



RECOVERY ROUND-UP

PMHCA PROGRAM NEWS

PMHCA has been awarded a grant through the Department of Drug and Alcohol Programs called *The Recovery Hub*. PMHCA will collect data through a needs assessment in the thirteen counties in region five, to create a comprehensive overview of issues in those counties. The Institute at Wilkes University will utilize secondary sources from the state and federal government to better understand the extent of these needs from the initial assessment. Then a strategic plan will be created to address those needs the assessments identify and will be implemented in the thirteen counties. PMHCA and PaPSC will provide technical support to the region during this project.

TRAINING SPOTLIGHT

On August 2nd thru the 4th, PMHCA will be offering Forensic Peer Support. Individuals in this class will utilize the new curriculum to explore ethics, trauma informed care, and the sequential intercept model to create diversion programs that they can implement in their communities. Individuals completing this course will be prepared to work in forensic settings such as jails and hospitals. This course will be offered virtually. [Register now!](#)

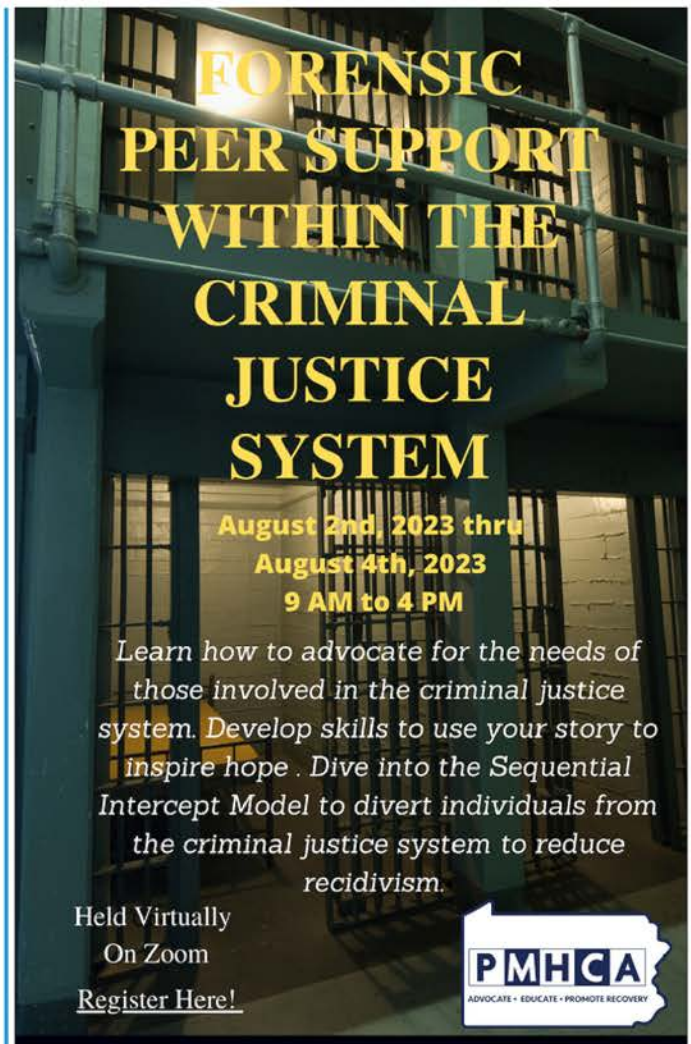


YOUTH MOVE PA NEWS

Youth MOVE PA has been on the road hosting this summer's western Wellness Days events! Kevin, Zoe and Chris have been to Presque Isle in Erie and Keystone State Park near Latrobe meeting with youth and young adults to do all kinds of cool stuff! They talked to youth about self-advocacy, played team-building and resiliency-building games, led a Keys to Recovery scavenger hunt, and of course, had some fun in the sun!

Wellness Days are free events for youth and young adults, as well as their support persons and will continue on the eastern side of the state in July. Click [HERE](#) to register and join in on the fun!

Youth MOVE PA continues to spearhead the Mental Health Planning Council's Transition-Age Youth and Young Adult (TAYYA) Subcommittee. This is a youth-led group where youth and adult allies advocate on how to support youth mental health in hopes of making real systems change to support the mental health of youth across PA. If you're between the ages of 16-29 and are ready to make a difference for other youth and young adults just like you, consider joining the TAYYA Subcommittee on July 18th at 4pm using [THIS](#) link. No registration required!




