

Butler Community Support Program (CSP)

A.W.A.R.E. Newsletter

(Advocacy, Wellness, Awareness, Recovery, Empowerment)

February 2018



CSP is a coalition of mental health consumers, family members, professionals and community members working to help adults with serious mental illnesses and co-occurring disorders live successfully in our community. CSP groups are at numerous levels—counties, regions and state. We use our combined strengths to help promote positive system changes. We work towards improving services, using advocacy, and helping to promote understanding and reducing stigma. In Butler, our CSP meets on the second Wednesday of every month, starting at 2 PM. We meet in the downstairs meeting room of the Butler Library. All are welcome!

What's Going On At February's Meeting?

At our meeting on Wednesday, February 14, we will be discussing co-occurring services. A person who has co-occurring disorders has both a mental health disorder and a substance abuse disorder. Co-occurring disorders can be difficult to diagnose because of the complexity of the symptoms. Statistics tell us that people with untreated co-occurring disorders are more likely to experience homelessness, incarceration, medical illnesses, suicide and early death. At our meeting in February, a representative from Butler County's Drug and Alcohol Program will be giving an overview of these services in our county.



Join us and help us to make a meaningful difference in the lives of those with mental illness and substance abuse disorders. Call Tara Hamilton at Butler County Human Services to join us! The number is 724-284-5114. Or just show up at the downstairs meeting room at the Butler Public Library on February 14 at 2pm. All are welcome!

Summary of January's Meeting

- Angie Stinson is the Butler County Torrance State Hospital liaison. She reported that Torrance is one of 16 state hospitals still open in the county. Butler County pays for 15 open beds at the hospital, to support those Butler County residents that need that level of care. Many things need to be arranged for a person to be successfully discharged from Torrance, including insurance, housing and finances.
- Amy Peters, the Mental Health Director at Butler County Human Services, has resigned. Good luck on your future endeavors, Amy!
- The cold weather has increased the severity of homelessness in Butler County. Anyone who is homeless should go to Catholic Charities, at 120 West New Castle Street. Butler has a Local Housing Options Team (LHOT) that helps address homelessness in our area. You can contact them by calling 724-284-5114.

Did you know that 16% of the United States population has a substance abuse problem? Here is the breakdown :

- Nicotine—9%
- Alcohol—7%
- Illegal Drugs—2%
- Prescription drugs—1%



How To Get Help

If you or someone you know needs help with their addiction, contact 211. You can call them (just dial 211), go online (www.pa211sw.org) or text your zip code to 898-211.

There is also a great online resource called "In The Rooms" (www.intherooms.org). This site can help to link you with services and even offers online support group meetings. You have to register, but it's free of charge.

We are only as good as you make us! Submit information to AWARE by emailing Rita at rlane@swsix.com.