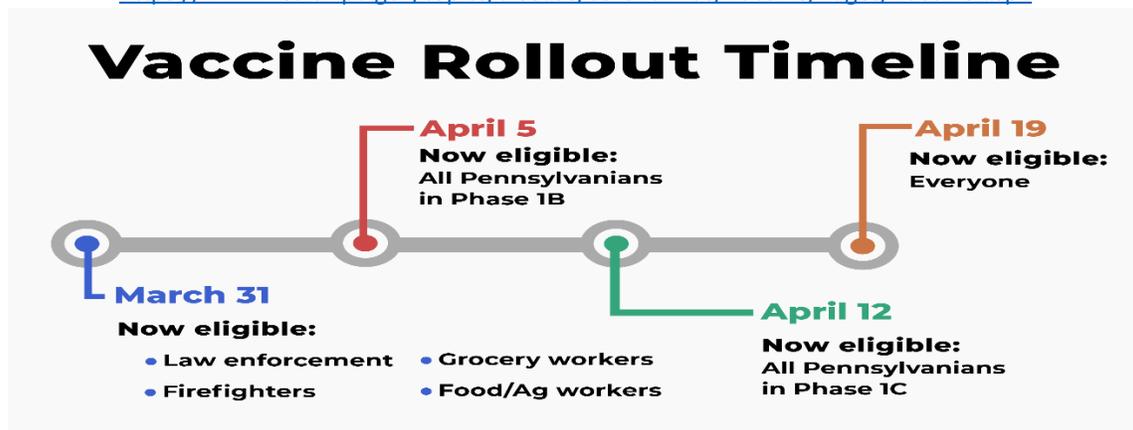


The Westmoreland County CSP Connections



Minutes from March 18, 2021 Meeting

The March CSP Meeting featured answers to the various questions our CSP members had about the current Covid 19 pandemic, and the various vaccines. Dr. Carol Fox and Mike Sekhom from Excela prerecorded a message covering all these important inquiries. One of the main points the Excela duo reiterated was that taking proper precautions like hand washing, social distancing and wearing a mask, have had and continue to make, a huge impact on the preventing the spread of the virus. Daily, the medical experts note that it is still important to abide by the current Centers for Disease Control & Prevention (CDC) guidelines, whether you are vaccinated or not. More info from the CDC is available on their website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>. Another salient point is that any vaccine is better than no vaccine. These vaccines are becoming readily available to all Pennsylvanians April 19, 2021. <https://www.health.pa.gov/topics/disease/coronavirus/Vaccine/Pages/Vaccine.aspx>



There is **TONS** of information out there, some accurate, and some not, so check with the reputable sources first! Social media and hearsay may not always be your best bet. If you are interested in the most current and accurate information about Covid 19 and the vaccines, go to the Excelsa website <https://www.excelahealth.org/> or any of the sites above. Also, feel free to use this link for more date and location options for the various Covid 19 vaccinations <https://mainlinepharmacy.com/covid-vaccine-scheduling/> and use this link for the February 18 CSP presentation, <https://youtu.be/NAYLPeCclMk>. In addition to the presented information from the Excelsa medical staff, please be sure to take care of yourselves mentally and physically. No doubt, stress, isolation, depression and anxiety are effecting us all at higher levels the past year. It is OK to not be OK but it also OK to seek help to feel OK again. If you or someone you know are feeling overwhelmed, alone or just need to talk to someone, there are plenty of available resources in Westmoreland County. Two of these essential resources include the Crisis Hotline @ 1-800-836-6010 and the Crisis Response Center @ 724-832-4465. Contact the BHDS Office and we can also assist you, 724-830-3617. Stay well.

During the start of the March meeting there was discussion about having the July 15, 2021 “CSP Picnic” in person, and outdoors at New Stanton Park. The majority of the past meeting attendees were in favor of this, so we will move forward with that plan. In the coming weeks I will be asking for input from our CSP members. This is to be more of a discussion around wellness as opposed to a formal meeting. If anyone has input, please contact me. There will be safety guidelines for **ALL** those who attend.

Due to the ongoing Covid 19 pandemic, the CSP meetings will need to continue via Zoom, and not meet in person until further notice. Since meetings are on the Zoom platform, and there is lack of attendance and participation from the Mental Health consumers, there will be no elections for the various co-chairs and Steering Committee for 2021. This does not mean that your ideas and suggestions do not matter! Also, we will not cancel any meetings if Greensburg Salem is on a delay or closed. Starting on January 21, 2021, Westmoreland County BHDS Office will be using their own Zoom platform for CSP meetings, and this will be a recurring link for all meetings. This link will be on the agenda moving forward. I hope that this will make it easier for our members to get logged into the meetings. If you still need Zoom technical assistance, please use the attached “How to use Zoom,” on the monthly agenda, ask your caseworker or contact The BHDS Office.

