

# Community Support Journal

## Montgomery County Community Support Program Committee *Newsletter*

April 2026

Volume 4

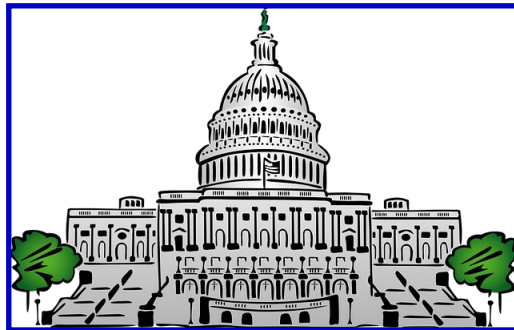


CSP Logo designed by  
Chris Ford

## Get smart about voting - Take NAMI Smarts training

By: Erin C. Anguish  
Secretary for the Southeast Regional CSP Committee

On Monday April 6, the Southeast Regional Community Support Program (SECSP) gathered at Hopeworx for our first in-person meeting in more than a year. With just under a month until Mental Health Advocacy Day (May 5 - [sign up here!](#)), this training



was particularly well-timed. NAMI Smarts for Advocacy is one of the organization's many programs for individuals with mental health challenges and those who support them. This particular module is designed to help laypeople (like me!) learn the ropes of effective political advocacy.

So, I am not an unintelligent person. I know quite a bit about more than a few things, including how to file my taxes by hand, the difference between NTSC (American and European video formats) and PAL, and the proper way to fan-fold a napkin. But when it comes to anything close to the highest-level understanding of how our government actually operates, I am absolutely clueless. I mean sure, I'd *pretend* to know how advocacy works. If asked, I could have even conjured a definition, albeit one in the style of a newspaper horoscope (vague enough to be essentially accurate).

But after this training, I am not only prepared to *define* advocacy, I'm prepared to practice it.

Our trainers - Christine Stutman from NAMI Montgomery County, Sara Wein from NAMI Chester County, and Katherine Morton from PMHCC - came prepared with handouts, and after a midday nosh of

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May 19th

Is

## The Primary Election



The Primary Election is around the corner. Are you registered to vote?

In the Primary Election, only Democrats and Republicans can vote and they must vote only for candidates in their party. The offices up for election are: Governor, Lt. Governor, U.S. Congress, and state

*Continued on page 4*

pizza and fruit, we locked in. The presentation started out with an overview of storytelling, which I *thought* was a thing I knew a lot about. As it turns out, though, talking with a legislator or their aide is very different than meeting a friend for coffee or introducing yourself to a new colleague over lunch. Our stories for advocacy are arrows aimed at a target, and that target is the ask - the action you would like the legislator to take once the meeting is over.

*The ask should be specific - if possible, tied to a particular bill or budget objective - and absolutely clear. "Support mental health" is not a good ask, but "cast your vote to add \$40M for mental health back into the budget" could be.*

We want to be respectful and polite - a legislative meeting to discuss community-based mental health services is NOT the time to take umbrage with the lawmaker's position on ICE tactics or zoning laws - and, in a related point, to stay on-message. These visits are not typically longer than 20 minutes, and there's a lot of ground to cover in that time.

We want to minimize over-the-top displays of emotion, keeping focus on the arc of hope and recovery, not getting bogged down in the most painful parts of the swampy bottom. If you can't get through some portion of your story without crying, consider re-structuring the story or re-wording it so it's not so emotionally loaded. To illustrate this, Sara borrowed a line from Glennon Doyle: "speak from scars not open wounds". Meaning: make sure you've fully processed what you're sharing before you bring it to the table.

