



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

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Mental Health Resource Exchange 610-363-6164 (fax) 610-594-0278 (email) mhs@coadgroup.com

## Community Crossroads Holds Open House

The Community Crossroads Peer Support Center on Paoli Pike in West Chester held its open house and ribbon cutting ceremony on Friday, May 29th. Plenty of friends and supporters stopped by to tour the facility and enjoy the day's festivities. Gary Entekin, Administrator for Chester County Mental Health /Mental Retardation and Caroline Smith, Deputy Mental Health Director spoke at the event and guests were invited to a lunch of grilled hot dogs, soft pretzels and Italian water ice.

Community Crossroads is a Horizon House peer-run program and provides a safe and comfortable environment for individuals 18 and older with

psychiatric disorders, substance abuse issues and/or homelessness to pursue their recovery through involvement in social, recreational, educational, support and advocacy groups and activities.

Among the many activities offered are computer instruction, job readiness programs, arts and crafts, support groups, healthy lifestyles programs and newsletter writing. The Center also has Friday night social events and trips.

To find out more about the new center, contact Horizon House at 610-429-1702.



Staff & friends of the Peer Support Center gather for a ribbon-cutting ceremony .

## Avoid a Stress-filled Summer

Summer months may bring lazy days and water fun for many, but it can also bring on stress from the change of routine and sleep patterns, as well as the challenges of extended child care and travel plans. Parents and caregivers can work to reduce these pressures, however, for both themselves and the kids.

For parents, one key to reducing stressful situations to plan ahead for the summer season. The Psych Central website suggests parents keep a calendar and write down all activities. The site also recommends that parents develop and nurture several sources of support —

from neighbors to other family members. It's always easier to cope when you have people to turn to. And while parents may want to make sure their children have fun-filled summer days, it's also important to take time for the adults, even if it is just for an evening out.

Since any type of change - even positive change - can increase stress and anxiety in children, parents need to be aware of the signs. Children may express their stress with physical symptoms such as headaches or stomachaches. They may also have sleep disturbances, become irritable, clingy or regress to behaviors

from an earlier developmental stage. Parents can help by encouraging open communication of any fears and by providing a calm, consistent environment at home.

When a child's self-esteem is high, he or she will have better coping mechanisms. It may help to involve them in situations where he or she can succeed. Physical activity also helps relieve stress for young and old alike.

Finally, parents should remember to have fun with their child. Use summer vacation time to play, share stories and laugh.

**The COAD Mental Health Services phone number has changed to:**

**610-363-6164.**

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## Providing SoleMates

Karen Brenneman, the associate director of Children's Outreach Programs and the SibShops coordinator at Child and Family Focus is collecting new shoes for orphans in Central America. Donations of new shoes of any kind, size or brand will be accepted until June 30.

There are 143 million orphans in the world today, with the majority living in poverty. A simple pair of shoes will show these children that someone does care and will protect their feet from cuts, bruises and life-threatening diseases which can be contracted through their feet. For more information, go to the website: [www.shoesfororphansouls.org](http://www.shoesfororphansouls.org).

Karen will be traveling to Central America in September to deliver the shoes. You can reach her at [rkbrenneman@zomminternet.net](mailto:rkbrenneman@zomminternet.net).

## Summer Reading

COAD's Mental Health Resource Exchange has several new books available for summer reading. Each may be checked out for three weeks at a time.

Edward Zine tells his personal story of living with obsessive-compulsive disorder (OCD) in "Life in Rewind: The story of a Young Courageous man who Persevered over OCD and the Harvard Doctor who Broke All the Rules to Help Him." The 242-page hardbound book delves into how OCD took hold of Edward's life and how he finally broke free from the grip of the illness.

"comeback: a mother and daughter's journey through hell and back" was written by Claire and Mia Fontaine and tells how young Mia,

an honor student from a loving home, ends up running away from home and getting into heavy drug use. The first-person account from both mother and daughter form a compelling, provocative and heart-wrenching story of how a devoted mother helps her daughter get back to the person she once was.

"Survival of the Prettiest: The Science of Beauty" by Nancy Etcoff, a faculty member at Harvard Medical School and practicing psychologist, is a witty and thoroughly researched inquiry into what our culture finds beautiful — and why.

To find out more about these books or others available at COAD's Mental Health Resource Exchange, call 610-363-6164.

## Direct Orders

**According to a report from CNN, Army Brig. Gen. Stephen J. Townsend recently gave what appeared to be an unusual order to soldiers at the 101st Airborne at Fort Campbell in Kentucky. The order was for the soldiers to not kill themselves.**

**From January 2009 through mid-March, there had been almost one suicide per week, which prompted this response from the General.**

Suggestions or submissions are always welcome for this newsletter. Call **610-363-6164** for more information or to volunteer to help with any COAD programs or services.

## A New Study from SAMHSA

reports that a majority of America's 2.5 million adolescents suffering from depression did not receive treatment in the past year.

Among those treated,

- 58% saw a counselor
- 36.8% saw a psychologist
- 27.3% saw a psychiatrist or psychotherapist
- 26.6% saw a family doctor

## Two Suicide Prevention Groups Unite

Two of the country's leading suicide prevention organizations — The American Foundation for Suicide Prevention (AFSP) and the Suicide Prevention Action Network (SPAN USA) — have merged to strengthen advocacy and to have a greater influence on public policy. The merger was finalized on May 1 and announced at AFSP's national board of director's meeting.

SPAN is now the public policy division of AFSP and will spearhead the foundation's advocacy and policy initiatives from Washington, D.C. Five former members of SPAN's board of directors have been appointed to AFSP's national board.

Said AFSP Executive Director Robert Gebbia, "Suicide is a public health problem that claims a life every 16 minutes

in the United States. Despite this fact, the issue is rarely discussed, often surrounded by stigma and not seen as a national priority."

Both groups expect the merger to address the problem, expand the grassroots advocacy and bring more awareness to the issue.



### Register Now for the Annual Consumer Recognition Luncheon

June 25 from 11:30 am to 1:30 pm at The Inn at Chester Springs

This is a celebration of recovery for all Chester County mental health consumers.

Call 610-363-6164 for information about awards & to register.



Jake Kelleher

### Liv • Live Concert

A concert to raise awareness about teen depression and suicide prevention

Friday, June 12, 2009  
6 to 9pm

THE PAUL GREEN SCHOOL OF ROCK  
478 Acorn Lane, Downingtown

Featuring Bands from the  
Downingtown School District

Call 610-363-6164 for information

### Make that call !

Chester County mental health consumers may receive free peer support & information about mental health services through Valley Creek's consumer-run warm line.

Call 1-866-846-2722

M-F from 2pm—8pm  
Weekends noon-6pm



## 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 Tues. — **ADHD Support Group for Adults with ADHD.** 7 pm Keshet Israel Congregation, 1000 Pottstown Pike, West Chester. For more info. go to [www.chestercountyhadd.org](http://www.chestercountyhadd.org).
- 3rd Thurs. — **ADHD Support Group for Parents, Teachers, Caregivers.** 7 pm Keshet Israel Congregation, 1000 Pottstown Pike, West Chester. For more info. go to [www.chestercountyhadd.org](http://www.chestercountyhadd.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 and December)
- 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 Community Care Behavioral Health Organization, 1 Uwchlan Ave., Exton. For more info email Liz Eber at [eberea@ccbh.com](mailto:eberea@ccbh.com).
- 2nd Mon. — **Adult MH Meeting** - 6 - 8pm, 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  
Mental Health Services  
930 E. Lancaster Avenue  
Exton, PA 19341