New for 2021! The logo and brochure for Westmoreland County CSP has been updated after many years. The brochure reflects how meetings are run and what information people can expect to gather when they attend them. The 8 pointed star for the logo represents the 8 CSP Principles, and green represents anti-stigma for Mental Health. For more information on CSP in Pennsylvania, check out this link: <https://www.dhs.pa.gov/Services/Assistance/Pages/Community%20Support%20Program.aspx>

The Steering Committee is interested to know what topics our members would like to have covered, and how to improve meeting attendance for the future. We are hopeful we can get more attendance during our virtual meetings as member involvement is paramount for the success of our program. Please submit ideas to tanyerb@westmoreland.swsix.com

Community Happenings

- The Western Region CSP Meeting is on the 2nd Friday of each month and all meetings continue to be held virtually on the Zoom platform. The next meeting is on April 9, 2021 @ 11am, and the link to the meeting is: <https://beaconhealthoptions.zoom.us/j/95753229110?pwd=U3Q2RmVRQ1Ezc2RDY2ZMVEIHMI9tQT09>
Meeting ID: 957 5322 9110 Passcode: 545632 Toll Free: 1-646-876-9923
WRCSP will have the annual conference on June 11, 2021. This includes a presentation from Beacon Health Options entitled *Mental Health 101*. WRCSP also plans to have the picnic in person @ Moraine State Park on July 9, 2021.
- MHASWPA continues offering multiple support groups. These include MH Virtual Support Group on Tuesdays @ 1pm, The Anyone Support Group on Wednesdays @ 6pm, the LGBTQIA+ Support Group on Tuesdays @ 6pm, and the LOSS Support Group on the 1st Tuesday of each month @ 630pm. For more information, contact Heather McLean @ 724-433-1359.
- The Westmoreland County LGBTQ+ Support Group, in partnership with Persad, will be offering a series of short presentations on the history of LGBTQ+ and current hot topics. This is entitled Snapshots, and occurs during the support group, 6-7pm on Tuesdays. Contact Heather McLean for more information @ 724-433-1359.
- Beacon Health Options is offering Member Trainings. These various trainings cover topics that were chosen by member input. The next training is April 6, 2021 from 130-3pm, and is entitled *Covid 19, Ask the Dr.*, featuring Dr. Usman.

- The Westmoreland County Transit Authority (WCTA) is providing free transportation to Covid-19 vaccine appointments. For more information call 724-834-9282, and see the attachments.
- HealthChoices (HC) Consumer Advisory Committee is looking for members to attend and give input. The meetings occur 3 times per year, and include a stipend for participation. The next meeting for the Southwest is on 4/15/21, and the link is below. Contact Bobbie Jo Comes 724-822-2994 for info.
<https://maximus.zoom.us/j/96109384510?pwd=aWFJbUV0dWpKN05vUHFiem5TM2xiQT09>
- The Westmoreland Drug & Alcohol (WeDAC) is hosting a new event on May 22, 2021 from 11am-3pm. This is for the first *CSAY PAWS for Prevention Dog Walk @ Mammoth Park*. Check out the attachments for additional information.
- The Westmoreland County BHDS Office has collaborated with WCSI and MHASWPA to bring numerous trainings to our county. These include Mental Health First Aid for Adults and Youth (MHFA), Military Sexual Trauma, Implicit Bias, Hoarding and many more. Additional info is in the attachments

Westmoreland County BHDS Updates

- Kelly Hines joined the BHDS Team on March 15, 2021. She is the new Complex Case Specialist for Children. Welcome aboard.
- The Westmoreland County Courthouse will be lit green for the month of May for the annual Mental Health month. This is to show support and solidarity to all of those who have mental illness, as well as those who support them.
- Resources for Human Development (RHD) are in the process of closing their ACT Team. Wesley Family Services (WFS) plans to create a modified team, in addition to their current team, to service these high need consumers. Merakey will now be our second provider in the county to provide ACTT services. They currently have a similar level of care they are successful with, Dual Diagnosis Treatment Team (DDTT).
- The Crisis Intervention Teams Training (CIT) in Westmoreland County will now have 2 in person trainings scheduled. The first class will be the week of June 7-11 @ Allegheny Township, and the second is the week of June 21-25 @ WCCC. Please see the following link of an overview of what CIT is and how it benefits our residents and first responders when dealing with mental health.
<https://www.citinternational.org/What-is-CIT>

The Next CSP Meeting is on April 15, 2021, 10am-12pm!