



at West Chester University

MENTAL ILLNESS AWARENESS WEEK

OCTOBER 3RD-9TH
2021



NAMI On Campus

- **NATIONAL ALLIANCE ON MENTAL ILLNESS: EST. 1979, IS THE NATION'S LARGEST GRASSROOTS MENTAL HEALTH ORGANIZATION DEDICATED TO BUILDING BETTER LIVES FOR THE MILLIONS OF AMERICANS AFFECTED BY MENTAL ILLNESS**
- **MISSION TO RAISE MENTAL HEALTH AWARENESS ON CAMPUSES**
- **EDUCATE PEERS ON MENTAL HEALTH**
- **ADVOCATE AGAINST MENTAL ILLNESS STIGMAS**

Mental Illness Awareness Week (MIAW)

- **SUNDAY, OCTOBER 3RD-SATURDAY OCTOBER 9TH**
- **SUNDAY, OCTOBER 10TH: WORLD MENTAL HEALTH DAY**
- **IN 1990 CONGRESS EST. FIRST WEEK IN OCT. AS MIAW**

Student posters will be displayed on easels during the week in observance of mental illness awareness.

Dates/locations:

**TUESDAY, OCTOBER 5TH
FROM 8AM-330PM IN BPC
102**

**WEDNESDAY, OCTOBER 6TH
FROM 9AM-300PM IN SYKES
LOBBY**

**MENTAL ILLNESS
AWARENESS WEEK**

first full week of October



Mental Illness Crisis Resources

WCU Counseling Center: 610-436-2301

Drop-in Election Check-in: Schedule a one-time conversation with a counselor to specifically discuss your concerns and reactions to the election. Call the number listed above during business hours (Monday-Friday 8a-4p) and ask to schedule an "Election Check-in." Appointments are on a first come, first serve basis.

Community Mental Health Services: 610-436-2510

WCU Community Mental Health Services (CMHS) is affiliated with the West Chester University Doctor of Psychology (Psy.D.) Program. CMHS serves as a training center for graduate students in the Psy.D. Program and as a clinical research site for faculty in the Psychology Department. As a non-profit training and research facility, Community Mental Health Services is able to provide low-cost, cutting edge psychotherapy and testing.

NAMI On Campus

NAMI On Campus group's goal is to raise mental health awareness, educate the campus community, support students, advocate, and fight negative mental health stigma. Membership is open to all majors.

Wellness Promotion: 610-436-0730

Wellness Coaching: 1:1 meetings and support provided by a trained professional staff member to work with you in developing further awareness and insight utilizing your own strengths and the connection and support of a coach to help you to thrive. Start the process by submitted the request form at [Wellness Coaching Request](#)

Rammy's Resource Navigator

Rammy's Resource Navigator is an application to help you find University resources based on various concerns.

The Rams' Guide to Success

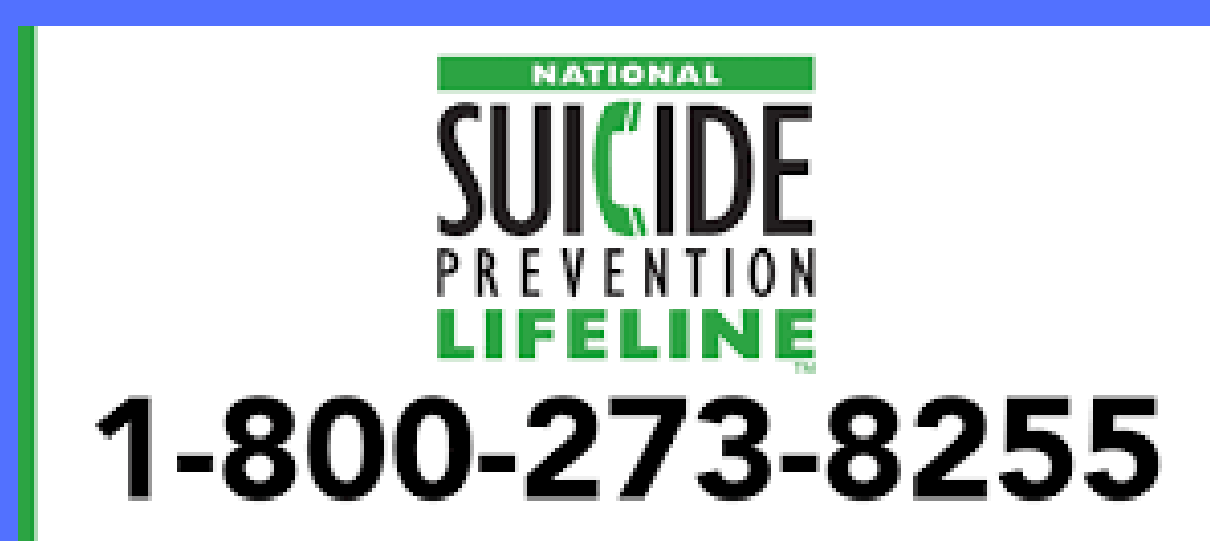
The Ram's Guide to Success (RG) is designed to help students find the tools they need to be successful, and to provide a guide for staff and faculty to help students connect with the programs, events, and services they need to be successful at West Chester.

