

COMMUNITY ACTIVITIES

Fall/Winter 2024 Community Cookbook



Use the QR code below to submit your favorite seasonal recipe!



Featured Recipe



Crab Dip



Serve with your favorite veggies, breads, or crackers and enjoy!

Ingredients

- * 1 Small Yellow Onion (Diced)
- * 8oz package of cream cheese
- * 1 can crabmeat (near the canned tuna at the grocery store)
- * 1-2 dashes of Worcestershire sauce
- * Salt
- * Pepper
- * Paprika

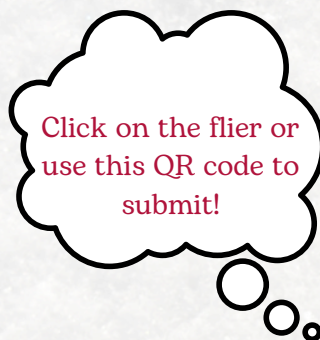
1. Combine diced small yellow onion, 8oz package of cream cheese, can of crabmeat, 1-2 dashes of Worcestershire sauce, & small amount of salt, pepper, and paprika.
2. Spread in an oven-safe glass dish, sprinkle paprika on top, and cover with foil
3. Bake at 375 degrees for 20 to 25 min until heated through.
4. Enjoy!



Interested in joining a cooking group through Vetri Kitchen?
Use this QR Code to complete our survey!



COMMUNITY ACTIVITIES





Fall/Winter 2024 Community Playlist



Use the QR code below to submit your favorite seasonal song!








Happy Holidays



FUN WINTER EVENTS FOR THE WHOLE FAMILY

A LONGWOOD CHRISTMAS AT LONGWOOD GARDENS - NOVEMBER 22ND - JANUARY 12TH, 2025

YULETIDE AT LIBERTY HILL - NOVEMBER 22, 2024 - JANUARY 5, 2025

CHRISTMAS VILLAGE IN PHILADELPHIA - NOVEMBER 23RD - DECEMBER 24TH, 2024

CHRISTMAS LIGHT SHOW AT MACY'S CENTER CITY - NOVEMBER 29 - DECEMBER 31, 2024

HANUKKAH FESTIVAL OF LIGHTS AT SESAME PLACE - DECEMBER 26TH - JANUARY 1ST, 2025

STOMP AT THE MILLER THEATER - DECEMBER 26TH - 29TH, 2024

KWANZAA CELEBRATION AT PENN MUSEUM - DECEMBER 29TH, 2024

2025 PHILADELPHIA AUTO SHOW - JANUARY 10TH - 20TH, 2025

CULTURE FEST: LUNAR NEW YEAR AT PENN MUSEUM - JANUARY 25TH, 2025

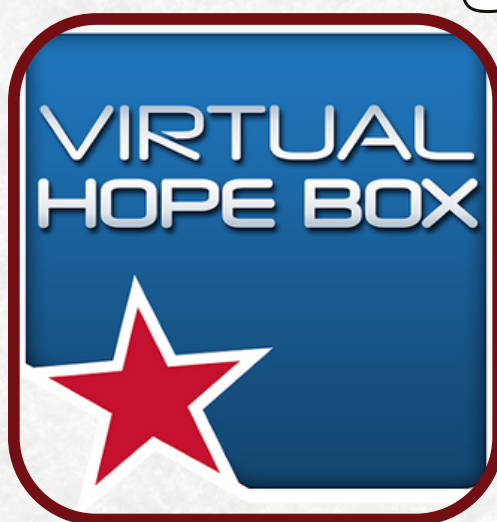


Season of Joy



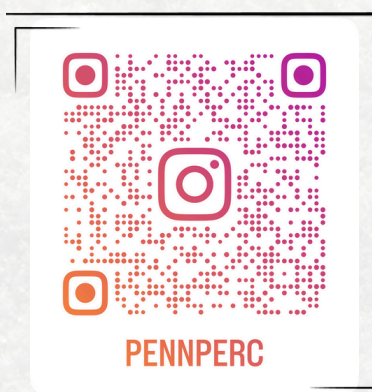
DIGITAL HEALTH CORNER

APP SPOTLIGHT



Virtual Hope Box contains simple tools to help users with coping, relaxation, distraction and positive thinking using personalized audio, video, pictures, games, mindfulness exercises, activity planning, inspirational quotes and coping statements.

FOLLOW US ON INSTAGRAM





COORDINATED SPECIALTY CARE SERVICES

- Recovery Planning & Case Management: The individual and the treatment team work collaboratively to develop a recovery plan that identifies goals and plans for services, and methods based on the individual's needs and preferences.
- Recovery-Oriented Cognitive Therapy (CT-R): A Master's level clinician provides a form of CBT developed to treat psychosis by Aaron Beck and colleagues.
- Psychopharmacology: PERC provides ongoing evidence-based psychopharmacology for early-episode psychosis, with an emphasis on minimizing medication exposure and side effects.
- Supported Employment and Educational Services: A dedicated support person establishes plans for functional goals and recovery with the participant. The support person assists possible return to school, access to jobs and training programs.
- Peer Support Services: Trained peer specialists with lived experience offer peer support and education services in the community to young persons currently experiencing psychosis to help improve and maintain functioning.
- Participant Psychoeducation & Support Group: Monthly psychoeducation & support group, which covers a broad range of topics and coping strategies that aid in the process of recovery.
- Family Psychoeducation & Support Group: Monthly meetings provided by an experienced clinician and provides education, support and coping strategies for families.
- Resisting Internalized Stigma Group: 8-week group focused on providing CBT skills and social support around issues related to mental health stigma. Participants will be required to complete an approximately 1-hour assessment pre- and post-treatment.
- Recovery Oriented Cognitive Therapy for Families: A closed, 12-week group for families aimed at improving families understanding, coping, and communication skills with their family member in the early stages of psychosis.
- Additional Treatment: We coordinate with IOPS, PHP's, and local substance use treatment programs when participants are enrolled in multiple programs.

LINKS & RESOURCES

