

RECOVERY ROUND-UP

PMHCA PROGRAM NEWS

PMHCA is planning to attend as many Mental Health Awareness events as possible during May in a 3 week-long event we are calling **Driving Recovery Across PA**, a massive combination of events that showcases local celebrations of mental health recovery across Pennsylvania. You will be able to find us at a vendor table, speaking, or simply walking in a walk to show our support and you will find many of our employees across the state attending these events.

During the 3 week-long tour of events, we will be making a stop at the Capitol Steps for Hill Day. Our advocacy efforts never stop, and we need as many people as possible to make sure our priorities are heard in Harrisburg! The voices of people in recovery, family members, and members of the community need to be loud and clear. To find out more information, visit <https://pmhca.org/Recovery-Bus-Tour>



2024 Conference Award Nominations go live May 1st!

PMHCA's 2024 Un-Masquerade Ball will be October 21st-23rd in Reading, PA. If you would like to nominate someone for an award for Advocating, Educating, or Promoting Recovery, head to <https://pmhca.org/conference>.



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Recovery Hub

We're excited to announce that The Region 5 (South Central PA) Recovery Hub is hosting two upcoming events in 2024! These celebrations will be "Backyard BBQ" themed and will include an advocacy workshop, food trucks, an art show, community vendors, games, and music. We are currently accepting sponsors and Art Show submissions, as well as donations of food. Please visit <https://pmhca.org/Recovery-Hub> for more info on these events!



TRAINING DEPT. NEWS

PMHCA is hosting a **Certified Recovery Specialist (CRS)** Training from May 20th-May 31st in Wilkes-Barre. The cost to attend is \$900/person for tuition plus \$150 for certification testing for a total payment of \$1050. Candidates must apply for the course through the PA Certification Board at <https://www.pacertboard.org/class/recovery-specialist-259>.

Forensic Peer Specialist (FPS) Training will be held from May 29rd - May 31st in Philadelphia. Applications are full for this class as well as all upcoming virtual classes, but dates for future in-person classes can be found below, or on our website at <https://pmhca.org/Peer-Support-Within-the-Criminal-Justice-System-Forensic-Peer-Support>.

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.

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

Candi, Kathy, and Dan will be facilitating a **Question, Persuade, Refer (QPR)** Training in Wyoming Valley on May 7th. This is a suicide prevention training where the participant learns to recognize warning signs of a suicide crisis and how to Question, Persuade, and Refer someone to help appropriately. This training is designed for both professionals and youth as an emergency mental health intervention for suicide. Learn more at [https://pmhca.org/QPR-\(Question-Persuade-Refer\)](https://pmhca.org/QPR-(Question-Persuade-Refer)).

In other news, Candi, Ethan, and Kathy attended the Criminal Justice Advisory Board (CJAB) Conference at the Penn State in State College. They learned about new innovations in Forensics and made everlasting connections with others in the field.



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YOUTH MOVE PA NEWS

WELLNESS DAYS registration is LIVE for 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, head to our website at <https://youthmovepa.wildapricot.org/Wellness-Days>.

We are currently accepting workshop proposals for Wellness Days 2024. If you would like to submit your workshop for consideration, please follow the link below: <https://forms.office.com/r/982MbyhErW>

YMPA's Free Training for May will be **Stand Against Stigma** on May 29th from 1-4pm. This workshop aims to empower youth and young adults in the fight against stigma. Learn what stigma is, and how to overcome the stigmas that we encounter and discover ways to educate others on how to be more inclusive through their actions and words. Register for this training on our website at <https://youthmovepa.wildapricot.org/event-5532595>

We had a great time at the Children's Interagency Conference in State College presenting on Peer Generation Youth Empowerment Training, as well as getting to meet so many professionals, families, and young people passionate about children's mental health. Thanks to everyone who came!



WELLNESS DAYS 2024

WELLNESS DAYS!

Youth MOVE PA's free summer retreats for youth and young adults between the ages of 14-29!

