



RECOVERY ROUND-UP

Current News: Gas Station Heroin

Tianeptine, also known as gas station heroin, has been causing an alarming number of overdoses in the country. It has a euphoric high like an opioid; however, it causes withdrawals significant enough to cause hospitalization. It causes severe adverse health effects such as respiratory depression, severe sedation, and even death. It can be found in bulk powder form, pill form (looks similar to hydrocodone or oxycodone), and mixed with heroin itself. This product can be purchased from gas stations and vape/smoke shops throughout the country. This drug is currently not on the controlled substance list; however, several states have passed legislation making it illegal to possess. In Pennsylvania, there has been legislation introduced to make it illegal to possess or sell as well. We continue to advise individuals not to use alone and have Narcan available. For more information on this substance, the Department of Justice has a fact sheet that can be found [here](#).

TRAINING SPOTLIGHT

Youth Mental Health First Aid will be offered on May 31st, 2023 from 9:00 am to 2:30 pm virtually online. This is a blended course option, meaning that the participant will complete a two-hour self-paced study prior to class and then attend the class online to complete the course. Youth Mental Health First Aid teaches the participant how to identify, understand, and respond to signs of mental health and substance use challenges among youth between the ages of 12-18. This course will teach you how to interact with a youth in crisis and how to connect them to help. It will explore topics of trauma, substance abuse, bullying, social media, and the importance of self-care. This course is \$75 per participant. You can register for the class [here](#). Any questions regarding this training, can be directed to ethan@pmhca.org.



YOUTH MOVE PA NEWS

Wellness Days will take place throughout the state starting on June 20th at Presque Isle State Park in Erie. These fun-filled days for youth and young adults will be held in four different parts of the state. The theme for this year is self-advocacy. Young adult speakers will share their stories of recovery and how they advocate for themselves.

Youth MOVE PA would love to have your agency as a vendor at one of these days.

Register your agency [here](#) to be a vendor or sponsor. If you would like to register your youth or young adult for one of these events, you can register [here](#).

MOTIVATING OTHERS THROUGH VOICES OF EXPERIENCE

WELLNESS DAYS 2023

ALL EVENTS ARE FREE AND WILL BE HELD FROM 9:30AM TO 3:30PM

Events for Youth & Young Adults between the ages of 16 to 29

JOIN US THIS SUMMER!

DATES & LOCATIONS

- JUNE 20, 2023**
 - Presque Isle State Park
 - Erie Runners Club Pavilion Beach #1
 - [REGISTER HERE](#)
- JUNE 22, 2023**
 - Keystone State Park
 - Pavilion #1
 - [REGISTER HERE](#)
- JULY 11, 2023**
 - Nockamixon State Park
 - Lot 1 Pavilion
 - [REGISTER HERE](#)
- JULY 13, 2023**
 - Tobyhanna State Park
 - Pavilion
 - [REGISTER HERE](#)

ACTIVITIES INCLUDE

- Educational opportunity on the topic of advocacy
- Leadership & Team Building Activities
- Art, music, fishing, hiking, workshops and more
- Vendors and community resources will be in attendance
- Get a one of a kind "Wellness Days" T-Shirt & Swag Bag

CONTACT US
TO BE A SPONSOR OR VENDOR

717-221-1022 | ympa@youthmovepa.org | youthmovepa.wildapricot.org/Wellness-Days

beacon | nami Bucks County PA

FAMILY MEMBERS, CAREGIVERS, & SUPPORT STAFF ARE WELCOME TO ATTEND! (EVERYONE ATTENDING MUST REGISTER)

DIVERSITY, EQUITY, AND INCLUSION

DEI HAS BECOME A PROMINENT SUBJECT OF FOCUS ACROSS THE COUNTRY... BUT WHAT DOES IT MEAN? IN THIS TRAINING DESIGNED, WE FORGET THE POLITICS AND BREAK DOWN THE FUNDAMENTALS OF DEI.