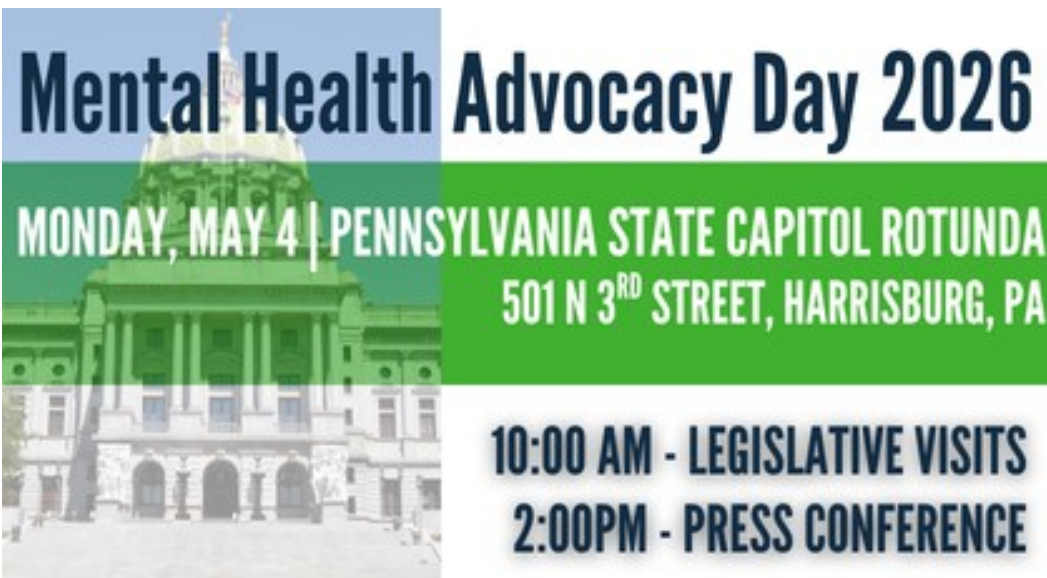
If all this seems like a lot to take in... well, it is. Thankfully, NAMI came prepared! Each participant received a worksheet that breaks the whole story-and-ask into seven simple sections, each annotated with suggestions for length, tone, and content. This was particularly appreciated by those of us whose tendency is towards tangents, abstraction, and dramatic effect rather than keeping focus on hope, recovery, and "here's how you can help".

And, as it turns out, the story is only half the battle! (Well honestly, the story is definitely more than half, but probably less than 4/5.) After taking some time to work on our personal stories, we regrouped in the last half-hour to learn a little more about how to prepare for the rest of the meeting.

Have you ever had a crush on a person, maybe in high school, and done some social-media / stalker-esque background research so you'd have something to talk about when you saw them in the halls?

No? Just me? Okay.

Well, anyway, prep for a meeting is a little bit like that. You'll want to know what committees the legislator sits on, where they're from, what their historical position has been on topics like the one you'll be discussing. And again, thank goodness, our trainers came armed with another set of super-handly fillable worksheets to help flesh out the background



**Mental Health Advocacy Day 2026**

**MONDAY, MAY 4 | PENNSYLVANIA STATE CAPITOL ROTUNDA**  
**501 N 3<sup>RD</sup> STREET, HARRISBURG, PA**

**10:00 AM - LEGISLATIVE VISITS**  
**2:00PM - PRESS CONFERENCE**

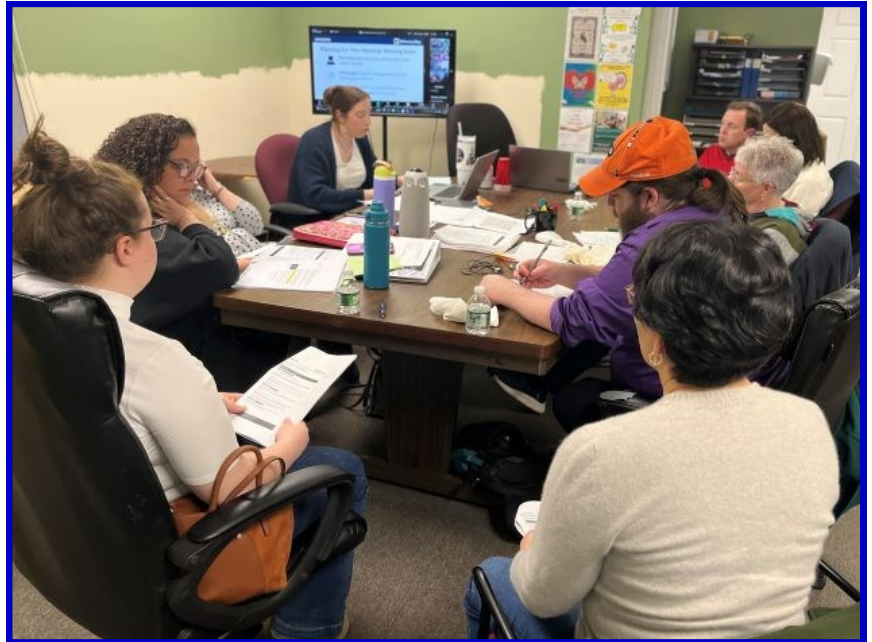
[Next page](#)

info as well. Word to the wise: do NOT put anything on this paper that you would not want published in a newspaper next to your photograph! While the background sheet is not a thing you leave behind after the meeting, accidents do happen. You wouldn't want to write something less-than-complimentary and have it found later by the wrong person.

