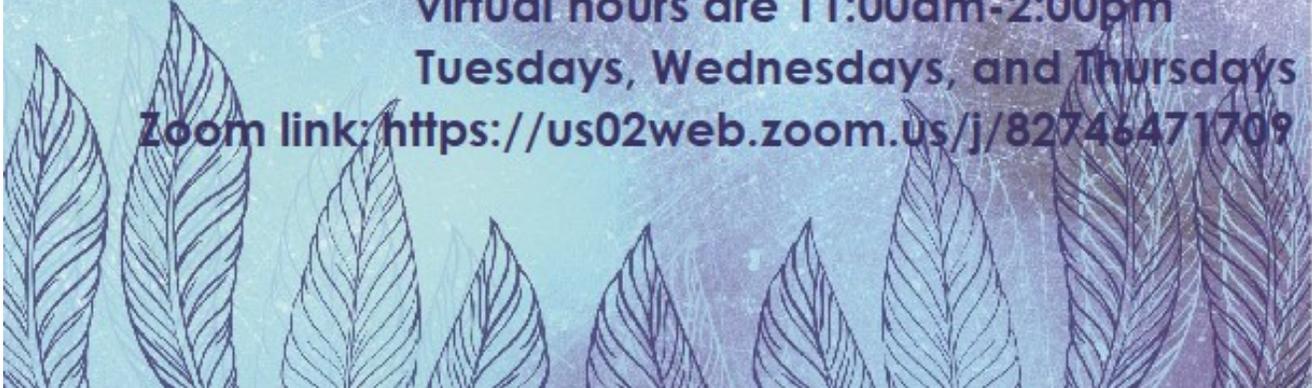


**COMMUNITY ADVOCATES  
OF MONTGOMERY COUNTY  
VIRTUAL OFFICE HOURS**

**We offer Self Advocacy Resources  
On mental health issues,  
Including criminal justice,  
Peer support,  
General information**

**No insurance needed**

**virtual hours are 11:00am-2:00pm  
Tuesdays, Wednesdays, and Thursdays  
Zoom link: <https://us02web.zoom.us/j/82746471709>**



Community Advocates of Montgomery County

**present a new, online  
Forensic Peer Support group  
based on our It's T.I.M.E. class**

**WHAT IS IT?** An online peer support group for men and women with mental health and/or drug and alcohol and criminal justice involvement

**WHEN:** Every Wednesday

**TIME:** 3:00 to 4:00 p.m.

**HOW DO I JOIN?**

Join Zoom Meeting: <https://us02web.zoom.us/j/87466146744?pwd=OHkwb2o2K1prRGRiejRxSnFuOVo2UT09>

Dial by your location: +1-646-558-8656 US (New York)

Meeting ID: 874 6614 6744

Passcode: 390063

**Hosted by:**

Vernon Steed, Forensic Advocate

Email: [vsteed@hopeworxinc.org](mailto:vsteed@hopeworxinc.org)

For technical issues, contact Kim Renninger

Email: [krenninger@hopeworxinc.org](mailto:krenninger@hopeworxinc.org)

Phone: 610-270-0375





Presidents' Day is a federal holiday celebrated on the third Monday in February; Presidents' Day 2021 will occur on Monday, February 15. Originally established in 1885 in recognition of President George Washington, the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents, past and present.

# February 15, 2021

## Remote Access Information for the Mental Health Planning Council Meeting on February 23, 2021



### February 23, 2021 Mental Health Planning Council Meetings

#### Remote Access Information MHPC Executive Council Information

Committee/Subcommittee Meetings						
Committee	Time	Meeting ID	Webex Link	Web Password	Phone Number	Phone Password
Persons-in-Recovery Subcommittee	8:30-9:45am	132-854-4036	<a href="#">PIR Subcommittee Link</a>	TXqxwWQH434	1-415-655-0001	132-854-4036
Children's Committee	10am-12pm	132-892-7963	<a href="#">Children's Committee Link</a>	UPsENauN344	1-415-655-0001	132-892-7963
Adult Committee	10am-12pm	132-879-1834	<a href="#">Adult Committee Link</a>	KCjwdxmc436	1-415-655-0001	132-879-1834
Older Adult Committee	10am-12pm	132-515-5000	<a href="#">Older Adult Committee Link</a>	MTqSDNMV944	1-415-655-0001	132-515-5000
Networking Lunch						
Networking Lunch	12:00-12:30pm	Each Committee Session meeting above (Older Adult, Adult, and Children's) will remain open until 12:45 for optional networking lunch. Please note, staff may not be available consistently throughout the entire networking time.				
Joint Session						
Joint Session	12:45-3pm	132-515-1351	<a href="#">Joint Session Link</a>	XvTz48UBbr3	1-415-655-0001	132-515-1351