PARTICIPANTS WILL LEARN:

- WHAT DEI MEANS
- HOW IT CAN POSITIVELY IMPACT OUR SOCIETY
- WHAT IMPLICIT BIAS IS AND HOW TO HEAL FROM IT
- TIPS TO CREATE CHANGE

TRUE DEI IS MORE THAN AN INITIATIVE - IT'S A MINDSET!

REGISTER HERE \$45.00

THIS TRAINING IS GEARED TOWARD YOUTH, ADULTS, FAMILY MEMBERS, PEERS, PROFESSIONALS, AND CLINICIANS

CERTIFICATE OF PARTICIPATION IS PROVIDED.

MAY 3RD, 2023
10 AM - 1 PM ON ZOOM

[Register Now](#)

[d](#) [o](#) [f](#) [in](#)

PMHCA AND YMPA Present

Youth Mental Health First Aid Training

Identify, understand, and respond to signs of mental health and substance challenges of children and adolescents.

**MAY 31, 2023
9 AM - 2:30 PM**

REGISTER NOW
\$75 PER PARTICIPANT

BLENDED COURSE

INDEPENDENT COURSE STUDY AND VIRTUAL ONLINE INSTRUCTION!

YOUTH MOVE PA | PMHCA



ADVOCATE - EDUCATE - PROMOTE RECOVERY



Training Department Details

The month of May is Mental Health Awareness month and PMHCA/YMPA will be celebrating by offering four free workshops. May 4th, Kathy and Chris will be facilitating the I Didn't Die..But video screening and conversation regarding suicide. Following this video, they will certify individuals for QPR (Question, Persuade, Refer) training. On May 5th, Ethan and Tristan will be facilitating two trainings, Stand Against Stigma and Life Through My Lens, which focus on personal stigma as well as stigma within the community.

The last chance to register for Diversity, Equity, and Inclusion training is Monday, May 1st. It will be held May 3rd from 10 am to 1 pm virtually on zoom. You can register for that training [here](#).

WRAP (Wellness Recovery Action Planning) will be held on May 17th thru May 19th at the PMHCA/YMPA Office in Harrisburg. This is being offered for FREE! It is also approved for 18 credit hours through the PCB. [Register here for the class.](#)

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



YOUTH MOVE PA! PMHCA AND YMPA PRESENT

Let's Talk about Suicide

Mental Health Awareness Days

I Didn't Die, But... Video Screening & QPR Training

A 5 Hour Workshop

Free and open to all!

Learning Objectives:

- **The I Didn't Die, But...** video screening shares the perspective of suicide attempt survivors in an honest, raw, and emotional conversation in an effort to inspire conversation about what works, what doesn't, and what can help those in need.
- **QPR (Question, Persuade, Refer)** Training will teach you important tools to recognize the signs of suicide, inspire hope, and how to ask the important question.

Thursday
May 4th, 2023
9:00 am - 3:00 pm
PMHCA Office
2551 Walnut Street
Harrisburg, PA 17103

[Register Here](#)



YOUTH MOVE PA! PMHCA AND YMPA PRESENT

Let's Talk about Stigma

Mental Health Awareness Days

Stand Against Stigma & Life Through My Lens

A 5 Hour Workshop

Free and open to all!

Learning Objectives:

- **The Stand Against Stigma Workshop** will educate you on what is stigma, how can we combat stigma that we experience, what can we do to fight stigmas we experience, and how can we create a more inclusive environment.
- **The Life Through My Lens Workshop** is about turning the dial inward and looking at our own self-stigma. Through this workshop, you will learn how to change the lens in which you see yourself to change the way you see others.

