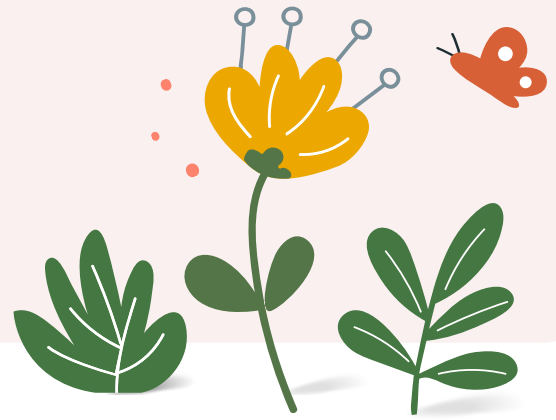


SPRING NEWSLETTER



CT-R CHALLENGE OF THE SEASON



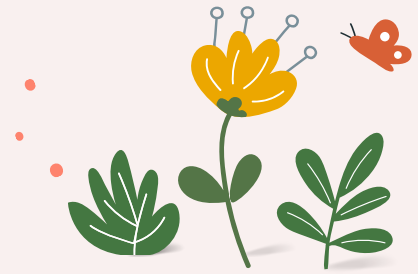
Take 10 minutes each day to connect with a friend or family member. Put away your phone or electronic devices and just enjoy each other's company.

IN THIS ISSUE

- Staff Spotlight - Peer Specialist, Stephen Dages
- Upcoming PERC Groups
- Upcoming Community Events
- Coordinated Specialty Care Services
- Research Opportunities with Penn Psychiatry
- Additional Links & Resources



STAFF SPOTLIGHT



AN INTERVIEW WITH PEER SPECIALIST, STEPHEN DAGES

BY THANDWA MDLULI



TELL US A LITTLE BIT ABOUT YOURSELF AND HOW YOU GOT INVOLVED WITH PERC

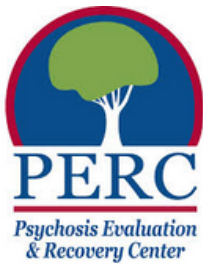
I received my bachelor's degree at Rowan University. In 2023, I participated in the stigma group at PERC. I enjoyed it and asked about possibly being a Peer after the group concluded. I trained at Mental Health Partnerships in August of last year and became a peer specialist in October. I've been enjoying sharing my own lived experiences with psychosis and being able to inspire confidence and hope with my peers. I can see a difference from where my peers are now from where they were in October. In sharing my story, they are encouraged by seeing me and how I have overcome difficulties I had with psychosis. I see an inspired confidence to where they feel better about themselves. I am also most interested in ways to learn and share ways to promote positive self-esteem with people living with psychosis. I hope to help peers reach the goals they desire most in life.

WHAT DO YOU ENJOY MOST ABOUT BEING A PEER AT PERC?

I enjoy meeting new people at PERC with similar lived experiences, and I enjoy gaining insight on how to navigate the mental health journey with psychosis. The staff and leadership at PERC has been greatly helpful to me. It's been a great experience getting to know them and work with them. Their insight and leadership has been excellent, and so has working with everyone there.

WHAT DO YOU LIKE TO DO IN YOUR SPARE/FREE TIME?

I enjoy events with family and friends. I enjoy going to church and meeting new people there. I also enjoy playing basketball, reading books, skiing, hiking outdoors and fishing. I'm currently reading *Zen and The Art of Motorcycle Maintenance* by Robert Pirsig. He talks about his life's mental health journey with psychosis. Other books I've enjoyed on lived experiences are *Experiencing and Overcoming Schizoaffective Disorder* and *Thoughts on Therapy* by Steve Colori. I can relate to his story with what I went through and learn from what he shared: how he got where is and thriving because he took steps to overcome symptoms he had.



