



What: Education Meeting and Support Group


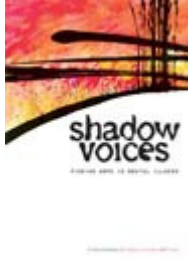
When: Meets 3rd Thursday of each month

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

February 18, 2010	Live Presentation on "Anxiety Disorders: A Overview" with Theresa Myers, CRNP http://www.adaa.org/ http://www.ocdchicago.org/ http://www.ptsd.va.gov/
March 18, 2010	Live Presentation → County funded Mental Health Services are usually initiated by contact with one of the Base Service Units located either at NHS - The Stevens Center (717.243.6033) or Holy Spirit Behavioral Health Services (717.763.2219). At the March 18, 2010 meeting from 7:00pm to 7:50pm come out to hear about the unit from Cynthia A. Howard MSW LSW (East) and Dana La Rocque, M. P. A. (West) Robin Tolan from Cumberland/Perry Counties Mental Health Office will present a review and seek comment on the Update to Mental Health Plan following the above presentation
April 15, 2010	Live Presentation → Mobile Crisis is 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/
May 20, 2010	Live Presentation on Anger with Dr Kim Weikel, Ph.D. Details Pending
June 17, 2010	<p style="text-align: center;"><i>Back from the Edge: A Documentary about Borderline Personality Disorder</i></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. http://bpdresourcecenter.org/ http://www.borderlinepersonalitydisorder.com/ http://www.bpdcentral.com/index.php</p>
July 15, 2010	<p>Mental Illness: fighting the stigma... working for recovery... finding hope.</p>  <p>Shadow Voices: Finding Hope in Mental Illness is an intimate, 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.</p>
August 19, 2010	Live Presentation "Housing Options" with Ben Laudermilch from Cumberland/Perry Housing and Community Partnership http://www.cchra.com/
September 16, 2010	Live Presentation "Recovery and Addiction" http://www.recoverymonth.gov/ http://www.raseproject.org With Jaime Davis of The RASE Project of Carlisle
October 21, 2010	Live Presentation "What is Psychosocial Rehab? & STAR Programs" with Laura Jesic, STAR Program Director
November 18, 2010	Annual Elections followed Short Video "Teenage Depression and Suicide" from Mental Health Ministries http://www.mentalhealthministries.net/ http://healthnet.umassmed.edu/mhealth/HAMD.pdf
December 16, 2010	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