



What: Mental Health Education Meeting and Support Group

When: Meets 3rd Thursday of each month

Location: STAR (253 Penrose Place * Carlisle, PA 17013)

Time: 7:00 pm to 7:50 pm. Followed by short break then from 8:00 pm to 9:00 pm we have "care and share" support group for families, friends, and consumers.

We have the short break to allow for people to **leave or come** if they only want to attend one or the other segments. **Sponsored by NAMI PA C/P**

<p>April 15, 2010</p>	<p>Live Presentation Mobile Crisis: A Valuable Resource. What do you do and who do you call if someone you know is talking about committing suicide? Ralph Palmer, MA, from Holy Spirit Health System's Crisis Intervention Team will discuss how Crisis Intervention Services will be able to help you in this or any other crisis situation. http://www.suicidepreventionlifeline.org/ http://www.afsp.org/</p>
<p>May 20, 2010</p>	<p>Live Presentation Family Frustrations: A Discussion about Family Communication Patterns and Tips for Self-care. This meeting will involve a brief presentation of research regarding family communication patterns followed by discussion and tips for self-care when experiencing family-related frustration. Dr. Kim Weikel, Ph.D is a clinical psychologist and associate professor of psychology at Shippensburg University. She has a small private practice in Shippensburg, at the Shippensburg Empowerment Dock, where she offers consultation, individual therapy, and group therapy. http://cumberland.pa.networkofcare.org/mh/resource/tax_list.cfm?sw=TF-2000.1700&cat=23745</p>
<p>June 17, 2010</p>	<div data-bbox="224 1024 456 1198" data-label="Image"> </div> <p>Back from the Edge: A Documentary about Borderline Personality Disorder</p> <p>This 45-minute documentary-style video weaves heart-felt stories of patients and their families living with Borderline Personality Disorder (BPD), and commentary from the top experts in the field with important information on the recognition, diagnosis, and treatment of this devastating disorder.</p> <p>BPD is actually about two to three times more prevalent than bipolar disorder or schizophrenia, yet many people have never heard of it. Roughly 10 million Americans -- 75% of which are women -- or 2% of the general population suffer from BPD, a disorder characterized by symptoms of impulsivity, extreme mood swings, fear of abandonment, stormy relationships, self-injuring acts, unstable self-image and intense anger. BPD often occurs in conjunction with other disorders, including depression, substance abuse, eating disorders, anxiety disorders, bipolar disorder or other personality disorders.</p> <p>http://bpdresourcecenter.org/ http://www.borderlinepersonalitydisorder.com/ http://www.bpdcentral.com/index.php</p>
<p>July 15, 2010</p>	<div data-bbox="224 1516 386 1669" data-label="Image"> </div> <p>Mental Illness: fighting the stigma... working for recovery... finding hope.</p> <p>Shadow Voices: Finding Hope in Mental Illness is an intimate video, which offers an inside look at what it is like to live with a mental illness and how individuals and their families find their way through a tangle of mental, medical, governmental, societal and spiritual issues.</p> <p>Ten persons with mental illness from all across the U.S. tell their stories, plus many experts and advocates in the field add helpful perspectives, including: former U.S. First Lady Rosalynn Carter; former U.S. Surgeon General Dr. David Satcher; Dr. William Anthony of Boston University, founder of the modern rehabilitation movement; and Dr. Joyce Burland, founder of the Family to Family program for the National Alliance on Mental Illness. http://www.nami.org/</p>
<p>August 19, 2010</p>	<p>Live Presentation "Housing Options" with Ben Laudermilch from Cumberland/Perry Housing and Community Partnership http://www.cchra.com/ http://www.nami.org/Content/ContentGroups/Policy/housingtoolkit.pdf</p>
<p>September 16, 2010</p>	<p>Live Presentation "Recovery and Addiction" http://www.recoverymonth.gov/ http://www.raseproject.org With Jaime Davis of The RASE Project of Carlisle</p>
<p>October 21, 2010</p>	<p>Live Presentation "What is Psychosocial Rehab? & STAR Programs" Laura Jesic, BSW, CPRP Director of NHS Stevens STAR Center will discuss Psychiatric Rehab, Social Rehab, Supported employment, and the Certified Peer Specialist Unit. http://www.bu.edu/cpr/</p>
<p>November 18, 2010</p>	<p>Live Presentation Annual Board Elections at 6:30 pm "The Importance of Validation in Making Mental Health Services Mentally Healthy" The meeting will be facilitated by Wendy Wood, Director of Advocacy for the Pennsylvania Mental Health Consumers' Association, Dan Craig, Recovery Specialist, and Matthew Groff, Recovery Specialist. Psychiatric Advance Directives will also be addressed. http://www.bazelon.org/issues/advancedirectives/index.htm http://www.nrc-pad.org/ The Pennsylvania Mental Health Consumers Association (PMHCA), a state wide consumer advocacy group. http://www.pmhca.org/</p>
<p>December 16, 2010</p>	<p>Live Presentation on "What is the Community Support Program?" with a Social Pot luck snack time (bring something to share- beverages provided) with Joseph Alex Martin, Community Support Program (CSP) Cumberland/Perry Chair and a Certified Peer Specialist http://www.dpw.state.pa.us/PartnersProviders/MentalHealthSubstanceAbuse/003670136.htm</p>