National Suicide Prevention Hotline: 1-800-273-8255

Crisis Text Line: 741-741

Text STEVE to 741-741 if you are a person of color looking for support

Trans Lifeline: 1-800-273-8255



Chester County Crisis Intervention Team Resources

Drug & Alcohol Services

- Coatesville – Gaudenzia.....610-383-9600
- Exton – Mirmont Outpatient (formerly CAD).....484-565-1130
- Kennett Square – Holcomb Behavioral Health.....610-388-9225
- West Chester – Gaudenzia.....610-429-1414
- Chester County Drug & Alcohol delegate line.....610-344-5630
- Afterhours: Bowling Green BrandywineKennett Square.....1-800-248-7807

Other Services

- Shelters & Housing for all of Chester County United Way.... 2-1-1
- Alcoholics Anonymous (AA).....215-923-7900
- Crime Victims.....610-692-7420
- Crossroads Recovery Center.....610-429-1702
- Domestic Violence.....888-711-6270
- Drug /Alcohol Information & Referral.....866-286-3767
- NA-WORKS (Ask for help)215-629-6757
- Rape Crisis610-692-7273
- Veteran’s Administration.....610-384-7711

Bilingual Services

- La Comunidad Hispana.....610-444-7550
- Oxford Area Neighborhood Services.....610-932-8557

Mental Health Services

Adults & Children

Human Services, Inc.

4 locations: Brandywine Hospital,
Oxford, Thorndale, West Chester
610-873-1010

Holcomb Behavioral Health

- Exton.....610-363-1488
- Kennett Square.....610-388-7400

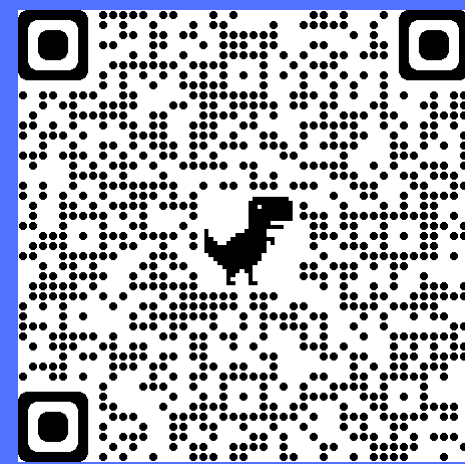
Hospitals

- Coatesville – Brandywine Hospital.....610-383-8000
- Paoli – Paoli Hospital.....484-565-1000
- Bryn Mawr Hospital.....484-337-3000
- Phoenixville – Phoenixville Hospital.....610-983-1000
- West Chester – Chester County Hospital.....610-431-5000
- West Grove – Jennersville Hospital.....610-869-1000



PETE EARLEY

AMERICA'S MENTAL HEALTH MADNESS



6 p.m. | Tuesday, Oct. 5

Emilie K. Asplundh Concert Hall

**West Chester University of PA
700 S High St, West Chester, PA 19383**

**Free Event - Open to the public
Meet & Greet Book Signing for students
and sponsors only**

Pete Earley is best-known for his nonfiction book, *CRAZY: A Father's Search Through America's Mental Health Madness*, which was one of two finalists for the 2007 Pulitzer Prize.

His book chronicles his struggle to help his adult son after he develops a severe mental illness and is arrested. His son's arrest prompted Earley to spend ten months inside the Miami Dade County jail as a reporter where he followed prisoners with mental disorders through the criminal justice system to see what actually happened to them. His book has won awards from the American Psychiatric Association, the National Alliance on Mental Illness, Mental Health America, and prompted CNN to name him one of nation's top "Mental Wellness Warriors."

