



RECOVERY ROUND-UP

PMHCA PROGRAM NEWS

PMHCA has been awarded a grant to pilot a Rainbow Peer program starting in September. This grant will allow for the design of a LGBTQIA+ curriculum focused on interventions to minimize challenges in that community. Following the design of the curriculum, PMHCA will hire peers to provide telehealth support to those within the LGBTQIA+ community.

PMHCA staff have been busy with on-road trainings, vending events, mental health walks, and picnics through out the state to promote mental health recovery. Staff will also be attending several Pride events throughout the state in June.

If you are interested in having a speaker or vendor from PMHCA, please contact us at pmhca@pmhca.org.

TRAINING SPOTLIGHT


Trauma Sensitive Peer: Continuing Our Journey will be offered on July 28th thru July 30th from 9 am to 4 pm daily at PMHCA Office in Harrisburg. This course is an 18-hour enhancement course for Peer Specialists and Recovery Specialists. As Certified Peer and Recovery Professionals, we continue our healing and recovery journey every day and 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 any of that is important. This course will allow individuals to learn skills to reduce vicarious trauma, accept stories with compassion, and how to control body language when engaging with peers. Additionally, this course will allow an individual to learn how to self-disclose appropriately. Cost for the course is \$300 for non-members and \$270 for members. [Register Here.](#)



YOUTH MOVE PA NEWS

Youth MOVE Pa is excited to announce the hiring of new staff for their Sources of Strength Program. Sources of Strength is an evidenced based, best practice youth mental health promotion, and suicide prevention program designed to harness the power of peer social networks to create healthy norms and culture, ultimately preventing suicide, violence, bullying, and substance misuse. This program is scheduled to launch in the Fall of 2023, to schools within the state.

Youth MOVE PA is also gearing up for their Wellness Days that will take part in four locations of the state. The theme for this year is advocacy. Young Adults throughout the state will share their stories of advocacy to those in attendance. There will also be games, vendors, and creative exercises for those in attendance. Register your youth and young adult today for this great experience!




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!](#)

State of Mental Health in PA

Pennsylvania Mental Health Consumers' Agency is looking to see where we stand in the mental health recovery process. We value all of our members and would like to know your thoughts and experiences.

To gather this data, we have created a survey. [Click here to submit a survey response.](#)

The more we know, the better we are able to Advocate for all those affected by mental illness, Educate others, and Promote Recovery statewide.



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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!

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
vepa.org

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



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](#)



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



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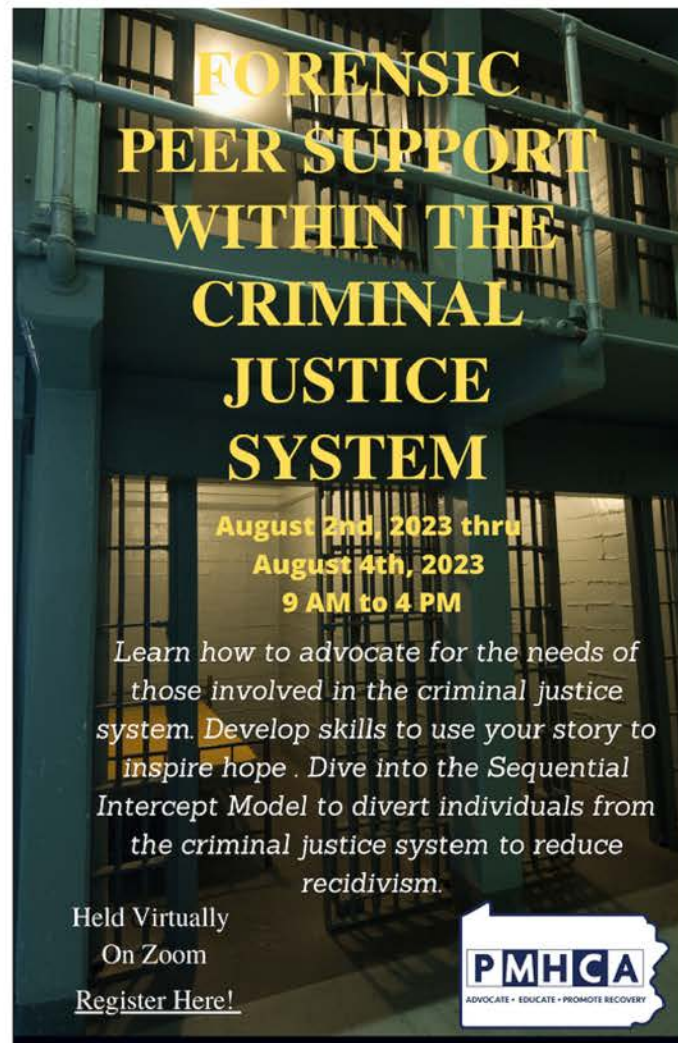


Training Department Details

PMHCA will be working with Elizabethtown Police Department, Blueprints for Addiction Recovery, and PAPSC to create a program where certified peers will respond to mental health calls with police officers. This grant kicked off with a CRS and CPS class in which members of the recovery community and Elizabethtown Police Dept were trained as Certified Peers/Recovery Specialists. There will be a ten-day academy training where trainees will complete multiple mental health courses as well as self-defense training. Courses included: Trauma Sensitive Peer, Forensic Peer Support, Crisis Peer Support, DEI, and self-defense training.

PMHCA's Forensic Peer Support curriculum is currently undergoing a major update with Drexel University. This new material will include an increased focus on trauma, ethical dilemmas, and marginalized populations. This training is expected to be completed in the Summer of 2023, for individuals to take.

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




**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!](#)



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Keys to Recovery Conference

Registration for PMHCA's comeback conference: Keys to Recovery, is currently open for community groups such as CSPs and drop-in centers. Registration for individuals will be open on June 15th. We are also looking for sponsors and workshop presenters! You can find information for the conference [here](#).





Statewide CSP Meeting



Tuesday, June 6, 2023 - 9am to 12pm



Two Attendance Options: Zoom or In-Person

Pennsylvania Training & Technical Assistance Network (PaTTAN)
6340 Flank Dr.
Harrisburg, PA. 17112

CLICK TO REGISTER

Please join us for our third Statewide CSP meeting! This meeting is designed to connect CSP throughout Pennsylvania. PMHCA and the four Regional CSPs are working together to initiate and facilitate this meeting as a way to recreate communication pathways and reconnect after the difficult years during the COVID pandemic.

Virtual Attendees:

Please register each person separately if they will be logging into Zoom individually. We need to know how many individuals intend to log in so we can ensure we have enough spaces available.

In-Person Attendees:

Please register each attendee separately to ensure we have adequate seating capacity.

Pennsylvania Mental Health Consumers' Association
- Community Support Program (wildapricot.org)

PMHCA@PMHCA.ORG

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.



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

*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>



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