Last (but not least) don't forget the follow-up! Just like with Aunt Lydia after Christmas, make sure you send a thank you note. Check back in a couple weeks to see if their position remains the same, and definitely make sure you follow up on any requests for information or support.

I would highly recommend this training to anyone who wishes to use their story - in ANY capacity - to effect change. The tips and worksheets are applicable not only to legislative visits, but to any conversation

where your personal experience has potential to open minds. There are a couple more presentations scheduled before Mental Health Advocacy Day - those are [4/20 from 6-8p](#) and [4/23 from 10a-12p](#). Click the links to register, get excited, and we will see you in Harrisburg on May 4!



representatives and half of the state senators. Sample ballots for Norristown District 1-1 are included here. Go to [vote.org](http://vote.org) to find out who is running in your district.

Ballot ID: 2320813  
Norristown 1-1  
130101

**Official Democratic Ballot**  
County of Montgomery, Commonwealth of Pennsylvania  
General Primary, Tuesday, May 19, 2026

**Instructions to the Voter:**

1. **TO VOTE YOU MUST COMPLETELY BLACKEN THE OVAL TO THE RIGHT OF YOUR CHOICE.** An oval darkened to the right of any candidate indicates a vote for that candidate.
  2. **To cast a write-in vote for a person whose name is not on the ballot,** you must darken the oval to the right of the line provided and print the name in the blank space provided for that purpose.
  3. Use a black pen or marker.
  4. If you make a mistake, **DO NOT ERASE.** Ask for a new ballot.
- WARNING:** If you receive an absentee or mail-in ballot and return your voted ballot by the deadline, you may not vote at your polling place on Election Day. If you are unable to return your voted absentee or mail-in ballot by the deadline, you may only vote a provisional ballot at your polling place on Election Day, unless you surrender your absentee or mail-in ballot and envelope to the judge of elections to be voided to vote by regular ballot.

<b>Governor</b> (Vote for One)	<b>Democratic Committeeperson</b> (Vote for Not More Than Two)
JOSH SHAPIRO MONTGOMERY <input type="radio"/>	DAVID W BIESECKER <input type="radio"/>
Write-in <input type="radio"/>	KELLY L DEVINE <input type="radio"/>
<b>Lieutenant Governor</b> (Vote for One)	Write-in <input type="radio"/>
AUSTIN DAVIS ALLEGHENY <input type="radio"/>	Write-in <input type="radio"/>
Write-in <input type="radio"/>	
<b>Representative in Congress</b> <b>5th District</b> (Vote for One)	
MARY GAY SCANLON DELAWARE <input type="radio"/>	
Write-in <input type="radio"/>	
<b>Representative in the General Assembly</b> <b>54th District</b> (Vote for One)	
GREG SCOTT NORRISTOWN BOROUGH <input type="radio"/>	
Write-in <input type="radio"/>	
<b>Member of Democratic State</b> <b>Committee</b> <b>17th Senatorial District</b> (Vote for four (4). The two (2) females and the two (2) males with the highest number of votes shall be elected)	
SARA ATKINS LOWER MERION TOWNSHIP FEMALE <input type="radio"/>	
TOM KOHLER UPPER MERION TOWNSHIP MALE <input type="radio"/>	
JOAN WURZEL WEST NORRITON TOWNSHIP FEMALE <input type="radio"/>	
JOSEPH S FOSTER LOWER MERION TOWNSHIP MALE <input type="radio"/>	
Write-in <input type="radio"/>	
Write-in <input type="radio"/>	
Write-in <input type="radio"/>	
Write-in <input type="radio"/>	

Montgomery County Board of Elections

*Neil Makhija*  
Neil Makhija, Chair

*J. H. Winder*  
Jamilia H. Winder, Vice Chair

*Thomas DiBello*  
Thomas DiBello, Commissioner

Norristown 1-1  
130101

Ballot ID: 2324813  
Norristown 1-1  
130101

**Official Republican Ballot**  
County of Montgomery, Commonwealth of Pennsylvania  
General Primary, Tuesday, May 19, 2026

**Instructions to the Voter:**

1. TO VOTE YOU MUST COMPLETELY BLACKEN THE OVAL TO THE RIGHT OF YOUR CHOICE. An oval darkened to the right of any candidate indicates a vote for that candidate.
2. To cast a write-in vote for a person whose name is not on the ballot, you must darken the oval to the right of the line provided and print the name in the blank space provided for that purpose.
3. Use a black pen or marker.
4. If you make a mistake, **DO NOT ERASE**. Ask for a new ballot.