**FORENSIC
PEER SUPPORT
WITHIN THE
CRIMINAL
JUSTICE
SYSTEM**

**August 2nd, 2023 thru
August 4th, 2023
9 AM to 4 PM**

Learn how to advocate for the needs of those involved in the criminal justice system. Develop skills to use your story to inspire hope. Dive into the Sequential Intercept Model to divert individuals from the criminal justice system to reduce recidivism.

Held Virtually
On Zoom
[Register Here!](#)



YMPA Podcast

Season three of YMPA podcast of "Our Story Isn't Over" is currently in production with episode three available on Anchor, Spotify, Apple, and Google podcasts. Listen to episode three with Ryan Coffman regarding tobacco recovery [here](#).



PMHCA & YMPA
Present

SUMMER ENHANCEMENT CLASSES

JULY

18-20

Trauma Sensitive Peer:
Continuing Our Journey

As Certified Peer Professionals, we continue our healing and recovery journey every day. This workshop allows for more growth and understanding of trauma, how it applies to us as humans, how we can apply it to our professional life, and why self-care matters.

REGISTER NOW!

AUGUST

2-4

Peer Support Within The
Criminal Justice System:
Forensic Peer Support

Grounded in the philosophy of peer support services, this training uses a mutual-learning approach and dialogue-driven process to develop understanding of the impact of forensic involvement and introduces the Sequential Intercept Model as a tool to highlight the unique needs of individuals.

REGISTER NOW!

AUGUST

23-25

Youth and Young Adult
Peer Support

This workshop allows for education, conversation, and skill building that focuses on working directly with the youth and young adult population as well as enhancing the knowledge attendees may already have about peer empowered story sharing and relationship building with the peers they work with.

REGISTER NOW!

Each class is \$270 for members and \$300 for non-members. Forensic Peer Support will be offered virtual. Trauma Sensitive Peer and Youth and Young Adult Peer Support will be offered at the PMHCA Office in Harrisburg.

