

Community Support Journal

Montgomery County Community Support Program Committee *Newsletter*

FY 2025-26

June 30, 2026



CSP Logo designed by Chris Ford

Year-end “Special Edition!”

Montco CSP Moves Forward!

“Many voices as one is a powerful thing” - James Markey

A Message from Montco CSP Co-Chairs James Markey and Morgan Killian-Moseley

As the budget fiscal year comes to an end on June 30th, we wanted to share updates about the future of the Montgomery County CSP Committee and prepare the CSP community for the upcoming year.

HopeWorx will continue as the fiduciary which means paying the expenditures that are approved by the committee. As HopeWorx changes leadership and regroups, CSP will take a break from holding its monthly meetings and will resume meetings in September.

Meanwhile, we will be available over the summer for community members who want information or have questions about CSP.

“We here at CSP thank you all for being a part of our community. In this time of uncertainty, we promise we will continue to do everything in our power to support the community,” said Morgan Killian-Moseley.

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The CSP Connection - It's impact

By: Kathie Mitchell, CSJ Editor

The Montgomery County Community Support Program (CSP) Committee has been an important part of many people's lives over the past three decades.

From Pam Howard who started her career in Montgomery County as the CSP liaison, to Cindy Todd, a HopeWorx employee co-chairing the CSP

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“We will continue to advocate for everyone affected by mental health challenges (in other words, literally everyone), and we will continue to encourage people to advocate for themselves.”

Montgomery County CSP will continue its work to build connections throughout the mental health community.

“Many voices as one is a powerful thing, and we will continue to be that voice and help carry hope for those that may not be able to for themselves,” James Markey said. “We look forward to seeing everyone soon and to continue our mission of building a stronger community.”

“We are thankful, and grateful for the heartwarming support that all of you have given us, especially during these challenging times. We are committed to carrying on the CSP mission of advocacy and community support and look forward to supporting all in being the best versions of themselves.”



James Markey
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Morgan Killian-Moseley
CSP Co-Chair
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Advocacy Committee who said she never thought she would working so close to government.

From Marilyn, a family member who said CSP understands you and listens and sometimes has solutions to help you advocate, to Morgan Killian-Moseley who said belonging to CSP and stepping into a leadership role was something he hadn't expected.

The impact of CSP on individual lives was shared at the June CSP meeting in response to the icebreaker question: Can you name one thing that you have benefitted from when it comes to CSP?

Jim Markey said CSP was a place where he can come as he is and help give back to the community by advocating for them.

"I never thought I would be working closer to government," Cindy Todd said. "I'm learning more how things work. The people's voices need to be heard. We're trying to help with the programs that are utilized and how we can make it better for everyone's wellness."

Penny Johnson said she loved that the committee consists of all stakeholders—family members, people using services, providers and the county—who all come together to advocate for so many people who don't have a voice.

"You connect with the community on a much more personal level than just the provider and person dynamic," Penny said. "It's really important. I hope it continues to be always as strong as it has been."

Pam Howard, the county Administrator of Mental Health and Developmental Disabilities, stressed that CSP was a part of her entire work career.

"I feel like I grew up through CSP," Pam said. "I started off as the Montgomery County CSP liaison when I first started at the county. I thought it was a huge part of the work that we do here."

Pam said she reviews the CSP agenda every month and always reads the newsletter.

"I feel the CSP newsletter is the best newsletter that has ever hit my email inbox and I get a lot of newsletters," Pam said.

Pam said she makes sure that county leadership weaves in and out of the CSP meetings so they can bring very critical information to the committee and hear back reports from the CSP members.

She said she felt that it was important that leadership attends the CSP meetings so the county is bringing very critical information to the committee—doing report outs and hearing reports in.

"It's nice to sit in the meetings to hear people directly." Pam said. "Today I'm committed to making sure we weave our team in and out of CSP meetings, to make sure we have representation here from all of us so we all can spend time with you listening to what is important."



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She underscored the importance of the annual needs assessment survey that CSP and the county conduct together and how that feedback is taken seriously and used to plan for future mental health services.

Over the past few years, CSP has struggled with provider participation but Pam praised representatives from MCES who have sat in the room over many, many years.

“I thank you for all of the provider support you have given. You are also listening to our CSP,” said Pam, who is working to engage more providers in CSP.

Both MCES CEO Bill Meyers and Tony Salvatore were present at the meeting. Bill said MCES, an inpatient psychiatric hospital, benefitted from CSP by connecting to the committee members and the community.