**WARNING:** If you receive an absentee or mail-in ballot and return your voted ballot by the deadline, you may not vote at your polling place on Election Day. If you are unable to return your voted absentee or mail-in ballot by the deadline, you may only vote a provisional ballot at your polling place on Election Day, unless you surrender your absentee or mail-in ballot and envelope to the judge of elections to be voided to vote by regular ballot.

Governor (Vote for One)	Member of Republican State Committee (Vote for Not More Than Nineteen, 9 Males, 9 Females, and 1 Either Gender)	
STACY GARRITY BRADFORD <input type="radio"/>	BARRY BO BOHMUELLER LOWER SALFORD TOWNSHIP MALE <input type="radio"/>	<input type="radio"/>
Write-in <input type="radio"/>	PAUL LEVY LOWER MORELAND TOWNSHIP FEMALE <input type="radio"/>	Write-in <input type="radio"/>
<b>Lieutenant Governor (Vote for One)</b>	CHRISTIAN M PETRUCCI LOWER MERION TOWNSHIP MALE <input type="radio"/>	Write-in <input type="radio"/>
JOHN VENTRE WESTMORELAND <input type="radio"/>	LYNNE LECHTER UPPER MERION TOWNSHIP FEMALE <input type="radio"/>	Write-in <input type="radio"/>
JASON RICHEY ALLEGHENY <input type="radio"/>	LISA MALLON ABINGTON TOWNSHIP FEMALE <input type="radio"/>	Write-in <input type="radio"/>
Write-in <input type="radio"/>	JIM SARING PLYMOUTH TOWNSHIP MALE <input type="radio"/>	Write-in <input type="radio"/>
<b>Representative in Congress 5th District (Vote for One)</b>	RUDY WIDMANN LOWER MERION TOWNSHIP MALE <input type="radio"/>	Write-in <input type="radio"/>
NICK MANGANARO MONTGOMERY <input type="radio"/>	THOMAS DIBELLO LMERICK TOWNSHIP MALE <input type="radio"/>	Write-in <input type="radio"/>
Write-in <input type="radio"/>	DOUG HAGER LOWER PROVIDENCE TOWNSHIP MALE <input type="radio"/>	Write-in <input type="radio"/>
<b>Representative in the General Assembly 54th District (Vote for One)</b>	NANCY J BECKER TOWAMENCIN TOWNSHIP FEMALE <input type="radio"/>	Write-in <input type="radio"/>
Write-in <input type="radio"/>	JATIN PATEL MONTGOMERY TOWNSHIP MALE <input type="radio"/>	Write-in <input type="radio"/>
	ANGELINA BANKS SPRINGFIELD TOWNSHIP FEMALE <input type="radio"/>	Write-in <input type="radio"/>
	STEPHANIE DONOFRY SPRINGFIELD TOWNSHIP FEMALE <input type="radio"/>	Write-in <input type="radio"/>
	AURORA STUSKI WEST NORRITON TOWNSHIP FEMALE <input type="radio"/>	Write-in <input type="radio"/>
	TIM MAHON COLLEGEVILLE BOROUGH MALE <input type="radio"/>	Write-in <input type="radio"/>
	SEAN FRISCO UPPER FREDERICK TOWNSHIP MALE <input type="radio"/>	Write-in <input type="radio"/>
	SHARON DIASIO HORSHAM TOWNSHIP FEMALE <input type="radio"/>	Write-in <input type="radio"/>
	ROBERT GRIFFITH ABINGTON TOWNSHIP MALE <input type="radio"/>	Write-in <input type="radio"/>
	CHUCK WILSON TOWAMENCIN TOWNSHIP MALE <input type="radio"/>	Write-in <input type="radio"/>
	ERIN WOOLEY UPPER GWYNEDD TOWNSHIP FEMALE <input type="radio"/>	Write-in <input type="radio"/>
	KIM HENDERSON EAST NORRITON TOWNSHIP FEMALE <input type="radio"/>	<input type="radio"/>
	<b>Republican Committeeperson (Vote for Not More Than Two)</b>	
	Write-in <input type="radio"/>	<input type="radio"/>
	Write-in <input type="radio"/>	<input type="radio"/>

Montgomery County Board of Elections

*Neil Makhija*  
Neil Makhija, Chair

*Jamila H. Winder*  
Jamila H. Winder, Vice Chair

*Thomas DiBello*  
Thomas DiBello, Commissioner

Norristown 1-1  
130101

More  
Info!