He currently serves as the parent member of the Interdepartmental Serious Mental Illness Committee (ISMICC) created by Congress to advise it on federal mental health policy. He was invited by President Obama to speak at a White House summit about his son's illness and recovery.

A former Washington Post reporter, Earley has appeared five times before the U.S. Congress to testify about the need for mental health reform, has spoken in 49 states and addressed legislators in four foreign countries. He serves on the board of the Corporation for Supportive Housing, which finances projects to eliminate homelessness. He writes regularly for USA TODAY and the Washington Post about mental health issues and also posts a weekly blog at www.petearley.com that often is cited by the media.

In a Washingtonian Magazine cover story entitled, *Top Journalists: Washington's Media Elite*, Pete Earley was described as one of a handful of journalists in America who "have the power to introduce new ideas and give them currency."

He is the author of eleven nonfiction books and ten novels, including five New York Times bestsellers. His book *Family of Spies: Inside the John Walker Spy Ring*, was a five hour miniseries shown on CBS television. For his book, *The Hot House: Life Inside Leavenworth Prison*, Earley spent a full year as a reporter inside a maximum-security prison. His book, *Circumstantial Evidence*, helped free an innocent man from Alabama's death row and won the Robert F. Kennedy Award for Social Justice.



PETE EARLEY BOOK SIGNING

**SIGN UP FOR A COPY OF PETE'S BOOK WITH AN AUTHENTIC
AUTOGRAPH**

**OPEN TO STUDENTS AND SPONSORS ONLY
LIMITED TO 60 ATTENDEES**



4:00 - 4:45



4:45-5:30

Chester County Panel Presentation Tuesday, Oct. 5 BPC 213 from 3:20-4:20pm CRJ and PSYCH students only

Susanne Fink- Mental Health Diversion Specialist: Ms. Fink has worked in the Substance Abuse/Mental Health field for the past 21 years. She has various clinical experiences working with adults to adolescents in an array of settings. Susie Coordinates CIT and the Stepping Up Initiative for Chester County.



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www.chesco.org/mhidd

Chief Holland – Police Chief of Downingtown Borough/President of Chiefs Association: Started his police career on November 05, 1997 at the Downingtown Borough Police Department. After serving four years as a Patrol Officer he tested and was promoted to the rank of Sergeant. After serving as a Sergeant, for seven years, he then tested and was promoted to the rank of Lieutenant. In 2017, he was promoted to Chief of Police.

David Klein – Director of Admissions and Regionalization at Brandywine Hospital: Mr. Klein has 22 years' experience as a MH professional in Chester County, 11 of those years in a supervisory capacity. Dave is actively working to improve areas of patient care at Brandywine and within the Tower Health Behavioral system. He is responsible for admission services as well as strategic behavioral health planning within Brandywine and Tower as well as partnerships and behavioral health collaborative within Chester County.

Sonja Kenney – Clinical Manager of Crisis Services: Sonja Kenney, Psy.D. is the Clinical Manager of Crisis Services at Valley Creek Crisis Center. Sonja has been working at Valley Creek in various capacities since 2015. Sonja has 30 years of community mental health experience, providing direct care, supervision, coordination, and clinical consult to oprograms including NAMI, family support services, adult case management, adolescent and adult residential programs, IOP, partial hospitals, and individual, family, and group outpatient services.