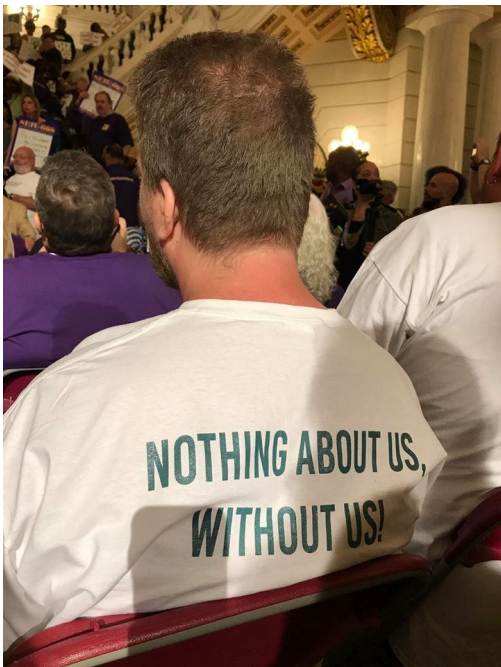
“I think that connection to this group for me is always something I valued,” Bill said. “I enjoy being part of this group hearing about the concerns and the accomplishments and successes that you’ve all had.”

Tony said 26 years ago he was one of few people who worked at MCES who ever saw their patients in recovery outside of a hospital setting. He would come back from meetings and share with hospital staff how well former patients were doing in the community and they were very surprised.

“We didn’t get out as much in the community setting back then and didn’t get to interact with the people we served in more positive settings,” Tony said.

He added that the CSP Community Support Principles were so important at that time they were figured into every RFP MCES put together.

Sue Shannon, HopeWorx Executive Director, said the opportunity to connect especially in recent years was really important as it felt like the opportunities to connect were drifting away. She was glad that CSP was continuing.



Erin Villarose from HopeWorx said they found their passion at CSP because of the community organizing.

“This type of work is what I truly love,” Erin said. “It’s cool to see my team members come into leadership roles and be awesome at it.”

Raven said its always been about the community, the space, the connection and understanding. At a low point in her life, CSP was there to support her.

“You take people for who they are, where they’re at and what they can give,” Raven said. “At a moment when I didn’t know if my voice had any real value to it, I was surrounded by people that were celebrating that.”

NAMI Montgomery County Executive Director Christine Stutman said she appreciate being part of CSP and part of the advocacy subcommittee, adding that she was really interested in the community organizing aspect of it. “It’s nice to be with a group of people who are invested and passionate about the same things I am.”

CSP's Year of Accomplishments

By: Erin Villarose, Co-Chair of the CSP Community Connections Subcommittee and
Cindy Todd, Co-Chair of the CSP Advocacy Subcommittee

Erin and Cindy presented a recap of Montco CSP's accomplishments for the past year at the June CSP meeting.

The work of the CSP Advocacy Subcommittee, chaired by Cindy Todd and NAMI Executive Director Christine Stutman, included Story Sharing—an effort started by PHAN (PA Health Access Network) to encourage individuals and families affected by cuts to Medicaid to tell their stories. The committee gathered stories which were sent to PHAN through a hotline number and email where stories are being compiled for publication and sharing with legislators.

CSP continued its opposition to Assisted Outpatient Treatment (AOT). A letter was written to Pam Howard, county Administrator for Mental Health with their feedback which is forwarded to the county commissioners and state.

Harrisburg Advocacy Day—CSP was able to use funds to rent a vehicle and take multiple CSP members, regional included, to Advocacy Day at the Capitol Building in Harrisburg. There were powerful messages, including folks dressed as the Handmaids from the Handmaid's Tale. People were chanting walking throughout the Capitol. We also got to witness a group that were calling out the billionaires/millionaires in politics and how they are not using their money to help our communities.

Conference—The typical CSP Conference got turned into a game day! Located at the Norristown Farm Park, CSP hosted a game day for the Montgomery County Community. With a load of attendees, Game Day was a success! Bingo, tai chi, and the drum circle were huge hits! We also had a long line for henna and crafts available. Folks from residential sites, ID/DD programs, etc. all came out to hangout together, enjoy delicious snacks, including ice cream sandwiches, and reminisce on the many years of Montco CSP.

Community Outreach - Community Connection Grants: There were 4 community connection grants approved this fiscal year. \$100 for live another day event, \$250 for Martha's Choice event, \$75 for community outing with for a community member and her kids, \$100 for rail pass for a community member's new job, appointments, etc. Mental Health Needs Assessment: 278 Montco residents and employees participated in this survey. Results showed that the top 5 priorities are: Housing, crisis services, peer support, employment and education, and a tie for 5th place – treatment/therapy and residential.

Art Contest— Every year Montco CSP holds an art contest! This year's theme was: "Community Together: Love, Hope, Support". Community members from all across the county, including folks living in hospitals and residential homes, submitted beautiful pieces of art in multiple different mediums. Top 3 (or in this case... 4!) win a cash prize, with first place being turned into a magnet! This year, Co-Chair Lea Anne reached out to our county's Library system, presented to them, and submitted a flyer with this year's contest winners. Thanks to Lea Anne, each library across the county was able to display the CSP Art Contest winners!

To see the entire presentation, please go to: <https://www.hopeworxinc.org/services/community-support-program/>



CSP Conference over the years...