[Pa. election 2026: A guide to vetting primary candidates](#)

Published by Spotlight PA

# The 2026 Primary Election is Tuesday, May 19, 2026

## General Primary – Unofficial List of Offices to Appear on the Ballot

The following are the public offices, including the number to be elected and the districts in which nominations are to be made, for which candidates are to be nominated at the General Primary and elected at the General Election:

Governor (Vote for One)

Lieutenant Governor (Vote for One)

Representative in Congress (Vote for One) (Districts 1, 4, 5)

Senator in the General Assembly (Vote for One) (Districts 4, 12, 24, 44)

Representative in the General Assembly (Vote for One) (Districts 53, 54, 61, 70, 131, 146, 147, 148, 149, 150, 151, 152, 153, 154)

## MONTGOMERY COUNTY BOARD OF ELECTIONS

Neil K. Makhija, Chair Jamila H. Winder, Vice Chair Thomas DiBello, Commissioner

[www.montgomerycountypa.gov](http://www.montgomerycountypa.gov)

## Voter Services Montgomery County

- PO Box 311 Norristown, PA 19404-0311
- 610-278-3280
- [montcovotes@montgomerycountypa.gov](mailto:montcovotes@montgomerycountypa.gov)
- Frank Dean Director of Elections

## Voting in Pennsylvania

### Important Deadlines For The 2026 Primary Elections:

<b>May 4, 2026</b>	Last day to register to vote.
<b>May 12, 2026</b>	Deadline to request a mail-in or absentee ballot.
<b>May 4, 2026</b>	Suggested last day to request your mail ballot.
<b>May 19, 2026</b>	Deadline to return your mail ballot. It must be received by your county by 8 p.m.
<b>May 19, 2026</b>	Election Day





**Need funds to help with travel costs to This year's  
Advocacy Day in Harrisburg on May 4th??**

**Montco CSP has funds available !!**

**Do you want to carpool or just go with a friend?  
Let Montco CSP help with cost of gas/tolls!**

**If you are interested please contact us by **April 14th**  
for a grant application**

**at**

**[pjohnson@hopeworxinc.org](mailto:pjohnson@hopeworxinc.org)**

**Advocate for the Mental Health Budget!**

**Let your voices be heard!!**



To view the art entries click [here](#).

# MONTCO CSP 2026 Art Contest

*Theme:*  
**Community Together:  
Love, Hope, Support**

**1<sup>st</sup> prize - \$100 & fridge magnets made of YOUR art!**

**2<sup>nd</sup> prize - \$50**

**3<sup>rd</sup> prize - \$25**

**Art can be created with any medium EXCEPT Generative AI. Art that is suspected to be created with AI will be automatically disqualified.**

Entries must be submitted by Friday, May 1<sup>st</sup> 2026

To Submit Artwork:

Email Penny Johnson @ [pjohnson@hopeworxinc.org](mailto:pjohnson@hopeworxinc.org)

or

Drop off at Hopeworx 1210 Stanbridge Street, Suite 600, Norristown, PA

Please make sure to title your art and submit it with your name, email/phone number, and address!



**MONTGOMERY COUNTY CSP IS HAVING A  
GAME DAY!!**

**Wed May 13th from 2-4pm at  
Norristown Farm Park Pavilion**

**2500 upper farm rd Norristown ,Pa.**

**Fun, games, snack, and community!**

**Space is limited and registration is required.**

**Click on link below to register or use the QR code**

**[CSP - Game Day : Event Calendar : News & Events : HopeWorx, Inc.](#)**



# MONTCO VOTER VAN IN YOUR NEIGHBORHOOD

APR  
22

**VALLEY FORGE TOWERS**

3000 Valley Forge Cir, King of Prussia, PA 19406  
10:00 A.M. – 12:00 P.M.

**SUNRISE NORTH WALES**

1419 Horsham Road, North Wales, PA 19454  
2:00 P.M. – 4:00 P.M.



**MONTGOMERY  
COUNTY**  
PENNSYLVANIA

Visit [montgomerycountypa.gov/voters](http://montgomerycountypa.gov/voters) for full schedule.



*Happy Spring!*

# Voices Learning Community's Panel from Prague

Thursday

**14**

May

**6:00 PM at link below**

<https://tinyurl.com/VoicesLC>

**Panel Discussion and  
Questions**

More Information at  
[MCHVN.org/Events](https://MCHVN.org/Events)



# Join Us for NAMIWalks Montgomery County PA — May 16, 2026

Won't you join the joy of this year's most important  
mental health fundraising event?

