



Promoting Mental Health Awareness

Cumberland Perry Community Support Program

Promoting Mental Health Recovery

Cumberland/Perry Community Support Program

134 N. Hanover St

Carlisle, PA 17013

(717)254-6060

www.csppc.org

csppc@csppc.org

MEDIA CONTACT: Joseph Alex Martin, Chair

FOR IMMEDIATE RELEASE

MENTAL ILLNESS AWARENESS WEEK EVENTS ANNOUNCED IN CUMBERLAND AND PERRY COUNTIES

CARLISLE, PA – Since 1990, the first week of October has nationally been recognized as Mental Illness Awareness Week. The Cumberland/Perry Community Support Program today announced the events which are being planned for this year's celebration of Mental Illness Awareness Week in Cumberland and Perry Counties.

The Mental Illness Awareness Week events allows our community to illustrate that recovery is possible, and that supporting recovery-oriented services and support systems benefits everyone within our local communities, making our communities richer and more fuller.

Cumberland & Perry County residents interested in participating in any of these events may contact the Cumberland/Perry Community Support Program office at (717)254-6060, for more information.

- Mental Illness Awareness Week will begin with the fourth annual **Candle Light Vigil for Mental Illness Awareness** on **Sunday, October 2nd, 2016** from **6:00 pm to 8:00 pm** at the **Perry County Court House Lawn, across from 2 E Main St, New Bloomfield, PA 17068**. The Candle Light Vigil will feature special musical guests, **By The Way Band**, as well as a number of stories from diverse members of our communities.
- From **Monday, October 3, 2016** to **Friday, October 7, 2016**, Cumberland/Perry Community Support Program will display its **Recovery Quilt** at **Perry County Courthouse, 2 East Main St, New Bloomfield, PA 17068**. The quilt is made up of more than 60 squares that were designed by consumers, family members, friends, providers, and other community organizations in Cumberland and Perry Counties. The **Recovery Quilt** will also be displayed at the **Cumberland County Courthouse, 1 Courthouse Square, Carlisle, PA 17013** from **Monday, October 10, 2016** to **Friday, October 14, 2016**.
- On **Tuesday, October 4, 2016** at **7:00 pm**, at the **First United Church of Christ, 30 N Pitt St, Carlisle, PA 17013**, will be a special presentation with **Rev. Peter Bauer**. Rev. Bauer is pastor with the **United Church of Christ**, a **Clinical Social Worker** for the **Department of Veterans Affairs** and a professor at the **University of Texas, San Antonio**. Later in the month, Rev. Bauer will be inducted into the **National Association of Social Workers Pioneer**, recognizing Rev. Bauer for exploring new territories and building outposts for human services on many frontiers for his many works with trauma, suicide, and vulnerable populations.
- On **October 5, 2016** from **11:30 am – 1:00 pm**, as part of the Counties' **"Work is Everyone's Business"** initiative there will be an educational phone conference to hear consumers talk about the role employment has played in their mental health recovery journeys. Please register at <https://www.surveymonkey.com/r/workiseveryonesbusiness2016> and join us for the call.

- On **October 12, 2016** from **11:30 am – 1:00 pm**, to further the “**Work is Everyone’s Business**” initiative, Right Direction, a free educational initiative for the workplace, will present a teleconference/webinar on **Addressing Depression in the Workplace**. This teleconference/webinar is focused towards businesses, agencies, and human resources programs within Cumberland and Perry counties, in order to improve and support understanding about depression in the workplace. Please register at <https://www.surveymonkey.com/r/WORKISEVERYONESBUSINESSRIGHTDIRECTION> and join us for this teleconference/webinar.

Cumberland/Perry Community Support Program wants to sincerely thank the Cumberland/Perry Mental Health and Intellectual and Developmental Disabilities Office, Cumberland County office of Veterans Affairs, National Alliance on Mental Illness; PA, Cumberland and Perry Counties, and everyone else who contributes to making these events possible.

18.1% of adults in America are affected by a mental health challenge. 4.1% of adults in America are affected by a serious mental health challenge. (National Institute on Mental Health) Virtually everyone knows someone who is personally affected by a mental health challenge. Despite these facts, stigmatizing public opinions about those living with mental health challenges is still a major barrier for persons living with mental health challenges to seek the resources that will assist them in their recovery.

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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.