Montgomery
County PA

MENTAL HEALTH, UNCONDITIONALLY

RESOURCES FOR THE COMMUNITY

- **LGBTQIA+ Support Group** here @ NAMI Montco:
More information on the next page
- **CenterLink:** Nonprofit organization offering a member directory to find your nearest LGBTQ center
- **LGBT National Help Center:** Confidential peer support connections with phone, text or online chat
- **The Trevor Project:** Support network for LGBTQ youth with a 24-hour text line (“START” to 678678)



MORE INFORMATION AND RESOURCES
CAN BE FOUND ON NAMI'S LGBTQ+ WEBPAGE.



What is the NAMI Basics Education Program?

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

The next session will start on Tuesday, July 7th from 6:00 to 8:00pm via Zoom. Sign up now by using the QR Code!



Participant Perspectives

"This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all."

"The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward."

"NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office."

Contact us for more information!

NAMI | Montgomery County PA

National Alliance on Mental Illness

NAMI Montgomery County
100 West Main Street, Suite 204
Lansdale, PA 19446
215-361-7784
office@namimontcopa.org

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI (Affiliate Name) is an affiliate of NAMI (State). NAMI (Affiliate Name) and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.



A group for people who experience things that others may not experience, where you can share these experiences in a non-judgmental environment. This includes hearing, seeing, feeling, tasting, and any other unusual beliefs.



Taking Back Our Power Is Moving Beginning June 8th



MONDAYS

2:00 PM - 3:00 PM

**Senior Adult Activities Center of
Montgomery County (SAAC)**

**536 George St,
Norristown, PA 19401**

**Last day of group at current location
May 18th, 2026**

All other Taking Back Our Power Groups
will remain at current locations

CICONNECTIONS.ORG

CONTACT:
SHEILA.HALL-PROILEIOU.ORG





Creating Increased Connections (CIC) Groups



Taking Back Our Power

<p>MONDAYS 2:00PM-3:00PM <u>Senior Adult Activities Center (SAAC)</u> 536 George St Norristown, PA 19401</p>	<p>TUESDAYS 2:30PM-4:00PM <u>Bryn Mawr Presbyterian Church</u> 625 Montgomery Ave Bryn Mawr, PA 19010</p>
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THURSDAYS
1:00PM-2:00PM
Trinity Reformed Church
60 N Hanover St
Pottstown, PA 19464

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

Live Another Day

<p>TUESDAYS 12:30PM-1:30PM <u>Lansdale Library</u> 301 Vine St Lansdale, PA 19446</p>	<p>WEDNESDAYS 1:00PM-2:00PM <u>Bryn Mawr Presbyterian Church</u> 625 Montgomery Avenue Bryn Mawr, PA 19010</p>
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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.

Ketchup Group

K- Kindness
E- Empathy
T- Togetherness
C- Connection
H- Hope
U- Unity
P- Purpose

WEDNESDAYS
11:00AM-12:00PM

Is a topic driven group. All topics will be generated by peers who attend group

Join us on Microsoft Teams
<https://tinyurl.com/ketchup-group>

Circle of Hope

THURSDAYS
10:30AM-12:00PM
Power In The Cross Church
506 Haws Ave.
Norristown, PA 19401

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.

Womens Group

EVERY 4TH FRIDAY
11:00AM-12:00PM

<https://teams.microsoft.com/Womensgr>
SAR

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

Walk and Talk

EVERY 1ST AND 3RD FRIDAY
11:00AM-2:30PM

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 KPQT and Bonefish Grill
180 N Gulph Rd
King of Prussia, PA 19406

Contact Information

CICconnections.org
SheilaHallPringleau@RHD.org

Montco CSP will reconvene in September

For questions about CSP, Co-Chairs Morgan Killian-Moseley and James Markey will be available over the summer.

Contact Information:

Morgan Killian-Moseley

Morgan_killianmoseley@yahoo.com

James Markey

jman4925@gmail.com

A NOTE from the Editor: Montco CSP had a great year despite the many changes going on from federal budget cuts made in 2025. Thank you to everyone on the committee, to the co-chairs, all of the subcommittee co-chairs, and to Penny Johnson, Technical Assistant, for bringing in speakers, sharing information and organizing advocacy events.

It's time to think about advocacy and activities that you want to see happening at CSP when we reconvene in September. One important item for the September agenda is voting in the November mid-term elections. CSP has always been a voice in the community reminding individuals of their right to vote and how their votes at the local level are as important as those at the state and federal levels. Be prepared to be the change makers! Have a great summer.

-Kathie Mitchell

CSP MEETING
CALENDER
2026-27

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

The next meetings will be:

September	17

Meetings are held in person and via Zoom.

Montgomery County CSP Executive Committee

2025/2026 Co-Chairs
 Provider Member: James Markey
 Person in Recovery: Morgan Killian-Moseley
 Family Member: Vacant

2025/2026 Sub-Committee Chairs
 Community Outreach: Erin Villarose
 Advocacy: Cindy Todd & Christine Stutman
 Conference: Harry Bowles & Justin Chamrin

2025/2026 Treasurer
 Erin Anguish

County Liaison -
Tracey Riper-Thomas

Fiduciary - Hope Worx, Inc.

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.
- * **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

Or send your contact info to this mailing address:

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

Website: www.montcopacsp.org

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