Note: WebEx does not require meeting participants to pre-register or create an account. If you haven't previously used WebEx on your device, we recommend testing prior to the meeting and logging in 10 minutes prior to the meeting start time.

Phone Only Participants: Due to background noise, the meeting host may need to mute all participants during these meetings. You can use \*6 to mute/unmute during the meeting. You can also use \*9 to "raise your hand" so the host will know you'd like to speak.

## New Mental Health First Aid Classes

A message from the  
SE Regional Mental Health Services Coordination Office  
01/05/2021



### Announcing!!!! New Virtual Mental Health First Aid Classes for 2021!

Mental Health First Aid teaches a 5-step action plan to help loved ones, colleagues, neighbors and others cope with mental health or substance use problems and how to use the following steps in times of crisis.

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

We will be offering virtual classes for Adult Mental Health First Aid and for Youth Mental Health First Aid. When you sign up for a class you will be requested to complete pre-work toward your certification as well as an 8 hour virtual training session.

All trainings will be held from 8:30 am - 3 pm (Breaks and Lunch time included).

Registration for this session will be handled online. Registration will be handled on a first come first served basis. Registration will be closed once the seating capacity is met or once the registration deadline arrives, whichever comes first.

- ADULT - 2/10/2021 (Registration deadline 1/20/2021)
- YOUTH - 2/26/2021 (Registration deadline 2/5/2021)
- YOUTH - 3/10/2021 (Registration deadline 2/19/2021)
- ADULT - 3/26/2021 (Registration deadline 3/5/2021)
- YOUTH - 4/14/2021 (Registration deadline 3/26/2021)
- ADULT - 4/23/2021 (Registration deadline 4/2/2021)

**For more information about Mental Health First Aid:**

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

**For more information about Virtual Mental Health First Aid:**

<https://www.mentalhealthfirstaid.org/2020/04/coming-soon-virtual-option-for-mental-health-first-aid/>

**SE Regional Mental Health Services Coordination Office**  
[www.fivecountymh.org](http://www.fivecountymh.org)

## Ways to Express Love Throughout February



From Hopeworx Firespring Blog

February is notably a month used to communicate love. Specifically, millions around the globe take part in Valentine's Day on February 14 to show their significant others how much they care. Whether you plan to cook up a five-course meal for your sweetheart or treat yourself and ignore the holiday all together, the sentiment for Valentine's Day is in the right place.

This year, instead of simply focusing on your loved ones, consider using February as a time to spread love all over your community. From small acts of kindness to lasting community connections, there are so many ways you can show love this month. Check out some suggestions below.

### Give Gifts

Relax, we're not advising you to spend hundreds on flowers and chocolates this month. Instead, we're referring to different types of gifts. Pablo Picasso is quoted as saying, "The meaning of life is to find your gift. The purpose of life is to give it away."

Find your passions and your talents, and then use them to make a positive impact in the world. For example, maybe you're super handy and good at building things. Consider helping to spruce up a community space in your neighborhood. If you excel in the kitchen, consider baking up some goods for those in need. Whatever it is that you're good at, try to find a way to give your gifts back to the world.

### Make A Love Connection

Who says love connections are only for those romantically involved? Use February as a time to fall in love with an organization that gives back. Think about the things you love to do or the causes you identify with and do your research. From mentoring to food banks, animal shelters and fighting homelessness, there is an organization out there for almost every need. You just have to find it!

Build a love connection by volunteering or donating your time.

### Express Your Gratitude

Handwritten cards are often a staple of the Valentine holiday, especially for young children. Who says you have to change any of that as you get older? Cut out a paper heart from construction paper and write a heartfelt note of gratitude and love for people in your life.