UPCOMING PERC GROUPS



PARTICIPANT SUPPORT & EDUCATION

- **Monday, April 8th: 5:10 - 5:40 PM**
 - Know Your Rights: Understanding the Legal System



JOIN US AT OUR NEXT PARTICIPANT GROUP!



KEY TAKEAWAYS:

- ✓ GAIN UNDERSTANDING OF YOUR LEGAL RIGHTS ACROSS DIFFERENT CONTEXTS
FOR EXAMPLE:
 - ✓ NAVIGATING INTERACTIONS WITH LAW ENFORCEMENT
 - ✓ WHAT YOUR EMPLOYER CAN AND CANNOT ASK YOU ABOUT YOUR MENTAL HEALTH
- ✓ UNDERSTAND THE KEY DIFFERENCES BETWEEN A VOLUNTARY HOSPITALIZATION (201) AND AN INVOLUNTARY HOSPITALIZATION (302) AND WHAT YOUR RIGHTS ARE THROUGHOUT BOTH PROCESSES.

TOPIC: KNOW YOUR RIGHTS:
UNDERSTANDING THE LEGAL
SYSTEM

DISCUSSION LED BY: CHELSEA
JACKSON MS, JD

WHEN: MONDAY, APRIL 8TH, 2024,
5:10-5:40PM

Zoom Link to Follow



UPCOMING PERC GROUPS



FAMILY SUPPORT & EDUCATION

- **Monday, April 8th: 5:45 - 6:30 PM**
 - Know Your Rights: Understanding the Legal System

JOIN US AT OUR NEXT FAMILY EDUCATION AND SUPPORT MEETING!



KEY TAKEAWAYS:

- ✓ GAIN UNDERSTANDING OF YOUR LOVED ONES LEGAL RIGHTS ACROSS DIFFERENT CONTEXTS
FOR EXAMPLE:
 - ✓ NAVIGATING INTERACTIONS WITH LAW ENFORCEMENT
 - ✓ WHAT YOUR EMPLOYER CAN AND CANNOT ASK YOUR LOVED ONE ABOUT THEIR MENTAL HEALTH
- ✓ UNDERSTAND THE KEY DIFFERENCES BETWEEN A VOLUNTARY HOSPITALIZATION (201) AND AN INVOLUNTARY HOSPITALIZATION (302) AND WHAT YOUR RIGHTS ARE THROUGHOUT BOTH PROCESSES.

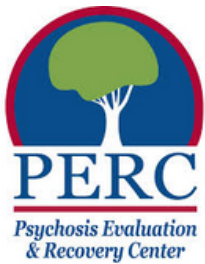
**TOPIC: KNOW YOUR RIGHTS:
UNDERSTANDING THE LEGAL
SYSTEM**

**DISCUSSION LED BY: CHELSEA
JACKSON MS, JD**

**WHEN: MONDAY, APRIL 8TH, 2024,
5:45-6:30PM**

Zoom Link to Follow





UPCOMING PERC GROUPS



RESISTING INTERNALIZED STIGMA GROUP

Tuesday, April 16th, 2024

5:30 - 6:30pm



For more information, please contact Dr. Arielle Ered, PhD
(arielle.ered@pennmedicine.upenn.edu)

PARTICIPANT SUPPORT & EDUCATION

Monday, May 13th, 2024

5:10 - 5:40pm

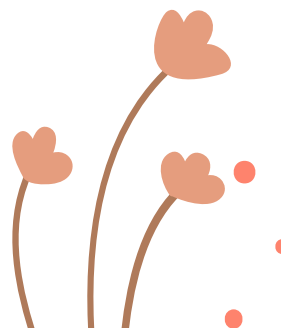
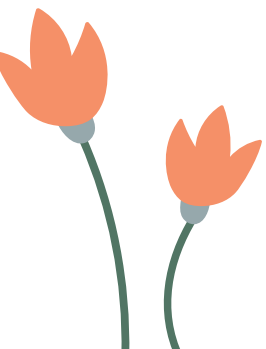
- **Coping Together: Skills and Strategies**
 - Facilitated by Thandwa Mdluli

