

### **RECOVERY THROUGH ADVOCACY**

The Source of Wellness and Recovery Focused News in PA

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http://pmhca.wildapricot.org



pmhca.pmhca.org



### FROM THE EXECUTIVE DIRECTOR'S DESK

Dear Members.

Wow! What a few months we have had! So much has happened here at PMHCA since our last newsletter! I actually don't even know where to start.

First, I want to personally welcome Jereme V. West and Kim Brown to our staff! Jereme is the Program Director at PMHCA, and his fierce personality and abundant energy are drop-ins on Zoom in the evenings and on welcome and so appreciated on our team! Kim is the Administrative Support Coordinator, and she brings a can-do attitude and an ability to keep us all organized that is second to none! Both Jereme and Kim bring so much depth and passion to the work that we do, welcome aboard!

The other biggest news we have is that we are moving our office location. Our building on Derry St. that has served us for many years has been "acquired" by PennDOT under eminent domain for the

#### Newsletters will continue to be sent out digitally for the following reasons:

183 expansion project. We spent the past nearly a year negotiating with PennDOT, looking for a new building, and going through everything we own preparing to move. We finally closed on our new building at 2551 Walnut St. in Harrisburg at the end of April and will be moving in June. Our new location is an old bank building that is rich in history and architecture. We will have a beautiful training and meeting space on the first floor, with our offices on the second and third floors. It has been a long journey, and we are almost there!

We have also been busy launching a few new programs. Our new Virtual Drop-Ins started in April, and they are building steam! We have weekends every day but Wednesday. Another great initiative is the Certified Peer Specialist Scholarship and Support Program, In collaboration with the four Regional CSPs, we are selecting 100 candidates to receive free tuition and certification testing to become Certified Peer Specialists. You can read more about both of these programs later in the newsletter and on our website. We send a big thank you to the Office of Mental Health and Substance Abuse Services (OMHSAS) for funding these programs.

There really is a lot going on at PMHCA, read on for all the details!

Respectfully,

Dr. Kathy Quick, DSW, LSW, CPS **Executive Director** 

### **Open House!**

PMHCA is moving! Our Derry Street location has been "acquired" by PennDOT under eminent domain as part of the I83 expansion project. We have purchased a new office space at 2551 Walnut Street, in Harrisburg and are inviting members and allies to our open house.

June 1 2pm to 4 pm!

Light refreshments will be available.





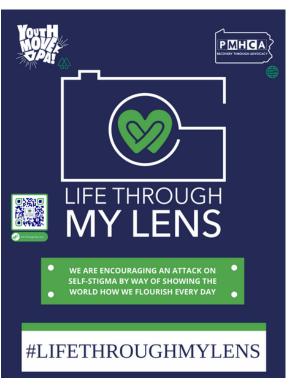


## New Staff Members

PMHCA staff is growing and changing! We are proud to introduce our new
Program Director, Jereme
V. West, and our new
Administrative Support
Coordinator, Kim Brown.
Both Jereme and Kim bring a new level of passion and excitement to the PMHCA team and to advocacy and recovery in Pennsylvania!
Welcome aboard!

# May is Mental Health Awareness Month!

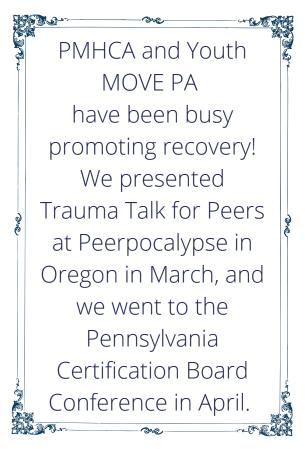
Let's all work on adjusting our lenses! If we celebrate ourselves and share our stories of hope and inspiration, we can motivate others to do the same. Please join PMHCA and YMPA in this fight against self-stigma by posting your stories, successes, and healing using #lifethroughmylens







PMHCA and YMPA are on the move!





### Clearfield/Jefferson CSP Day!

On May 19, 2022 Clearfield/Jefferson County held their annual CSP Day in Dubois. There were about 65 peers and allies in attendance ad the theme amplified that we are all works of art. We had activity stations such as tie-dyed t shirts and sand art; music and a peer playing the spoons; and PMHCA provided their self-stigma workshop during lunch. A great day was had by all!











### Call for Change

Christopher Lunsford is involved in the Call For Change Steering Committee! This committee began meeting biweekly as of March 2022 to discuss, disseminate, and ultimately create a 5-year action plan for the next phase of the Call For Change (first created in 2005 by OMHSAS under the guidance of Joan Erney) which continues to transform the delivery of Pennsylvania's Mental Healthcare into a recovery-oriented system. The steering committee's work is already being received by the Mental Health Planning Council and PMHCA will continue working throughout the year to bring consumer voice into the Call For Change action plan.



### CPS Scholarships!

UPDATE (May 12, 2022): The only remaining space available is at the Western Region location! Please only apply if you are able to attend this location and dates! Click Here to apply.



The Southeast region and Northeast region scholarship recipients have been selected and either have been notified or are being notified in the next several days. The Central Region scholarship recipients will be notified in late June.





### <u>Virtual Drop-Ins!</u>

PMHCA is pleased to launch a series of Virtual Drop-In groups! We set times in the evenings and on weekends in an effort to reach people when supports may be limited. All groups are staffed by seasoned Certified Peer Specialists with a focus on wellness and recovery.





### Youth MOVE PA







Youth MOVE PA is hosting "Wellness Days 2022", regional retreats for youth & young adults across the Commonwealth of Pennsylvania. Click here to register!!!

Thrive for Hope has been running virtually on zoom for over 15 months with consistent attendance from youth & young adults throughout Pennsylvania. This peer-led emotional support has been successfully filling the gap reaching youth in rural areas and those waiting to access services due to long wait times.

### \*BECOME A MEMBER\*

Join with other concerned youth advocates who want to make a difference in the lives of youth and young adults.

Membership is FREE!