We're excited to invite you to NAMIWalks Montgomery County PA, taking place on Saturday, May 16, 2026, at Temple University Ambler Campus (580 Meetinghouse Rd., Ambler, PA 19002).

By registering, walking, or supporting a team, you play a vital role in advancing NAMI's mission and moving us closer to a future where Mental Health for All is not just a vision—but a reality.

<https://www.namiwalks.org/montcopa>

**TOGETHER**  
*we are*  
**NAMIWalks**  
Montgomery County PA

2026  
*Ready to Rally?*

Together we're going to make NAMIWalks 2026 the best one ever!

Temple University Ambler Campus  
580 Meetinghouse Rd.  
Ambler, PA 19002

MENTAL HEALTH for all

Walk to

MENTAL HEALTH for all

TOGETHER WE ARE MENTAL HEALTH FOR ALL

TOGETHER WE ARE MENTAL HEALTH FOR ALL

# NAMI Montgomery County Ribbon Campaign

During Mental Health Awareness Month in May 2019, NAMI Montgomery County PA is working to spread awareness in our great county! The first ever ribbon campaign will allow us to share the goodness of NAMI in our communities, let people impacted by mental illness know they are not alone, and end the stigma associated with mental illness. Most importantly, having the ribbons displayed on street signs, at local places of business, parks, and other places people go everyday will be a reminder that each of us are impacted and there is HOPE!

Please consider partnering with us on this important campaign! There is no cost to hang a ribbon; NAMI Montgomery County PA will deliver them to you. If you are interested in hanging a ribbon or hosting a ribbon making party, please contact us at [office@namimontcopa.org](mailto:office@namimontcopa.org).





## **WOMEN VETERANS AND FIRST RESPONDERS SUPPORT GROUP**

**A free and confidential space for women veterans and first responders to connect, share, and lift each other up.**

**REGISTER NOW**



**2ND AND 4TH  
THURSDAY OF THE MONTH  
6:30PM-8:00PM  
VIA ZOOM**

**People with mental illness deserve help — not handcuffs.**

Learn more through Navigating the Criminal Justice System, a NAMI resource for individuals with mental illness and their families. Access guidance and tools to help families advocate for their loved ones: [nami.org/CJGuide](http://nami.org/CJGuide)

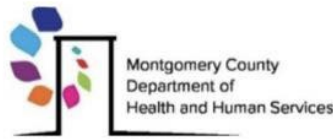
**PEOPLE WITH  
MENTAL ILLNESS  
DESERVE HELP  
NOT HANDCUFFS.**



National Alliance on Mental Illness

**nami**

Montgomery  
County PA



## ADULT MENTAL HEALTH FIRST AID

**Friday, May 15, 2026 at**



*Sponsored by The Montgomery County Department of Health and Human Services*

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. In this course, participants learn the unique risk factors and warning signs of mental health problems, the importance of early intervention and, most importantly, how to help someone experiencing a mental health or substance use emergency.

- For all MHFA classes you will complete a 2-hour, self-paced online class, followed by a 6.5 hour (including lunch and breaks) Instructor-led training. Certification is for 3 years.

### ADULT MENTAL HEALTH FIRST AID

**DATE:** Friday, May 15, 2026

**TIME:** 8:30 am—3:30 pm

**St Luke's Penn Foundation**

**807 Lawn Avenue Sellersville, PA 18960**

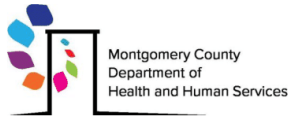
*Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):*

- ⇒ *Assess for risk of suicide or harm.*
- ⇒ *Listen nonjudgmentally.*
- ⇒ *Give reassurance and information.*
- ⇒ *Encourage appropriate professional help.*
- ⇒ *Encourage self-help and other support strategy*



Register at [www.fivecountymh.org](http://www.fivecountymh.org)

Questions?? Contact:  
[regionalmentalhealthfirstaid@pmhcc.org](mailto:regionalmentalhealthfirstaid@pmhcc.org)



*Sponsored by The Montgomery County Department of Health and Human Services*

SE Regional Mental Health Services Coordination Office

# Announcing 2026 Winter/ Spring Mental Health First Aid Classes

**2026 Training Schedule**

**Adult Blended MHFA 2/27/2026**  
8:30-3:30 , at the Flux Space  
56 Buttonwood St. Norristown, PA 19401

**Older Adult MHFA 3/20/2026**  
8:30-4:30, at Trinity Evangelical Lutheran Church, 1000 West Main Street Lansdale, PA 19446