<https://www.pmhca.org>

pmhca@pmhca.org



ADVOCATE - EDUCATE - PROMOTE RECOVERY

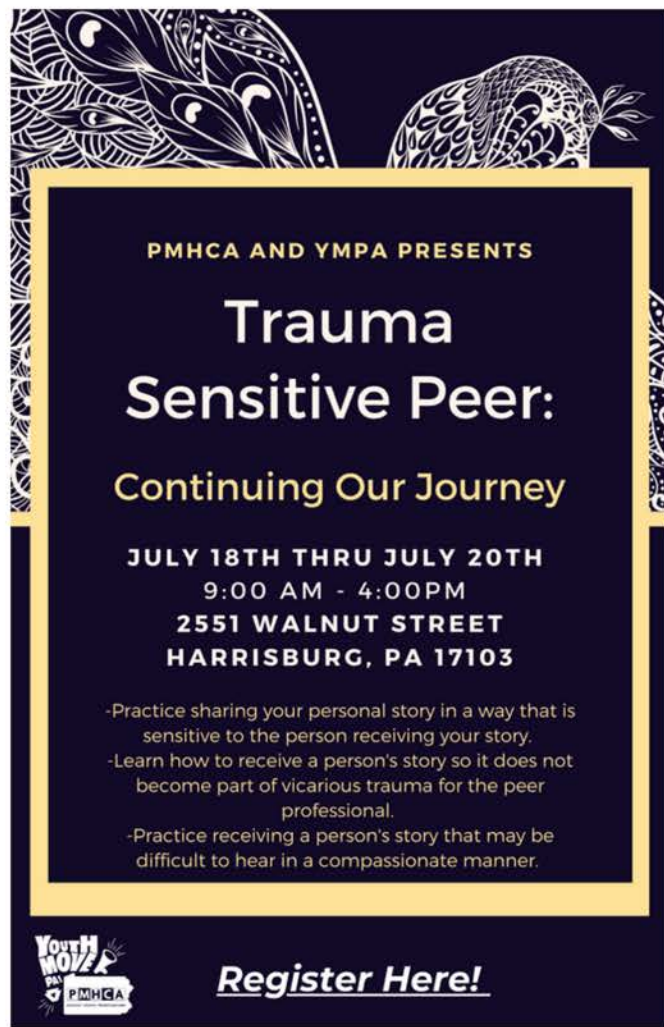


Training Department Details

The training department is excited to announce their summer enhancement series. In July, we will be offering Trauma Sensitive Peer: Continuing our Journey, a class focused on understanding trauma, using your story to inspire hope in a safe manner, and receiving stories in a manner that reduces vicarious trauma. In August, Forensic Peer Support will be offered virtually. The new curriculum has been completed for this course and will be offered in the August class. Individuals will learn about the sequential intercept model and how to implement diversion programs in their community. Lastly in August, we will be offering Youth and Young Adult Peer support. This three-day course will teach individuals how to interact with youth in an ethical manner while providing peer support to this specialized population. All classes can be viewed on the [PMHCA website](https://www.pmhca.org).

It is the last chance to register for our Mental Health Advance Directive course that will be offered on July 11th at 12 pm to 3 pm. This course will give you an overview of advance directives and how to create one for yourself or others.

If you have any questions related to trainings, please reach out to Ethan at ethan@pmhca.org.




PMHCA AND YMPA PRESENTS

Trauma Sensitive Peer:

Continuing Our Journey

JULY 18TH THRU JULY 20TH
9:00 AM - 4:00PM
2551 WALNUT STREET
HARRISBURG, PA 17103

- Practice sharing your personal story in a way that is sensitive to the person receiving your story.
- Learn how to receive a person's story so it does not become part of vicarious trauma for the peer professional.
- Practice receiving a person's story that may be difficult to hear in a compassionate manner.

 [Register Here!](#)

Keys to Recovery Conference

Registration is now open to all individuals and groups for our 2023 Keys to Recovery Conference being held at Dubois Country Club in October. Registration is limited so reserve your spot now!

There are still opportunities for vendors and sponsorships at this time.

You can find information for the conference [here](#).



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Food, Entertainment
& Resources
Available

JULY 14 • 1pm-3pm

crossroads of Pittsburgh - Clayton Ave | 1964 Clayton Avenue | Pittsburgh, PA | 15214



**ALL ARE
WELCOME!**

If your organization is interested in setting up a resource table at the event please contact Jessica Rogan at 724.766.3541 or jrogan@ctc.care.

Crossroads is a leading outpatient program that helps people struggling with opioid addiction get their lives back.

*Hey PA Recovery Organizations and Peers
Got an event happening?*

Let us know and we will add it to our newsletter!

CONTACT US

pmhca@pmhca.org

ympa@youthmovepa.org

<https://pmhca.org>

<https://youthmovepa.wildapricot.org>



ADVOCATE - EDUCATE - PROMOTE RECOVERY



PMHCA AND YOUTH MOVE PA PRESENT:

I DIDN'T DIE, BUT..

Survivor Stories and QPR Training

TUESDAY, SEPTEMBER, 12TH, 2023
10 AM TO 3PM
PMHCA OFFICE
2551 WALNUT STREET
HARRISBURG, PA

REGISTER TODAY!

Visit our website: <https://www.pmhca.org>

McKean County CSP Meeting

First Friday of the Month

**STEPS Drop-In Center at 62 Main Street, Bradford,
PA 16701 (entrance on Chamber's Street) or
via Zoom.**

**If you plan to participate via the Zoom platform,
below is the zoom meeting information;
Topic: McKean County CSP
Time: 1st Friday of the month, 11:30 AM Eastern
Time**

Zoom Meeting Link:

**[https://guidancecenternet.zoom.us/j/89375271435?](https://guidancecenternet.zoom.us/j/89375271435?pwd=aDBONHg4WHdleWRBa3ZZYZGRzYzQT09)
[pwd=aDBONHg4WHdleWRBa3ZZYZGRzYzQT09](https://guidancecenternet.zoom.us/j/89375271435?pwd=aDBONHg4WHdleWRBa3ZZYZGRzYzQT09)**

Meeting ID: 893 7527 1435

Passcode: 275065