



Promoting Mental Health Awareness

Cumberland Perry Community Support Program

Promoting Mental Health Recovery

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For Immediate Release

CUMBERLAND AND PERRY COUNTY EVENTS FOR MENTAL ILLNESS AWARENESS WEEK ANNOUNCED

Cumberland/Perry Community Support Program is pleased to announce the events that are being planned to celebrate Mental Illness Awareness Week in Cumberland and Perry Counties. Mental Illness Awareness Week is celebrated the first full week of October, since 1990.

On **Sunday, October 4th, 2015**, Cumberland/Perry Community Support Program will start Mental Illness Awareness Week with its' third annual **Candle Light Vigil**, to be held at the **Perry County Veteran's Building, 31 West Main Street, New Bloomfield, PA**. This year's Candle Light Vigil will feature music from the "**By The Way Band**" and inspirational stories of recovery. Community resource information will be available from **5:30 PM**, and the program will begin at **6:00 PM**. Bring your lawn chairs to enjoy the evening.

On **Tuesday, October 6th, 2015**, Cumberland/Perry Community Support Program is pleased to have a special guest speaker, Mike Liguori at **7:00 PM** at the **First United Church of Christ, 30 N. Pitt Street, Carlisle, PA**. Mike Liguori is an American author, former United States Marine and veteran of the Iraq War. Liguori has written on a variety of subjects including veterans and mental health. A limited number of copies of Mike Liguori's book "**The Sandbox: Stories of Human Spirit and War**" will be available, courtesy of **Veterans of Foreign Wars Post 477**, Carlisle, PA.

"The Sandbox: Stories of Human Spirit and War, written by Mike Liguori, is an outstanding chronicle of his attempts to fight the war in Iraq and on the home front, after being discharged from the Marines." --- Blackfive.net

"The Sandbox: Stories of Human Spirit and War, written By Mike Liguori, is very insightful for those who want to understand what soldiers went through during the war and how they fought a war after arriving home. He explains in detail through his personal story how PTS is very treatable. This book is a must read because Mike Liguori shows for all those with PTS that there are success stories and he is not afraid to discuss his journey from defeat to triumph." ---Military Press

"Mike Liguori tells with great honesty about why people go to war, and with the same honesty he tells what it's like to come back from war. he shows that war is not glorious, not heroic, but that it does change people permanently. And he makes us see that the courage it takes to fight a war is quite modest compared to the enormous courage it takes to survive a war, to come home and make a new life with the lessons war has taught. Clearly, in his first book, Liguori proves that he has fulfilled this destiny himself." --- Gerald Nicosia, National Book Award Winner, author of HOME TO WAR: A HISTORY OF THE VIETNAM VETERANS' MOVEMENT

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The Cumberland/Perry Community Support Program (CSP) Advisory Committee is comprised of individuals living with mental illness, family members, providers, professionals, and community members who work together as committed equal partners and apply CSP principles to offer hope and assure that every person with a serious mental illness will enjoy the highest possible quality of life. The Committee advises the Cumberland/Perry Mental Health and Intellectual and Developmental Disabilities (MH/IDD) office on how to improve the quality of services and supports, and the Committee facilitates cooperation between providers, community organizations and stakeholders.