



RECOVERY ROUND-UP

PMHCA PROGRAM NEWS

PMHCA second annual recovery conference will take place on October 21st, 2024 thru October 23rd, 2024, at the DoubleTree in Reading, PA. This years theme will be an Un-Masquerade Ball. Workshop submissions will open on March 1st, 2024. For more information on this years conference, check out our conference website:
<https://pmhca.wildapricot.org/conference>.

Our Driving Recovery Across PA bus tour will take place the first two weeks of May. PMHCA will be visiting recovery events throughout the state to offer vending and speaking engagements. Application window is open until March 15th, 2024. If you would like the bus to stop at your event, fill out the form at this link:
<https://forms.office.com/Pages/ResponsePage.aspx?id=ilC1kbvGT0KCQZZZaSFcU7dJPkKZhN9BsAMAvafPLG5URVlxVlpTNkZEVTVVV0MzVUhTMTVBNDM0QyQIQCN0PWcu>

TRAINING DEPT. NEWS

Youth and Young Adult Peer Support Training will take place on April 17th, 2024 thru April 19th, 2024 from 9 am to 4 pm daily in Harrisburg at the PMHCA Office. This 3-day 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. Some learning objectives include:

- Understand the importance of maintaining ethical boundaries while supporting positive change
- Define youth engagement and application of best practices
- Identify peer core values and the many facets of wellness
- Learn potential risks factors and what to do in a crisis/emergency

Register at this link:

<https://pmhca.wildapricot.org/event-5255460>



ADVOCATE - EDUCATE - PROMOTE RECOVERY



YOUTH MOVE PA NEWS

YMPA held their first advisory council meeting with their new members. This was an introductory meeting to each other and YMPA as a program. Policies and expectations for members were discussed. The members were asked to look over programming for YMPA that could be possibly changed and determine activities for Wellness Days.

Wellness Days registration goes live April 1st, 2024. This is a day of fun for youth, young adults, and their caregiver at a park within five regions of PA. For more information on these fun-filled days, use the link <https://youthmovepa.wildapricot.org/Wellness-Days>.

YMPA is collaborating with The Copeland Center to offer Peer Generation at schools in Beaver County. Peer Generation is a program to establish a supporting atmosphere within the school.

YMPA is offer a series of free trainings over the next year. These trainings will include Stand Against Stigma and Life Through My Lens. For more information, visit <https://youthmovepa.wildapricot.org/Training-&-Education>.

PEER SUPPORT IN THE CRIMINAL JUSTICE SYSTEM: FORENSIC PEER SUPPORT

UPCOMING CLASSES

All classes are free thanks to funding from the Office of Mental Health and Substance Abuse Services (OMHSAS). All individuals must reside in PA, have a CRS/CPS/CFRS credential, and have personal lived experience in the criminal justice system. Family involvement and employment in the criminal justice setting do not qualify you for this class. Priority will be given to those that work in jail and crisis settings.

[Apply Here!](#)

June 12 - 14

New Castle

8:30 am - 4 pm daily

June 26 - 28

Clearfield

9 am - 4:30 pm daily

July 8-10

Lancaster

9 am - 4:30 pm daily

July 22 - 24

Shamokin

9 am - 4:30 pm daily

Oct 15 - 17

Virtual Platform

9 am - 4:30 pm daily

Dec 11-13

Virtual Platform

9 am - 4:30 pm daily

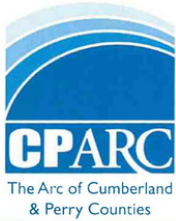


ADVOCATE - EDUCATE - PROMOTE RECOVERY



COMMUNITY EVENTS

ADVOCACY TALKS! CONNECTIONS



16 MARCH, 2024
8:30 AM - 3:00 PM

CARLISLE UNITED METHODIST CHURCH
333 S. SPRING GARDEN STREET
CARLISLE, PA 17013

**RESOURCES
NETWORKING
& SESSIONS**

FOR PARENTS & PROFESSIONALS OF INDIVIDUALS WITH INTELLECTUAL OR DEVELOPMENTAL DISABILITIES.