6/11	6/13	7/11
Presque Isle State Park Erie, PA	Keystone State Park Derry, PA	Fort Hunter Mansion and Park Harrisburg, PA
8/6	8/8	
Nockamixon State Park, Quakertown, PA	Wyoming Valley Catholic Youth Center Wilkes-Barre, PA	

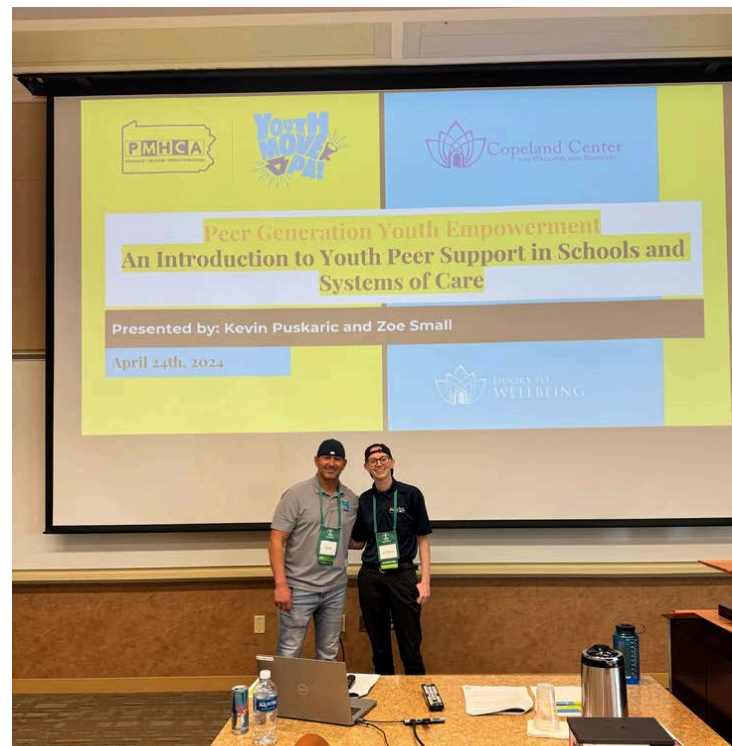

Registration ends two weeks before each event!

Register at <https://youthmovepa.wildapricot.org/Wellness-Days>

Thank you to our sponsors!

Interested in sponsoring or attending as a vendor? ympa@youthmovepa.org

Contact us at ympa@youthmovepa.org



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COMMUNITY EVENTS



Mental Health Advocacy Day 2024



Join us for a rally and march to increase awareness of mental health priorities.

BONUS: Schedule a meeting with your local legislators!

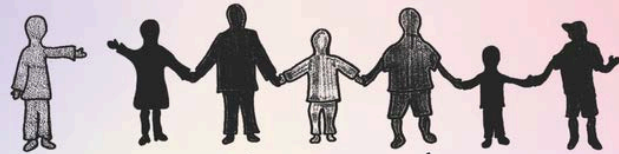
WEDNESDAY, MAY 15 | 1:30 PM
STATE CAPITOL STEPS
HARRISBURG

Event follows NAMI Keystone PA's 2024 Pennsylvania Mental Health & Wellness Conference.

REGISTER



Questions? Email NAMI Keystone PA's Director of Advocacy & Public Policy, Nikki Weigand, at nweigand@namikeystonepa.org.



we are here

Cumberland/Perry
Community Support Program

Mental Health Awareness Walk

Date/Time: Friday May 3, 2024 from 9am-2pm

Place: LeTort Park, 260 E Pomfret Street,
Carlisle, PA

Register by Friday March 29th

<https://online2.snapsurveys.com/n4e9gq>



Follow the web address
or scan
QR code with mobile
phone
to register

For information contact:
Cumberland/Perry CSP
at (717) 651-1070

csp@cumberlandperrycsp.org



CLEARFIELD JEFFERSON CSP DAY
INVITES YOU ALL TO:

8 RING CIRCUS OF WELLNESS

Date: May 9, 2024 11am

Location: The Copper Cork
512 Arnold Ave Clearfield, Pa

Join us for:

Food/Fun/Games/Activities/Connection

RSVP by 5.6.24

PHONE 814.857.1906

Email mcastro@ccc-j.com

or sign up sheets at local centers



Please join us for the

**11th Annual CSP Conference &
46th Annual Mental Health Awards Reception**

Tuesday, May 14, 2024
10am-2pm

Martha's Community Farm
1350 Pawlings Road
Audubon, PA, 19401

**"Live for the Moment: A celebration of 20 years of
Peer Support in Montgomery County"**

Speakers
Art Show
Music
Educational Workshops
BBQ Lunch
Networking
Awards
Fun Games
Activities
Breakfast

This celebration will be **FREE**, but **registration is required**.
Please register **HERE**:

[Montgomery County CSP Conference and Awards Ceremony 2024 Tickets,](#)
[Tue, May 14, 2024 at 10:00 AM | Eventbrite](#)



18 years and over only
For Montgomery County Residents and Providers

Donations and sponsorship opportunities are available
and appreciated!



COME JOIN US!

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