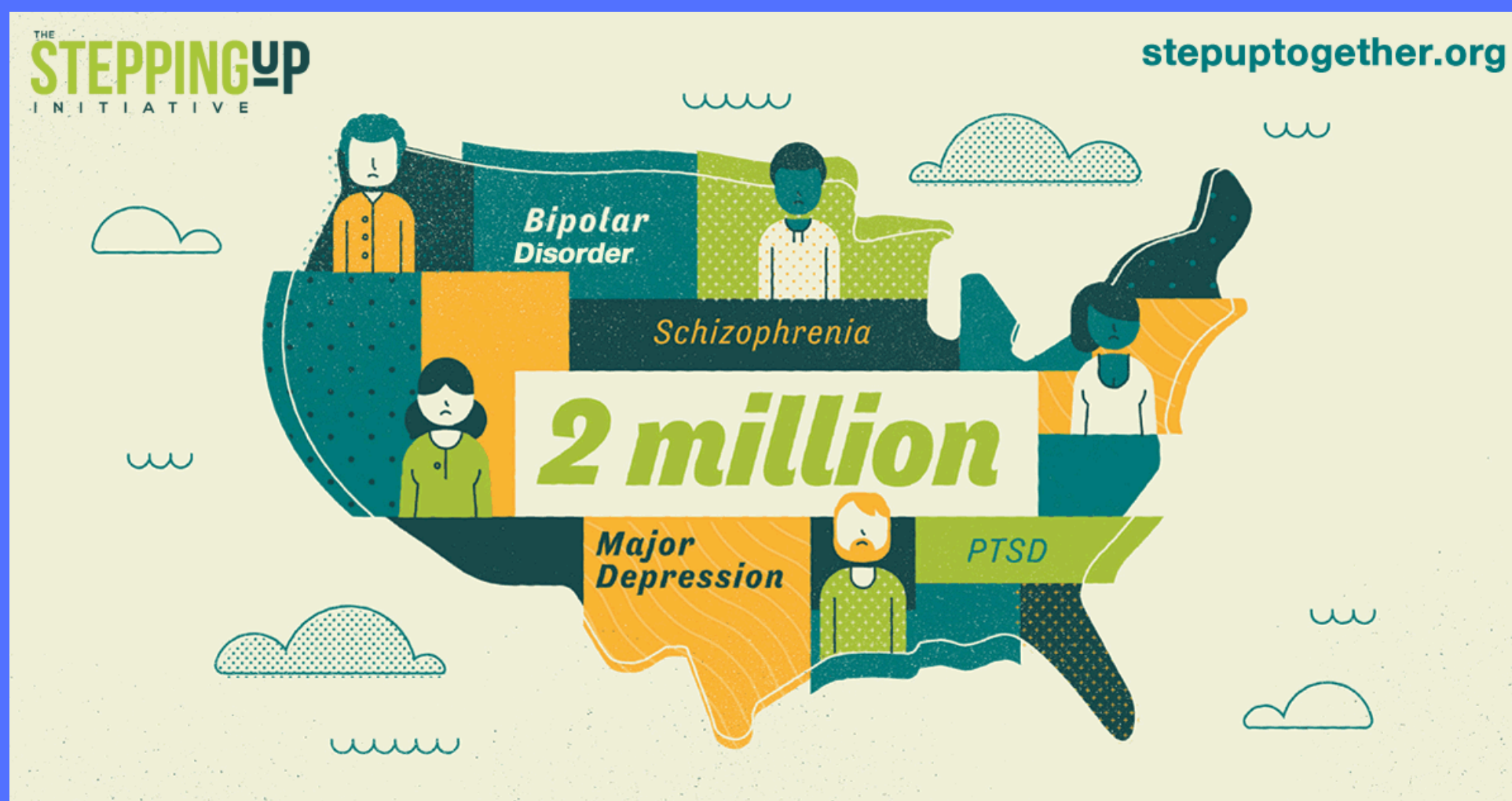
Wesley Holman – Sergeant West Goshen Police Department: Sergeant Holman has been with West Goshen PD since 2006. He was a police officer for 5 years in Birmingham Twp. and West Brandywine Twp. He is assigned to the patrol division and will assume the responsibilities of patrol Sergeant. Sergeant Holman is an EMT, having served this community for several years with the Good Fellowship Ambulance Company. He is a life member of the West Chester Fire Department and West Goshen's First Aid/CPR/AED instructor. He is certified in CIT (Crisis Intervention). Holman is also a coordinator for the Chester County CISM team.

Stepping Up Presentation
Oct. 6 Sykes Student Union
Theater Room SYK005
3PM-4:30PM

Remote Attendance Option: After registering with the link below, you will receive a confirmation email about joining the meeting.

Registration Zoom Link:

<https://wcupa.zoom.us/meeting/register/tJwkd-uvrjsuG9QVSAVSKD08gMKbqDWpLyZI>



Stepping Up Initiative overview of reducing the numbers of serious mental illness individuals into prisons/jails. Chester County accomplishments in integrating the Stepping Up Initiative in Chester County. Presenters will show how the Stepping Up Initiative has brought to fruition another program within Chester County.

