

# Community Support Program Principles

These are principles that promote recovery-oriented systems of care:

**Individual-centered & Empowered:** Services are based upon the needs of the person, allowing individuals the greatest possible control over their own lives.

**Culturally competent:** Services are sensitive and responsive to difference in race, ethnicity, religion, and gender.

**Flexible:** Services are designed to allow people to move within and around the system as needed.

**Able to meet special needs:** Services can meet the needs of individuals with mental illnesses who are also affected by other difficulties such as substance use, aging, and physical disabilities.

**Accountable:** Services are accountable to individuals and families.

**Strength-based:** Services recognize and build on the assets of individuals to help maintain their identity, self-esteem, and dignity.

**Community-based and natural:** Individuals are encouraged to use naturally existing community supports such as family, religious organizations, and recreational groups.

**Coordinated:** Services and supports are planned in collaboration with individuals, families, advocates, and professionals at every level of the system.

## Contact CSP:

MHAFF.org

info@mhaff.org



**Facebook**

@MentalHealthAssociationofFranklinandFultonCounties



**LinkedIn**

MentalHealthAssociationofFranklinandFultonCounties



**Instagram**

CSP.MHAFF

### Franklin County Community Support Program

478 Grant Street  
Chambersburg, PA 17201  
p: 717-264-4301

f: 717-264-2591

### Fulton County Community Support Program

301 East Maple Street  
McConnellsburg, PA 17233

p: 717-485-4642

Helpline: Daily 5:00-10:00pm 717-264-2916

Sponsored locally by:  
Franklin and Fulton County MH/IDD/EI



Mental Health Association of Franklin and  
Fulton Counties (MHAFF)

# Community Support Program



Promoting Wellness in  
our Community

# Welcome to the Community Support Program(CSP)



## What is CSP?

CSP is a coalition of individuals with lived experience, family members, mental health professionals, and other community members who are working together to assure that individuals with mental illnesses, substance use disorder and co-occurring disorders, have opportunities for growth and success in their communities. CSP of Franklin and Fulton Counties is part of a statewide coalition that began in 1984. The local CSP began in May of 2000 and is part of the Central Region, which includes several nearby counties.



## Why Get Involved?

- Build Relationships
- Increase knowledge
- Volunteer
- Advocate for others
- Grow your community
- Reduce stigma

## Services/Events

**Quarterly Meetings:** Each Quarter there is an educational meeting held in both Franklin and Fulton Counties. Topics vary and include things like; new services available, resources and how to access services, wellness, prevention, coping skills and others aimed at providing education.

**Helpline:** Every evening, (365 days), Helpline telephone services are available to individuals needing support. This a free service to residents of Franklin and Fulton Counties and individuals do not need to be in crisis to call.  
Evenings 5:00pm– 10:00pm 717-264-2916

**Senior Reach:** A program designed for adults aged 60+ to receive a phone call once per week by a trained Call Specialist to discuss topics of interest to the participant and reduce isolation and loneliness. The trained Call Specialist provides resources, support, and/or just a friendly ear to listen.

**Wellness Conferences:** Annually the CSP hosts a full day event in each county (Fulton County's conference is combined with the Fulton County Walk the Walk). Topics and presenters centered around wellness and include keynote presentation. Certified trainings are also provided.

**Community Advocacy:** Individuals seeking advocacy assistance should call the MHAFF office.

**Suicide Prevention:** CSP makes available suicide prevention trainings (Question, Persuade & Refer (QPR) and Working Minds) and facilitates the Franklin and Fulton Counties Suicide Prevention Coalitions.

**Leadership Academy:** A free 8-session workshop held annually in each county to develop and enhance community leadership skills. Participants gain communication skills, professional skills, and learn about boards/committees.

**Wellness Events:** Each quarter there will be a wellness activity in either Franklin or Fulton Counties. Events could include art projects, picnics, volunteer projects, etc.

**Support Group:** To increase community wellness CSP hosts a variety of support groups. For the list of current support groups and meeting times please check our website at [MHAFF.ORG/Events](http://MHAFF.ORG/Events).

**Art Show:** Each May, CSP hosts an art show displaying art work from individuals in the community. CSP selects a wellness related theme in advance and has artists submit artwork based on that theme. Cash prizes are awarded.

**Walk the Walk:** Annual advocacy event held in May in Franklin County and October in Fulton County to raise awareness of mental illness and reduce stigma.

**I'm the Evidence (ITE):** An anti-stigma campaign through the Mental Health Association of Pennsylvania (MHAPA) where individuals share their recovery stories to end stigma and normalize talking about mental health.

**Mental Health First Aid (MHFA):** a training program that teaches members of the public how to help a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis