



The Mental Health Resource— A monthly newsletter focusing on current mental health issues.

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Mental Health Resource Exchange

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CSP Strives To Help Consumers Thrive

On the first Wednesday of each month, the Chester County Community Support Program (CSP) meets to discuss topics and plan activities of interest to mental health consumers and their families. CSP is a coalition of mental health consumers, family members, professionals and other individuals working together to help adults with mental illnesses thrive in the community. Their mission: to end the stigma of mental illness and encourage the community to support recovery efforts.

Interested community members can attend the monthly CSP meetings, which include a light lunch, from 12 p.m. to 2 p.m. at the Community Crossroads Peer Support Center at 825 Paoli Pike in West Chester. Discussion and activities encompass themes in-

cluding advocacy, education, stigma, leisure and creative expression.

CSP members believe that mental health services should be:

- Consumer centered
- Culturally competent
- Needs based
- Community based
- Flexible
- Coordinated
- Accountable
- Strengths based

In maintaining consistency with this vision of mental health services, CSP creates opportunities to support all mental health consumers in Chester County in their journeys towards recovery. Consumers are encouraged to participate in community life and attend educational events addressing employment, bene-

fits, stigma and other important topics.

In addition, CSP strives to educate community members about mental illness and recovery by providing speakers for community events, distributing informational resources to various community venues, and organizing creative and cultural opportunities.

CSP is currently organizing a "Spring Festival," surrounding the topic of advocacy, tentatively scheduled for May 2010.

For more information about CSP's meetings, projects and activities, call the CSP office at 610-344-7049 or contact Erica Colbert, CSP Liaison, at 610-344-6265 or cccsp2009@yahoo.com.

Finding Support ~

Celebrate Recovery
A new faith-based mental health recovery support group. Call Hopewell United Methodist Church 610-269-1545

Living with Loss support groups
For those who have lost a spouse or parent. Call 610-696-8312 x 393

Mental Health & the Internet

When many people think about how the internet may have an adverse affect on mental health, cyberbullying often comes to mind. But a new study just released from Leeds University in England shows another way the internet can be harmful.

The new study, which analyzed the internet use of more than 1,300 individuals aged 16 to 51, reports that many chronic email and Facebook checkers who replace real life social interaction with online networking sites have an increased risk of depression. Researchers also labeled 1.2 percent of the subjects in the study to be addicted to the internet— that their inter-

net use disrupted their life to the point of instability. Dr. Catroina Morrison, who led the study at Leeds, says the research reinforces the speculation that there is a connection between the amount of time a person spends on the internet and that person's risk for depression.

This study has opened up more questions about which happens first — compulsive internet use or depression, and researchers say they will continue to look at the issue.

Cyberbullying, where teens are harassed, humiliated and/or threatened online, also continues to be a mental health concern.



Bright Futures

A FREE program helping those in mental health recovery access their educational and employment goals.

This 9-week program is taught by Delaware County Community College instructors, 2 mornings a week, from 9:00 am to 12:00 noon. Additional support and learning labs are provided by a teacher's assistant.

To inquire about spring classes, call Erica Colbert
Chester County Department of MH/MR
610-344-6265

**COAD's
Department of
Community Prevention
provides**

**Drug & Alcohol
Information & Referral
services**

**Call toll free
24 hours
1-866-286-3767**



**Look for
information on Alcohol
Awareness Month in
the April edition!**

Sibshops: Where Siblings Are Special

Sibshops are programs designed for 8 to 13-year-old brothers and sisters of children with emotional/behavioral disorders. A joint endeavor of Child and Family Focus, Inc., Community Services of Devereux and the Chester County Department of Human Services, Sibshops provide opportunities for participants to meet other brothers and sisters of children with emotional/behavior disorders, make new friends, learn about emotional/behavioral disorders, and just have fun.

At Sibshops, the participating children are the center of attention. In addition to taking part in stimulating games and discussions, learning about the things that make each person a special and important member of the family, children will be en-

gaged by guest speakers as well as peers who understand what it's like to have a sibling with emotional/behavioral disorders.

Sibshops are held at Devereux Day School at 600 West Boot Road in Downingtown. The registration fee is \$5 and includes snacks. Participants should bring their own lunches, dress comfortably and be ready for action.

For future dates, details and to register, contact Karen Brenneman at 610-925-4683 or e-mail her at kbrenneman@childandfamilyfocus.org.



Chester County African American Health & Wellness Expo

Saturday, April 17, 2010

**At the Child & Career
Development Center
1525 East Lincoln Hwy
Coatesville, PA**

**610-594-2816
Indoor event—rain or shine!**

FREE Parent Programs—

**Technology & the Internet: cell phones,
texting and social networks.**

March 23 from 7–8:30 pm

Dealing with Transition

April 27 from 7-8:30 pm

**Both programs will be held at Schieck Hall
Berwyn United Methodist Church
140 Waterloo Avenue, Berwyn**

Call 610-644-7843 for info

Care for the Body to Care for the Mind

Whether dealing with the daily stressors of life or recovering from a mental illness, individuals can take action to improve their mental health. With springtime just around the corner, now is the time to explore simple mind-body strategies that can be employed in the warmer months.

According to www.alternativementalhealth.com, people with mental illnesses often discover that underlying their disorders are nutritional imbalances, poor diets, lack of exercise or other modifiable physical conditions.

Hyla Cass, MD reports that nutrients found in food are the

building blocks for brain chemicals such as serotonin and dopamine, among others. When these chemicals are out of balance, people feel depressed, anxious, stressed and unmotivated (www.healthy.net).

Spring is the perfect time to stock up on fresh, nutrient-rich fruits and vegetables. In addition, whole grains, protein-rich foods and essential fat sources (like salmon and mackerel) all nourish the brain and can booster mental health.

Warm spring weather also means more opportunities to enjoy outdoor exercise. Mary Ellen Copeland, author, educator and mental health advocate, says that exercise helps individuals to

reduce anxiety, increase feelings of wellness, and even relieve symptoms of depression and other mental health symptoms.

In fact, according to Copeland, some doctors prescribe an exercise routine instead of, or in addition to, medications.

Even simple physical relaxation techniques, such as deep breathing, can have powerful stress-reducing effects on the mind.

To request other resources about the mind-body connection, call COAD Mental Health Services at 610-363-6164 or e-mail Tammy Schauf, Project Coordinator of Mental Health Services, at tschauf@coadgroup.com.



Car Wash

To Benefit
Chester County Youth Suicide
Prevention Task Force

Saturday, April 24, 2010
10 am to 1 pm
(May 1 Rain date)

East Caln Tire & Service
980 E. Lancaster Ave.
Downingtown, PA
Call 610-363-6164



COAD's Anniversary Celebration ~

Saturday, April 17th

Penn Oaks Country Club
6 - 10 pm

Call The COAD Group
for more information
about attending and/or supporting
this event - 610-363-6164.

Calendar of Meetings & Events —

- Every Thurs. — **The Depression and Bipolar Alliance** 6:30- 7:30 pm at the Peer Support Center, 825 Paoli Pike, West Chester. For more info. call 610-429-1702.
- Every Tues. & Thurs. — **Double Trouble** for those recovering from addiction and mental health problems. 3:30-5 pm at the Peer Support Center, 825 Paoli Pike, West Chester. For more info. call 610-429-1702.
- Every Tues.— **Recovery Works** a schizophrenia support group. 6:30 – 7:30 pm at the Peer Support Center, 825 Paoli Pike, West Chester. For more info. call 610-429-1702.
- 1st Wed.— **ADHD Support Group** for parents and caregivers of children with ADHD. West Goshen Municipal Bldg., West Chester. For more info. go to www.chestercountychadd.org.
- 2nd Wed. — **Chester County Youth Suicide Prevention Task Force** 3:30 – 5pm at COAD, 930 E. Lancaster Ave., Exton. For more info. call 610-363-6164.
- 2nd Wed.— **Survivors of Suicide(S.O.S.)** 7:30 pm in the Potter Room of the Paoli Memorial Hospital in Paoli. For more info call 215-545-2242.
- 4th Thurs. — **Mental Health / Mental Retardation Advisory Board Meeting** 6pm at the Government Services Bldg., 601 Westtown Rd., West Chester, Room 149. For more info call 610-344-6265. (no meeting July, August, December & January)
- 1st Thurs. — **Southern Chester County NAMI Family Support Group** 7:30 pm at Friends Meeting House, Rt. 82, Kennett Square. For more info. call 610-444-5993.
- 3rd Thurs.— **NAMI PA Chester County General Meeting** 7pm at Christ Memorial Lutheran Church in Malvern. For more information call 610-293-1422.
- 3rd Thurs. — **Get Off My Back!** A Teen ADHD group at Exton Community Baptist Church. For more info call 610-344-3442.
- 2nd Mon. — **NAMI CAN** Mental Health Family Support for families with children up to age 22. 7-9 pm at Central Presbyterian Church, Rt. 113 in Downingtown. For more info call 610-935-9739.
- 3rd Wed. — **NAMI Grief and Support Group** 7:30 - 9pm in Downingtown. Call for location. MH Counselor attends. For more info call 610-269-3476.
- 1st Wed. — **CSP Meeting** - Noon to 2pm, the Peer Support Center, 825 Paoli Pike, West Chester. For more info call 484-239-0687.
- 3rd Wed. — **Participatory Dialogue Committee** Noon to 2pm at Peer Support Center, 825 Paoli Pike, West Chester. For more info contact Rob Chisholm at rchisholm@mhasp.org.
- 2nd Mon. — **Adult MH Meeting** - 6 - 8pm at the Peer Support Center 825 Paoli Pike West Chester. For more info call 610-344-6265.
- 2nd Tues. — **Chester County Children's Committee** 9:30 –11 am at Government Services Bldg., 601 Westtown Rd., West Chester. For more info call 610-344-6265.

The COAD Group
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