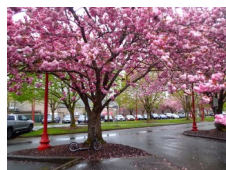


Community Support Journal



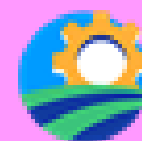
Volume 10, Issue 114

April 2021

Montgomery County Community Support Program

The 2021 Pennsylvania Primary is May 18th

Four ballot questions open to all voters



York Daily Record

Voters in Pennsylvania will be casting their ballots on May 18 for the primary.

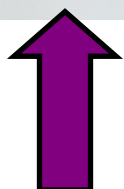
It is a closed primary, meaning that only voters who are registered Democratic or Republican may vote on candidates in their respective parties.

However, the ballot also will have four statewide questions, and voters of any party affiliation can vote on them. They will be deciding on candidates for countywide offices, municipal leadership and school board directors.

In addition, [a special election for the 48th state Senate seat](#) will be held *Read more on page 2...*



**2021 Art Poster
Contest Winners
To be announced
Friday, April 16th**



Also in this issue:

- CSP Conference and Awards Reception..... 4
- **April CSP Meeting Agenda...** 5
- NAMI News..... 6-8
- CSP Evening Meeting..... 9
- COVID-19 Resources..... 10

A Story of Hope - Dr. Bertice Berry Reframing a story and keeping your filter clean

Dr. Bertice Berry was the guest speaker at the PA Care Partnership Webinar Speaker Series on March 25, 2021.

From the beginning of the webinar, Dr. Berry, a best-selling author and mother of five, was telling stories. And participants on the webinar were chatting her up with words of gratitude. Her stories were personal and real, and told with love, grace and humor.

A sociologist who traveled extensively for work pre-pandemic, Berry said she realized she had to reinvent herself pretty quickly and began looking outside herself.

“What do I know in my sleep; what do I just know how to do?” she asked herself.

Continued on page 3

Voting —continued from page one

the same date. The district covers Lebanon and parts of Dauphin and York counties, and voters of any party affiliation can cast a ballot in that race as well.

Here's what you need to know:

Primary day information

When: Tuesday, May 18. Polls are open from 7 a.m. to 8 p.m.

Are you registered? Find the status of your voter registration online at www.votespa.com. The deadline to register is May 3.

Mail-in ballot: Apply for a no-excuse mail-in or absentee ballot online at www.votespa.com or contact your local elections office. The deadline to apply is May 11. Voters must [renew their request for a mail ballot annually or for each election](#).

Four ballot questions open to all voters

Voters of any party affiliation will be able to cast a "yes" or "no" vote on four ballot questions. One is a statewide referendum, and three are proposed Constitutional amendments, according to the Pennsylvania Department of State. Here are the four:

Loan eligibility for municipal fire and emergency medical service companies

Currently, municipal fire departments with paid personnel and emergency medical service companies are not eligible to apply for loans through an existing state loan program. A [statewide referendum](#), if approved, would allow companies to apply for loans to replace outdated buildings, vehicles and equipment.

Termination or extension of disaster emergency declarations

[The proposed Constitutional amendment](#) would allow the General Assembly to terminate or extend disaster emergency declarations without the governor's approval. Gov. Tom Wolf, a Democrat, [vetoed a resolution last summer that would have ended his COVID-19 disaster emergency declaration](#). The state Supreme Court determined that under the state Constitution, the resolution needed to go to the governor for approval.

Under the proposed change to Article III, Section 9, the General Assembly would be able to terminate or extend a disaster emergency declaration through a resolution approved by a majority of the members of the House and Senate.

The proposal only applies to disaster emergency declarations issued by the governor.

Disaster emergency declaration and management Another [proposed Constitutional amendment](#) also addresses emergency declarations.

In this one, [a disaster emergency declaration issued by the governor would expire after 21 days](#) — unless the General Assembly extends part or all of it through the passage of a concurrent resolution. Currently, declarations are issued for

See next page

The proposed change also would prohibit the governor from issuing a new disaster declaration — unless approved by the General Assembly — after the current one expires.

If approved, it would add a new section to Article IV.



Prohibition against denial or abridgement of equal rights

A proposed amendment to the Pennsylvania Constitution would guarantee equality of rights under the state law.

If approved, it would prohibit state, county and local government entities from restricting or denying an individual's equal rights because of race or ethnicity.

The amendment could not be eliminated unless a judge found it unconstitutional or another Constitutional amendment is approved.