**Youth Blended MHFA 3/18/2026**  
8:30-3:30 at The Ambler YMCA  
1325 McKean Rd, Ambler, PA 19002

**Adult Blended MHFA 5/15/2026**  
8:30-3:30 at Penn Foundation  
807 Lawn Ave, Sellersville, PA 18960

**Youth Blended MHFA 5/13/2026**  
8:30-3:30 at the Spring Valley YMCA  
19 W. Linfield Trappe Road

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. In this course, participants learn the unique risk factors and warning signs of mental health problems, the importance of early intervention and, most importantly, how to help someone experiencing a mental health or substance use emergency.

- For all MHFA classes you will complete a 2-hour, self-paced online class, followed by a 6.5 hour (including lunch and breaks) Instructor-led training. Certification is for 3 years.

**Sign Up for a Class today at:**  
**www.fivecountymh.org**  
For More information email  
regionalmentalhealthfirstaid@pmhcc.org



**“BE THE ONE TO MAKE A  
DIFFERENCE IN SOMEONE’S LIFE!”**





**Creating Increased Connections**  
A program of Resources for Human Development

# CREATING INCREASED CONNECTIONS (CIC) GROUPS



## TAKING BACK OUR POWER

Taking Back Our Power is a peer support group for individuals with lived experience of sensory phenomena (like hearing things others don't hear) and unusual beliefs

### MONDAYS

**2:00PM-3:00PM**  
Hopeworx  
1210 Stanbridge St #600,  
Norristown, PA 19401

### TUESDAYS

**2:30PM-4:00PM**  
Bryn Mawr Presbyterian Church  
625 Montgomery Ave  
Bryn Mawr, PA 19010

### THURSDAYS

**1:00PM-2:00PM**  
Trinity Reformed Church  
60 N. Hanover St  
Pottstown, PA 19464

## CIRCLE OF HOPE

Circle of Hope is peer-to-peer led discussion group. Join us for lively conversation about how we are feeling, our successes and challenges, our recovery, and how we maintain our wellness. Everyone is welcome.

### WEDNESDAYS

**1:00PM-2:00PM**  
Hopeworx  
1210 Stanbridge St #600,  
Norristown, PA 19401

### THURSDAYS

**10:30AM-12:00PM**  
Hopeworx  
1210 Stanbridge St #600,  
Norristown, PA 19401

## LIVE ANOTHER DAY

**TUESDAYS**  
**12:30PM-1:45PM**  
Lansdale Library  
301 Vine St  
Lansdale, PA 19446

Alternatives to Suicide groups are intended as non-judgmental spaces where people can share some of their darkest thoughts without being assumed to have an illness or being assessed for involuntary interventions. Openly exploring these thoughts - and the feelings and experiences underneath them - is often the key to moving toward something different.

## WALK AND TALK

**Every 1st and 3rd Friday**  
**11:00AM-12:30PM**  
**King of Prussia Mall**  
**Meet at Food Court on 1st Floor**  
Join us for a time to work on our wellness, and enjoy each other's company as we exercise together.  
*Enter between KPOT and Bonefish Grill*  
160 N Gulph Rd  
King of Prussia, PA 19406

## WOMENS IDENTITY AND EXPERIENCES GROUP

This group was created for women as a safe environment to voice & openly share our life stories as women & to empower ourselves to find greater meaning & purpose in life.

**WEDNESDAYS**  
**3:00PM-4:30PM**  
[Teams Link](https://teams.microsoft.com/Womensgroup)

For More Information Contact Sheila.HallPrioleau@RHD.org 215-906-0453  
[www.ciconnections.org](http://www.ciconnections.org)

# Subcommittee Reports from March 2026

**Advocacy Subcommittee** – Christine said NAMI Smarts program is education program teaches people to tell story effectively to legislators. She will share info from program. She’s doing the training with Regional CSP at April 6<sup>th</sup> meeting, 3 p.m. at HopeWorx.