Presenters:

- **Susanne Fink- Mental Health Diversion Specialist**
- **Gretchen Frank – Senior Policy Analyst, Behavioral Health at The Council of State Governments and Justice Center**
- **Kati Habert – Senior Policy Analyst at The Council of State Governments and Justice Center**

PERSISTENT TRAUMATIC STRESS DISORDER: ADDRESSING RACIAL TRAUMA AND THE IMPACT OF MENTAL HEALTH

DR. EBONY WHITE

OCT. 8

CANCELLED



Post Traumatic Stress Disorder (PTSD) is a mental health diagnosis characterized by intrusive thoughts and feelings that impede functioning after experiencing or a traumatic event. This presentation addresses the question, what if it's not post? Black and Brown people in America, especially those residing in under-resourced communities in which violence is often a byproduct of poverty, have long exhibited symptoms associated with PTSD. However, there is no current diagnosis that honors this experience, and therefore no treatment that adequately serves to address this experience. In this presentation, persistent trauma associated with race as well as effective assessment and counseling methods are discussed.

Dr. White is an Assistant Clinical Professor in the Department of Counseling and Family Therapy and the Program Director of the Master in Addiction's Counseling program at Drexel University. As the Executive Director of the Center for Mastering and Refining Children's Unique Skills (MARCUS), a non-profit organization, she focuses on expanding developmental pathways for at-risk adolescents in Trenton, NJ through counseling, mentoring, and tutoring. Dr. Ebony's research interests broadly focus on advocacy and social justice within the African American community. Specifically, she is interested in the impact of individual and systemic trauma on the development and functioning of individuals and families within the African diaspora nationally and globally. Her opinion is often sought out around topics of mental health, trauma, and racism and has been featured in numerous outlets including Newsweek, Medium, the Philadelphia Inquirer, PopSugar, and the New York Times, to name a few.

In 2007, Dr. Ebony received the Woman of the Year award from the Mercer County Commission on women. She also received the Community Service Award from the NJ State Federation of Colored Women's Clubs and the Carver Youth and Family Center in 2018. Dr. White is the 2021 recipient of the American Counseling Association's Dr. Judy Lewis Counselor for Social Justice award. She is the current Chair of the North Atlantic Region of the American Counseling Association and the incoming President-Elect of Counselors for Social Justice. She recognizes the village that raised her and lives by Ubuntu, "I am because we are, and because we are, I am."

Resources

<https://www.nami.org/help>

<https://namimainlinepa.org/behavioral-health-services/>

<https://www.wcupa.edu/sciences-mathematics/psychology/PsyD/mentalHealthServices/default.aspx>

<https://www.chesco.org/626/Mental-Health-Resources>

<https://www.westchestermedicalcenter.org/psychiatry-mental-health>

<https://www.psychologytoday.com/us/therapists/pa/west-chester>

This event is sponsored by:

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NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) MAINLINE

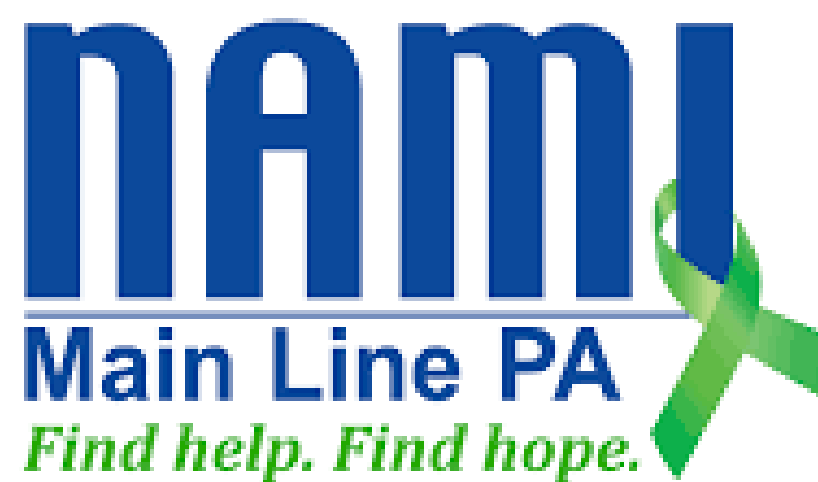
CHESTER COUNTY DEPARTMENT OF MENTAL HEALTH &
INTELLECTUAL/DEVELOPMENTAL DISABILITIES

CHESTER COUNTY CRISIS INTERVENTION TEAM (CIT)

BRANDYWINE VALLEY COUNSELING & NEUROFEEDBACK CENTER

WEST CHESTER UNIVERSITY
OFFICE OF THE PRESIDENT
OFFICE OF SERVICES FOR STUDENTS WITH DISABILITIES (OSSD)
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THE
STEPPINGUP
INITIATIVE

Chester County, Pa