Take it a step further and express gratitude or love for somebody you've never met. There are thousands of elderly nursing home residents who haven't been able to see family members due to the pandemic. Write some cards to those local residents. Or, consider writing gratitude letters for our troops who may be missing family. There are plenty of people out there who are in need of some kind words.

### Show Your Care

It's the little things that sometimes matter most. Small acts of kindness can go a long way. When you see an opportunity to help or do good for somebody, take it. This doesn't have to be a huge gesture or take up much of your time. Sometimes small acts of kindness are the easiest to do and end up meaning the most to somebody who isn't expecting it. Bring coffee to a friend who has been struggling lately. If even that sounds out of reach, simply pick up the phone and call that person. You never know how much these small gestures mean to them.

There's plenty of love out there in the world; you just have to open your eyes and look for it! Use February as a reminder to give the gifts you have to offer back to your community. Find an organization you can fall in love with. Write notes of thanks to those you know and those you don't. Most of all, simply lead with love. Everybody is going through something right now, and showing more love and compassion in the world is never a bad idea.



To find out more about Hopeworx or how you can donate, go to: [www.hopeworxinc.org](http://www.hopeworxinc.org)

YOU'RE INVITED!

# PMHCA Membership Committee Meeting

*PMHCA has begun a membership committee made up of individuals interested in ensuring that we represent you and your needs. This committee will address membership retention and recruitment as well as look at ways we can keep our members engaged and up to date on all of our advocacy efforts.*

Please join us on the first Wednesday of every month at 10 am on Zoom.

**ZOOM LINK: [ZOOM.US/J/95976114150](https://zoom.us/j/95976114150)**





## Forensic Peer Support Training

PMHCA is offering Forensic Peer Support training using a virtual platform.

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### Peer Support within the Criminal Justice System-3-day Sequential Intercept Model Training

"Forensic Peer Specialists embody the potential for recovery for people who confront the dual stigmas associated with serious mental illness and criminal justice involvement" (Davidson and Rowe, 2008)

#### Training Dates:

1.Mar 15 2021, 9:00 AM - 4:00 PM EST

2.Mar 16 2021, 9:00 AM - 4:00 PM EST

3.Mar 17 2021, 9:00 AM - 4:00 PM EST

#### Learning Objectives:

By the end of this training, participants will gain knowledge and skill to:

- Use lived experiences as an example of recovery and resiliency
- Identify and advocate for the needs of individuals in the criminal justice system
- Assist an individual in navigating service systems (mental health, criminal justice, etc.)
- Model self-advocacy such that an individual learns how to advocate for self
- Support the individual's journey toward achieving personal recovery goals

#### Description:

This 18-hour continuing education opportunity is designed to enhance the capacity of Certified Peer and Recovery Specialists to fulfill a serious gap in supportive services for justice-involved individuals. Grounded in the philosophy of peer support services, this training uses a mutual-learning approach and dialogue-driven process to develop an understanding of the impact of forensic involvement and introduces the Sequential Intercept Model as a tool to highlight the unique needs of individuals and discover resources necessary to effectively navigate within and beyond the criminal justice system.

#### Register for this event at:

<https://pmhca.wildapricot.org/event-4161306>

Space is limited, so register early to ensure your seat!

Pennsylvania Mental Health Consumers' Association

visit us at: [www.pmhca.wildapricot.org](http://www.pmhca.wildapricot.org)



## COVID-19 IMPACT SURVEYS

In response to a discussion during the most recent Mental Health Planning Council (MHPC) meeting which identified the need for real-time information regarding the impact COVID-19 has had on behavioral health services and persons-in-recovery in Pennsylvania, a group of MHPC participants and the PA Advocates for Whole Health and Wellness developed the attached surveys. We are interested in understanding the needs of mental and behavioral health and substance use providers, individuals in recovery, and families in Pennsylvania during the COVID-19 pandemic.

Individuals, agencies, and county agencies will be asked to answer some questions about mental/behavioral health and substance use services, barriers, needs, and any positive experiences. Please be assured that all responses will be kept completely confidential and will be reported as combined group information except for individual testimonials, which will be used without any identifying information being revealed or collected. Both surveys ask respondents to please describe their experiences with access and involvement with treatment services since the COVID-19 pandemic began in March of 2020.