Friday
May 5th, 2023
9:00 am - 3:00 pm
PMHCA Office
2551 Walnut Street
Harrisburg, PA 17103

[Register Here](#)



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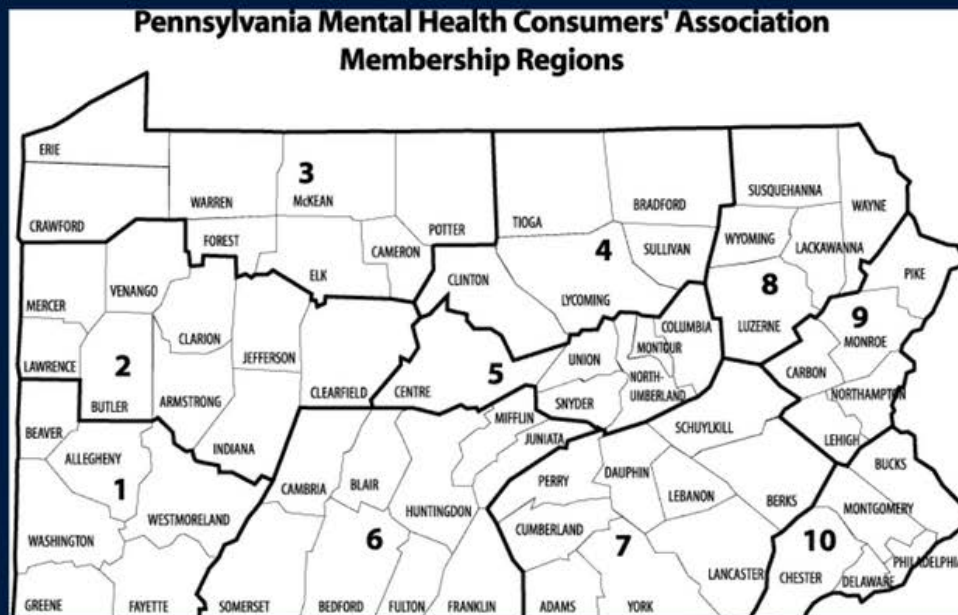
Call for

NOMINATIONS



PMHCA

ADVOCATE • EDUCATE • PROMOTE RECOVERY



Pennsylvania Mental Health Consumers' Association is requesting nominations for regional representatives to serve on our Board of Directors.

Nominees must be dedicated to providing a statewide representative voice and to promote the growth and strength of the consumer movement.

Nominations are being accepted for regions 1-5

Nominations *must* include Nominee's name, contact info, and a short description of the nominee's qualifications.

All nominations must be sent to Kim Brown kim@pmhca.org, no later than April 30, 2023. **Self-nominations will be accepted.**

REQUIREMENTS FOR NOMINATIONS

*Full Name

*Phone Number

*Email Address

*Short Description of Nominees Qualifications



ADVOCATE - EDUCATE - PROMOTE RECOVERY



COMING SOON
STAY TUNED

Certified Peer Specialist Training

at
Community College of Philadelphia

June 12 to 23



A Certified Peer Specialist (CPS) is willing to self-identify as having a serious behavioral health disorder (mental and/or addiction illness). A CPS supports others in their recovery process, builds mutual trust, shares experiences, learns about the recovery process, and moves toward a more meaningful life in the community.

For more information email, DBHIDS.PeerCulture@phila.gov.

All participants must complete Storytelling training before CPS training. If you are interested in being trained to be a Certified Peer Specialist, please look out for the application in early April at DBHIDS.org.

Attendees will also have an opportunity to earn six credits towards another certificate program or an associate degree.



SAVE THE DATE!

Annual Membership Meeting

The annual membership meeting will be held in the afternoon of June 7th, 2023. Please contact Kim Brown with any questions at kim@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?pwd=aDBONHg4WHdIeWRBa3ZZYZGRzYzQT09>

Meeting ID: 893 7527 1435

Passcode: 275065

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>

FREE EVENT
COME YOU MUST

MAY THE 4TH
BE WITH YOU FOR
MENTAL HEALTH

MENTAL HEALTH
AWARENESS FAIR
MAY 4, 2023
4 PM – 7 PM
IRMC PARK

VENDOR TABLES
GIFT BASKETS
FREE FOOD
SPIN ART
SLIME MAKING
POPCORN
SLUSHIES
COTTON CANDY
AND MUCH MORE

SPONSORED BY

INDIANA COUNTY
COMMUNITY SUPPORT PROGRAM
Promoting Mental Health Recovery

Photo Disclaimer:
Please be advised that photographs will be taken at the event. By attending the event, you consent to photographing and usage of your image and likeness.

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