EXPERIENCE ADVOCACY TALKS! LIKE NEVER BEFORE! SAY GOODBYE TO VIRTUAL AND GET VARIOUS IN-PERSON SESSIONS ALL IN ONE DAY!

FREE LUNCH, OPPORTUNITIES TO NETWORK, AND MEET NEW VENDORS!

Breakout Sessions:

- Adult ID System & Advocacy
- School Advocacy 101
- ABC's of IEP's
- Sex Education
- Transition
- Job Coaching
- Evals and Reevals
- Special Needs Trusts/ ABLE Accounts



CPARC.ORG/EVENT-REGISTRATION/

Free registration!

Registration deadline is March 4th
or when spots are all filled!

Sign up ASAP!

Advocacy is funded in full or in part by the United Way of the Capital Region, United Way of Carlisle, & grants from The Edith Trees Foundation, The Donald B. & Dorothy L. Stabler Foundation, & Partnership for Better Health & through individual contributions & fundraising.



2024 Southwest Regional In-Person Annual Forums

Save The Date



The 2024 Southwest Regional Forums will include and acknowledge Adult Individuals and Families/Caregivers

Fayette, Indiana, and Westmoreland Counties

Wednesday, April 17th
Antonelli's Event Center
100 Colony Drive, North Huntingdon, PA

Armstrong, Beaver, Butler, Lawrence, and Washington Counties

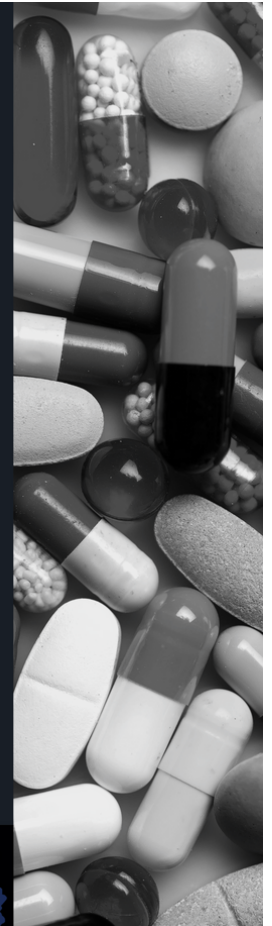
Friday, April 19th
Steamfitters Local 449 Event Center
232 Wise Road, Harmony, PA

Featuring the ever-inspiring Leadership in Recovery and the Exceptional Parent/Caregiver Award ceremonies. Think about one outstanding adult individual and one family/caregiver from your county whom you would like to nominate. Nomination forms will be available in the near future.

AGAINST THE BACKDROP OF AN EPIDEMIC.

An interactive workshop discussing stigma associated with substance use disorders. Engagement in this workshop will allow participants to investigate their personal stigmas related to substance use disorders and how to change those perspectives.

APRIL 22ND, 2024
10 AM - 1 PM
VIRTUAL PLATFORM
\$30/MEMBERS
\$40/NON-MEMBERS



Sensory-Friendly Saturdays

Individuals on the autism spectrum or with a sensory processing disorder and their families are invited to join us for free and early-hours access to the Brandywine Museum of Art.

March 23, 2024
July 20, 2024
9:00 - 10:30 am

Accommodations Include:

- Minimal crowds
- Art activities for all levels
- Multi-sensory gallery stations
- Trained and friendly staff
- Pre-visit materials
- Sensory break areas
- Sensory regulation tools



Sensory-Friendly Programs at Brandywine are made possible by support from CCRES and Jan Siglin.

Register here

1 Hoffmans Mill Road
Chadds Ford, PA 19317
(610) 388-2700



Or register online at:
www.brandywine.org/events



ADVOCATE - EDUCATE - PROMOTE RECOVERY