Either survey should take approximately 10 minutes to complete. If you would like more information about these surveys, or if you are interested in providing a testimonial of your experiences, please contact [pmhca@pmhca.org](mailto:pmhca@pmhca.org)

**PLEASE** distribute these links wherever you can including all listservs, all individuals accessing treatment services, all county agencies, and all service providers. We would appreciate every effort to capture as many persons-in-recovery, county agencies, and service providers as possible in order for us to be able to provide generalizable results. The information from these surveys will be compiled into a report which will be available to government agencies, providers, county agencies, respondents, and any others who are interested in ensuring that responses to the ongoing COVID-19 pandemic meet the current needs. Anyone wishing to obtain a copy of the report can make a request at: [pmhca@pmhca.org](mailto:pmhca@pmhca.org). Please keep in mind that all survey collectors will be closed on February 12, 2021 at the close of business. The completed report will be distributed at the Mental Health Planning Council meeting on February 23, 2021 and will be available for wider distribution after that date. There are two different survey links below:

**Person-In-Recovery/Peer/Family Member/ Support Person Survey:**

<https://www.surveymonkey.com/r/3JDGFVW>

**Provider/County Agency Survey:** <https://www.surveymonkey.com/r/3QTCP3L>

Kathy Quick, DSW, Executive Director, PMHCA



8th Annual CSP Conference &  
43rd Annual Mental Health Awards  
Reception

**“The Sun Will Rise  
Again”**

**Awards Nomination Pack-  
et**

Please return nominations by **FRIDAY APRIL  
2, 2021** to:

Attention: Penny Johnson  
HopeWorx, Inc.  
1210 Stanbridge St, Suite 600  
Norristown PA 19401

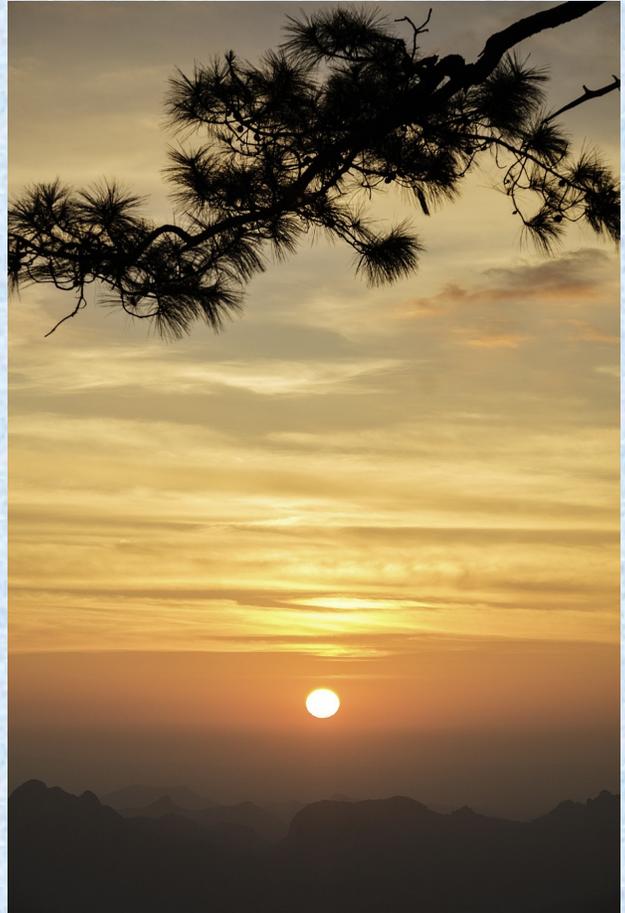
(Fax) 610-270-9155

(Email) [pjohnson@hopeworxinc.org](mailto:pjohnson@hopeworxinc.org)

You may submit nominees in all categories, or pick and choose.  
Multiple nominees are welcome.