Dr. Bertice Berry—Story of Hope



Sewing came to mind. She had learned how to sew several years ago when something told her to make a dress. As the pandemic grew, people started asking her to make masks because of the shortage. Berry, her daughter and her niece made 20,000 masks.

She wanted to do more and knew she had a gift for telling stories.

“We are wired for narrative so I began to share stories,” Berry said.

Berry said we all have stories and we have more than one.

“We have many, many stories and they are layered,” she said. “When you can tell a better story, you can live a better life.”

She compared her brain to a computer that needs to reboot and delete old files. By cleaning the filters we have in our brain that collects things we went through, a person can transform their lives by reframing their stories. In order to get through the pain and anger that was in her past, she learned to “live through love” and remembered her stories of gratitude.

“You need those stories as reminders to pull yourself out,” Berry said.

Berry touched on struggles and challenges she overcame as a child, as a mother of five adopted children born with addictions, and personal health issues as an adult. She spoke and laughed about important lessons learned from her children and how a difficult relationship with her mother turned into one of love and joy in later years.

Listeners on the webinar called her “a beautiful soul”, and said her transparency was inspirational.

Dr. Berry has been telling stories every day for the past year of the pandemic. You can find her on Facebook and view the entire webinar at [WEBINAR SERIES | PA Care Partnership](#).



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

“The Sun Will Rise Again”

Awards Nomination Packet

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

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

Nomination forms can be found online at:
Awards will be presented virtually at the event
on May 11, 2021.

https://forms.office.com/Pages/ResponsePage.aspx?id=7CS2qydqgUyVzrdefjatnlw5lRCH1uhHg-kYSSljC_FUQkFMS1k5N0w2Mjk1OFFMTFE0U1FGVUtCMS4u

MONTGOMERY COUNTY CSP Meeting

MONTGOMERY COUNTY CSP

Subcommittees are from 12-1 then full committee from 1-2:30

April 15, 2021

Here is the link: <https://us02web.zoom.us/j/86279748743>

1:00-2:30 PM

AGENDA

Welcome/ General Introductions

Zoom Reminders ('muting', etc. as needed)/ Any Housekeeping Items

Guest Speakers:

Office of Public Health: Michel Masters, Director of Communicable Disease Control and Prevention and Janet Panning, Interim Administrator OPH

Voter Services: Dori Sawyer, Election Communications Manager

(Guest speaker(s) will be recorded in order to share it with the evening meeting, if you would not like to be recorded, please feel free to turn off your camera.)

How CSP Input Helps the Mental Health System

Office of Managed Care Solutions Update

Review of Minutes

CSP Budget Update

Committee Break-Out Reports (Action Steps)

Advocacy Subcommittee

Social / Newsletter Subcommittee

Conference Subcommittee

Keynote Speaker: Cindy Marty Hadge

Please Register (In chat): [https://zoom.us/j/93956012858?](https://zoom.us/j/93956012858?pwd=YzRLSE5XSfo3VUJUUY8zejQrbzRPZz09)

[pwd=YzRLSE5XSfo3VUJUUY8zejQrbzRPZz09](https://zoom.us/j/93956012858?pwd=YzRLSE5XSfo3VUJUUY8zejQrbzRPZz09)

Updates (To and From the Following):

Joint Providers Updates

System Of Care Updates/Trainings

Regional CSP Update

Montgomery County Advisory Board

OMHSAS Mental Health Planning Council Meeting (Adult Committee) Information

Announcements

New Business



Montgomery County PA

Roommate Matching Party

The Roommate Matching Committee will host 3 virtual roommate matching events on Thursday 4/29/21. Each event will target individuals in the preparation stage of change to move into the Montgomery County community in Abington/Lansdale, Norristown/Bryn Mawr, or Pottstown areas.

1. Abington/Lansdale Roommate Matching Event: 10 to 11:30 am
2. Norristown/Bryn Mawr Roommate Matching Event: 12 to 1:30 pm
3. Pottstown Roommate Matching Event: 2 to 3:30 pm

Click [HERE](#) to fill out the registration form and see you on 4/29!



Annual Membership Meeting & Awards Celebration

Wednesday, May 26, 2021

5:30pm - 6:30pm

A Zoom Event

*Open to all NAMI Mont Co PA members.
Get the latest updates on the affiliate and
then celebrate our award recipients!*

No cost to attend. Registration required:
<https://annual-membership-award-celebration.eventbrite.com>
Gift boxes available

TEAM T-SHIRT CONTEST!