**Community Outreach** – No Meeting.

**Conference Subcommittee – CSP Gathering** – Sue said challenges with CSP Conference this year. Montco CSP budgets \$6,000 but it costs about \$13,000 and we fundraise for that. Decided to take a different approach this year. Do presentation at one of the libraries to celebrate MH Month and show art work. Lea Anne reached out to the library. They are very excited about it. Need to decide on the Theme of Art Contest so we can launch art contest. For the gathering, we decided shorter, less food oriented in farm park. Wednesday May 13<sup>th</sup>. In early afternoon. Games and light food. Might be able to get Drum Circle. I don’t think the MH Awards has been launched yet. Waiting to hear back from the county. Lea Anne said there can be a poster display at all the libraries at the same time. Small description of how we set up art contest and info about CSP. Talked to director of Development and Education and she liked it. Can put on social media and library website. Kate Shaw, director of all libraries. 12 libraries. She’ll talk to them next Wednesday. Theme suggestions: Community Together: Love, Hope and Support; United Together; Communities United. Winning art will be on magnets that can be shared at all libraries.

**CSP MEETING**  
**CALENDER**  
**2026**

*Meetings are held every third  
Thursday, monthly from  
12: 00-2:30pm*

*The next meetings will be:*

April	16
May	21
June	17
July	16

*Meetings are held in person  
and via Zoom.*

## Montgomery County CSP Executive Committee

**2024/2025 Tri-Chairs**  
 Provider Member: Jim Markey  
 Person in Recovery: Morgan Killian-Moseley  
 Family Member: Vacant

**2024/2025 Sub-Committee Chairs**  
 Community Outreach: Erin Villarose  
 Advocacy: Cindy Todd & Christine Stutman  
 Conference: Harry Bowles & Justin Chamrin

**2024/2025 Treasurer**  
 Erin Anguish



County Liaison -  
Tracey Riper-Thomas

*Fiduciary - HopeWorx, Inc.*

1210 Stanbridge Street,  
Suite 600  
Norristown, PA 19401  
610-270-3685

## CSP Principles

- \* Person Centered/  
Person Empowered
- \* Culturally competent
- \* Designed to Meet  
Special Needs
- \* Community Based  
with Natural Supports
- \* Flexible
- \* Coordinated
- \* Accountable
- \* Strengths-Based

## **CSP Mission Statement:**

Montgomery County's Community Support Program (CSP) brings together individuals that receive mental health services, their family members, providers and the Department of Behavioral Health in an equal partnership to promote recovery and excellence in the delivery of community-based mental health services.

The committee strives to include a balance of people who use services, people who provide services, family members, and interested members of the community at large. The CSP initiatives continue to grow state, regionally and county wide. As the involvement increases CSP has become a place that feedback can truly be given to the county from individuals that receive services and information can be given that suits the needs and requests of those that attend.

## **Organizations who regularly send representatives to CSP:**

Central Behavioral Health, AdvocacyWorx, Community Satisfaction Team of Montgomery County, Magellan Health Services, Montgomery Co. Department of Behavioral Health, Montgomery County Emergency Services (MCES), NAMI Montgomery County, Norristown Vet Center, Resources for Human Development, Salisbury Behavioral Health

## CSP Subcommittees:

- \* **Advocacy Subcommittee**—Works on legislative, policy, communication, budget, voter education and other issues related to mental health services in the county, statewide and at the federal level when relevant. At the direction of the CSP Committee, the Advocacy Subcommittee gathers information on issues, plans advocacy events and creates a monthly newsletter to provide information to the stakeholder network as well as the community at large about the work of CSP. The newsletter also provides updates on new and changing mental health services provided in Montgomery County. The newsletter editor can be contacted at: [kathiemitchell8221@gmail.com](mailto:kathiemitchell8221@gmail.com).
- \* **Community Outreach Subcommittee**—Works on facilitating opportunities for people in the CSP community to be more involved in the Montgomery County community. This includes implementing the Community Connections grants, which provide funding for people to participate in a variety of activities. The committee also implements transportation grants that provide gas cards and SEPTA day passes to CSP community members. The annual CSP Poster Art contest is also organized by this committee.
- \* **Conference Subcommittee** – The conference subcommittee will plan and fundraise for the annual Montgomery County CSP Conference.

## **Meetings:**

12:00 p.m. to 2:30 p.m.

3rd Thursday of each  
month

Montgomery County  
Community College  
Blue Bell, PA

In person & Zoom

**Kathie Mitchell, Newsletter Editor**

## **Join our Mailing list!**

We have an email list as well as a regular mailing, to join:

Send an e-mail to:

[pjohnson@hopeworxinc.org](mailto:pjohnson@hopeworxinc.org)

Or send your contact info to this mailing address:

**We invite all peers, family members and providers/professionals to attend.**

**Website:** [www.montcopacsp.org](http://www.montcopacsp.org)

<https://www.facebook.com/montcopacsp/>