

RECOVERY ROUND-UP

PMHCA PROGRAM NEWS

PMHCA is gearing up for Mental Health Awareness month. We are planning to tour the state May 1-14, visiting YOUR recovery events. We hope to get the momentum building for our 2024 Hill Day at the Capitol.

If you are interested in bringing PMHCA to your event, please fill out the form [HERE](#). Deadline to enter is March 1, 2024.

YOUTH MOVE PA NEWS

YMPA is currently conducting interviews of Youth and Young Adults for our Advisory Council. Each Councilor chosen will have the opportunity to voice their opinion on the direction and projects Youth MOVE PA takes on. The Council will be selecting one of their own to sit on PMHCA's Board of Directors. Our goal is to truly have a youth and young-adult driven program.

TRAINING DEPT. NEWS

PMHCA is off to a great start in 2024. We have completed one WRAP Seminar 1, a Forensic Peer, YAYA Peer, and Trauma Sensitive Peer trainings all in January. Forty-six students received certificates.

Looking to the near future, we have a full schedule of trainings on our website. [Click Here](#)

IS YOUR HEALTHCARE AFFORDABLE?

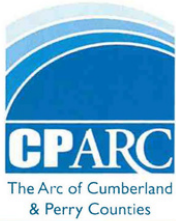
Take our short survey today!

Take the survey at:
<https://bit.ly/PMHCAsurvey>



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/ ABLÉ 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.

OASIS COMMUNITY RECOVERY CLUB IS EXCITED TO ANNOUNCE

We are teaming up with Erin Parkyn-Wellness Nurse to provide

Medical Care Assessments

THURSDAYS 1-3PM

STARTING IN FEB



Free Services include:

- ~Basic health assessments (vital signs, skin assessments, medication reconciliation, medical history.)
- ~Education on MAT medication options and how they may or may not be beneficial in conjunction with other medication being prescribed
- ~HEP C treatment options
- ~Smoking cessation referrals and counseling to assist with getting free nicotine replacement options like patches, lozenges, etc.
- ~HIV/AIDS & STD education and community referrals
- ~Wound Care assessment-medical substance related injuries

210 E. Independence St.
Lower Level
Shamokin PA 17872



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.

OASIS COMMUNITY RECOVERY CLUB
210 E. INDEPENDENCE ST. LOWER LEVEL
SHAMOKIN PA 17872

SUNDAY FEB 11TH
6PM

SUPER BOWL
PARTY

Watch the game in a sober, safe
environment. Food provided



ADVOCATE - EDUCATE - PROMOTE RECOVERY