*Decorate a team t-shirt for a chance
to win some NAMIWalks Swag!*

*While supplies last -
Registered teams that email
eroberts@namimontcopa.org
can get free t-shirts to
decorate.*



*To enter: email a picture of your shirt to
eroberts@namimontcopa.org by June 5th.
Winners Announced Walk Day!*

See next page for
more information
about the Walk!



NAMI | Montgomery County PA

National Alliance on Mental Illness

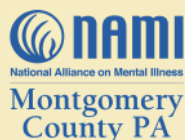


For the second year in a row, NAMIWalks will be a little different — while making a lot of difference. Our collective mental health needs are at their greatest now. One in three U.S. adults reported experiencing depression or anxiety since the pandemic began. NAMI's programs and advocacy are needed more than ever.

So join us on June 12, 2021 as we come together virtually to make a difference in the lives of those impacted by mental illness in our community!



Presented via zoom
by
Mark Tacelosky,
PharmD
Neuroscience
Senior Medical
Science Liaison,
Otsuka



MENTAL HEALTH AWARENESS: A FOCUS ON SUICIDE & STIGMA

May 4th at 4-5 pm est
No Cost | Registration Required
<https://bit.ly/3uaAvP3>

**Learn the importance of raising
mental health awareness & the
interplay between suicide, mental
health conditions, and stigma.
Information provided on ways to
combat and reduce stigma & suicide
prevention resources.**



Montgomery County PA

HUMANIZING BIPOLAR DISORDER: DAVID'S STORY OF HOPE, RECOVERY, & WELLNESS

**MAY
11TH
12-1PM**

NO COST | REGISTRATION REQUIRED

<https://bit.ly/39wDiKF>

**Presented via zoom by
Mark Tacelosky, PharmD**

Neuroscience Senior Medical Science Liaison, Otsuka

**Hear personal experiences of living with a mental
health condition | Learn the forms of stigma & ways
of combating them | Address barriers to treatment**



Montgomery
County PA





NEW!
EVENING MEETING FOR MONTGOMERY COUNTY CSP
April 15, 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.

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.

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

[https://us02web.zoom.us/j/87307355682?
pwd=Nm5sY2lNRThldWZTdM4xMVQrM3dTdz09](https://us02web.zoom.us/j/87307355682?pwd=Nm5sY2lNRThldWZTdM4xMVQrM3dTdz09)

Meeting ID: 873 0735 5682

Passcode: 789171

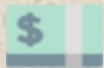
COVID-19 RESOURCES



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

Montgomery County
teentalkline
teens helping teens / no judging no pressure
Text 215.705.8411
or call 866.626.5866

Starting Point
Mobile Psych Rehab
215-540-2150

Homeless Street
Outreach
610-482-5483

www.accessservices.org

CSP Reports for February 2021

Advocacy Subcommittee - Julie Whitmore reported that the advocacy committee discussed a bill that could be on the ballot in May, which would amend the state constitution to limit the Governor's power to declare an emergency to 21 days, after which the legislature would have to extend the emergency. This bill has not been passed yet, but the committee will be keeping an eye out.

The committee also discussed access to the COVID vaccine, especially for people who can't go online. The committee discussed advocating for more advertising of the vaccine in other outlets. The county is setting up a hotline which people can call to register for the vaccine. There is a long wait right now, due to high demand and a very slow supply of vaccines. People who registered for the vaccine on January 13th are just now getting emails allowing them to schedule a vaccine in the coming weeks.

The committee discussed the Norristown State Hospital - March 1st will be a meeting with more information.

Social Subcommittee - Danny reported that the committee made plans for the spring art contest. Stacey Volz is going to make a flyer which will be sent out. The theme is Connection. The art will be due by April 1st, voting will conclude on April 15th, and the winner will be announced on April 16th. A poetry contest was also discussed. The committee also began talking about what activities they could plan for when the weather is good enough to plan an event outside, like Longwood Gardens.

Conference Subcommittee - Sue Shannon reported that the conference committee discussed potential breakout activities for the conference, such as karaoke, art and a dance party. If you have any ideas or want to organize an activity, please contact the committee. The conference will be held via Zoom on May 11th. The nomination forms for the recovery and resiliency and Dr. Miller awards are now available online here: https://forms.office.com/Pages/ResponsePage.aspx?id=7CS2qydqgUyVzrdefJatnlw5IRCH1uhHg-kYSSljC_FUQkFMS1k5N0w2Mjk1OFFMTFE0U1FGVUtCMS4u.

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:*

April	15
May	20
June	17

*Until further notice, these meet-
ings are via Zoom.*

NOTE: To download nomination forms go to the CSP website home page,
www.montocpa.org.

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.

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

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:

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

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**