**Award Categories:**

Todd Gorman Award- 1 Winner  
Dr. Robert H. Miller Award- 1 Winner  
Recovery & Resiliency Award- Multiple Winners





**Martha's Choice Marketplace** / 353 E. Johnson Highway, Norristown PA. 19401 / 610-279-7372 / [marthaschoicemarketplace.com](http://marthaschoicemarketplace.com)  
**Hours of Operation:** Wednesdays 4-6pm, Thursdays 10am-5pm, Fridays 11am-1pm

Martha's Choice Marketplace, sponsored by the Archdiocese of Philadelphia, is the largest, most visited food pantry in Montgomery County, serving more than 1000 families & 3500 individuals each month, while distributing over 1 million lbs. of food yearly. Focused on providing fresh meats, produce and dairy, Martha's not only provides our clients with the dignity of shopping for and choosing the foods that they and their families prefer, in a grocery store like environment, we also provide a holistic approach to hunger prevention by providing education, and personal empowerment opportunities that recognizes each person's basic human dignity; with all of his or her gifts and needs, challenges and strengths. Our 'Choice' model also promotes a significant reduction in both stigma, and the dynamics of power that often exist between the server and the served. As a result of the Choice Model, clients, volunteers and staff begin to really get to know one another as equals, conversing casually, listening to music, telling jokes, and forming more genuine and authentic relationships.

In a world where it's so easy to view and reject those different from yourself as the 'other', Martha's seeks to build true partnership among people from all walks of life; across faith, culture, color and class. At Martha's, we seek to create genuine fellowship in an environment that is friendly, welcoming, and respectful; where the voice of the community we serve guides our programs, and where relationships are organic and sincere, positive and impactful. Community is more than just a buzz word, it's about truly investing in the people around you, forming authentic relationships, and using their voices & perspectives to drive programs. At Martha's, we are the community we serve.

\*With the onset of the Covid pandemic, like everyone else, we have had to adopt brand new models of safe distribution that reduce our ability to provide choice, but maintain our focus on fresh meats, produce and dairy.

Our primary needs at this time include:

- Healthy cooking oils
- Low in sugar cereals, snacks and granola bars
- Healthy Nuts
- Size 5 and 6 Diapers
- Personal goods (soaps, toothpaste, deodorant, feminine hygiene products)
- Ensure
- Donations of Time, Talent & Treasure

Sincerely,



**Patrick Walsh and Eli Wenger**

Directors, Martha's Choice Marketplace at Catholic Social Services of Montgomery County

[pwalsh@chs-adphila.org](mailto:pwalsh@chs-adphila.org) / [ewenger@chs-adphila.org](mailto:ewenger@chs-adphila.org)

[marthaschoicemarketplace.com/marthas-miracles](http://marthaschoicemarketplace.com/marthas-miracles)

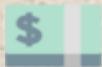
### COVID-19 RESOURCES



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](#).

### 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](http://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

teentalkline  
teens helping teens / no judging no pressure

Starting Point  
Mobile Psych Rehab  
215-540-2150

Homeless Street Outreach  
610-482-5483



## CREATING BETTER CARE FOR ADULTS WITH COMORBID CHRONIC CONDITIONS



Early intervention is critical in both physical and mental health care, to reduce costs, improve quality of life for those in care, and achieve better clinical outcomes. As adults

age, they are more likely to develop multiple chronic conditions, and early intervention and effective care management become even more important.

Mental Health America (MHA) released a new report today, “**Creating Better Care for Adults with Comorbid Chronic Conditions**,” which explores the experiences of adults with co-occurring physical and mental health conditions and provides recommendations for providers to address barriers to initiating treatment, improve patient engagement, and create better care.

From March-August 2020, MHA surveyed adults ages 35-65+ with co-occurring physical and mental health conditions about their first experiences in care, their current care experiences, and what they want to receive from their providers. Key findings include: Reported Barriers to Initiating Care -

- **Initiating conversations about mental health:** Over half of adults indicated that they did not know how to bring up their mental health concerns, weren't sure if they were enough of a problem to mention, or did not know with whom to discuss their mental health concerns.
- **Fear of discussing mental health:** Respondents indicated that they were afraid to talk about their mental health or admit that there was a problem, that they were nervous about what would happen if they were diagnosed with a mental health condition, and that they feared how their provider would respond.
- **Managing multiple chronic conditions:** Seventy-two percent of adults ages 35-64, and 51 percent of adults over age 65 agreed with the statement, “I already had enough to deal with. I didn't have the time or energy to deal with an illness/another illness.”
- **Costs of care:** Sixty-seven percent of adults ages 35-64 and over half (53 percent) of adults over 65 reported that they did not think they would be able to afford mental health care, even if they did report their concerns.
- **Fear of burdening caregivers:** Seventy-nine percent of adults ages 35-64 and 69 percent of adults over 65 agreed that they did not want to burden their family members or caregivers with being sick.

### What patients want from their providers -

- **Effective Engagement:** Providers who took time to explain the causes, symptoms and treatments to their patients were more likely to be trusted by their patients than those who did not. Trust was also associated with how comfortable patients felt bringing new concerns to their providers.
- **Tools to manage their own health:** The majority (68 percent) of adults reported that they would like their doctor to provide them with tools they can use on their own to help manage their physical and mental health conditions.
- **More information on causes, symptoms, treatment options, and costs for mental health care:** Sixty-four percent of adults reported that they want providers to take the time to explain treatment options for mental health conditions, compared to only 31 percent who reported that their providers do so. Fifty-nine percent reported wanting their provider to explain the causes and symptoms of their mental health problems, and 39 percent want to know the cost differences of mental health treatment options, compared to only 24 percent and 9 percent of providers who do, respectively.

**To download the report, [click here](#).**

## CSP Reports for January 2021

**Advocacy Subcommittee** - The committee discussed access to the Covid vaccine – registration seems to be entirely online, which means that people who can't get online may not be able to get the vaccine. Also there doesn't seem to be information widely available if you don't have internet access. The committee asked if the county reps here could take that feedback to the Commissioners.

The committee also discussed information from the OMHSAS stakeholder meeting that happened earlier this week. PA House Bill 55 is being discussed in the legislature. This bill would limit the powers of the government during emergency declarations. While it was written from the perspective of businesses, it would also impact the ability. The OMHSAS call also said that the Federal Office of Civil Rights has limited the use of telehealth after the pandemic to video only, not via telephone. The committee is looking to get more information about this.

What suggestions do people have for getting the word out about the vaccine? Can there be an ad that goes out on tv? Information is available at individual pharmacies. There is a zoom meeting tonight to get the word out to black communities. Could the emergency snow declaration system be used to get information out?

**Social Subcommittee** - The social committee approved two seed grants – one for gas money, one for a printer so a person can work better from home. They discussed having an art contest and also have an event around art at the end of May, that they would collaborate with advocacy to do art around advocacy. Theme suggestions: Wear your Mask and Leap forward

**Conference Subcommittee** - The conference committee was asking for feedback for suggestions of:  
 – **Keynote speakers** – suggestions Mike Veny, Mauro Rannallo. **How many breakout group times?** 2 was the consensus. **Theme** - "Together we shall rise through adversity" **Can someone emcee?** Danny volunteered.  
**Suggestions for breakout groups?** - art, music, karaoke? Meditation and presence exercises.  
 If you have more suggestions, bring them to the next meeting or email Erin at [elewis@montcopa.org](mailto:elewis@montcopa.org).

### CSP MEETING CALENDER 2020-21

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

February	18
March	18
April	15
May	20

*Until further notice, these meetings are via Zoom.*

### *Montgomery County CSP Executive Committee*

#### *2020/2021 Co-Chairs*

**Provider Member:** Abby Grasso, Executive Director of NAMI

**Person in Recovery:** Danny Kuchler

**Family Member:** Kathy Laws, FEST Program Manager

#### *2020/2021 Sub-Committee Chairs*

**Social/Media:** Ryan Schweiger

**Advocacy:** Kim Renninger, Robin Campbell

**Conference:** Erin Hewitt, Lauren Landers-Tabares

#### *2020/2021 Treasurer*

Morgan Killian-Moseley, CST Specialist

*Fiduciary* - HopeWorx, Inc.

**ABOUT CSP**

**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:**

**amalcolm@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](http://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](mailto: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 [amalcolm@hopeworxinc.org](mailto:amalcolm@hopeworxinc.org)**