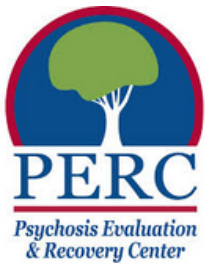
FAMILY SUPPORT & EDUCATION

Monday, May 13th, 2024

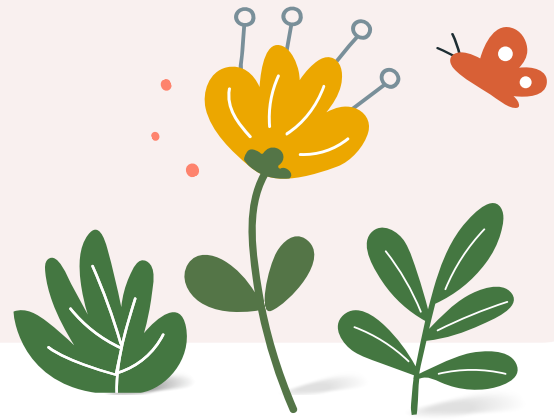
5:45 - 6:30pm

- **Coping Together: Skills and Strategies**
 - Facilitated by Thandwa Mdluli





UPCOMING COMMUNITY ACTIVITIES



Saturday, May 4th, 2024

9:00am - 12:00pm

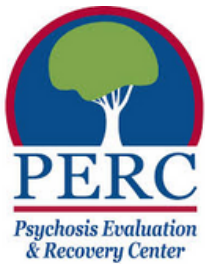
Temple University Ambler
Campus

580 Meetinghouse Rd,
Ambler, PA 19002

**[Click here to join the PERC
Team's Fundraiser!](#)**

OR

[Click here to make a donation!](#)

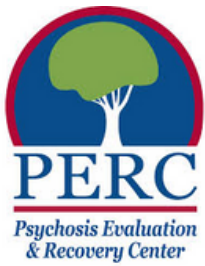


COORDINATED SPECIALTY CARE SERVICES

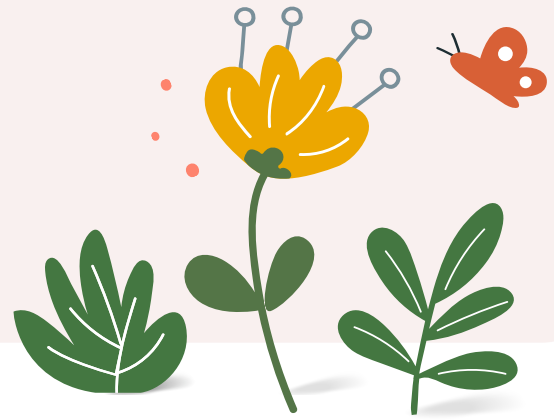


- **Recovery Planning & Case Management:** The individual and the treatment team work collaboratively to develop a recovery plan that identifies goals and plans for services, and methods based on the individual's needs and preferences.
- **Recovery-Oriented Cognitive Therapy (CT-R):** A Master's Level Specialist provides a form of CBT developed to treat psychosis by Aaron Beck and colleagues.
- ***Psychopharmacology:** The program provides ongoing evidence-based psychopharmacology for early-episode psychosis, with emphasis on minimizing medication exposure and side effects.
- **Multi-family Group Psychoeducation:** Ongoing monthly meetings provided by an experienced clinician provide education, support and coping strategies for families.
- **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.
- **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:** Individuals in recovery offer peer support and education services in the community to young persons currently experiencing psychosis in an effort to help maintain functioning.
- **Additional Treatment:** We coordinate with IOPS, PHP's, and local substance use treatment programs when participants are enrolled in multiple programs.
- **Participant Process Group:** Our program offers a monthly process group to support psychosocial skill development & functioning.
- **Stigma Group:** This is an 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.





RESEARCH OPPORTUNITIES



DEPT OF PSYCHIATRY

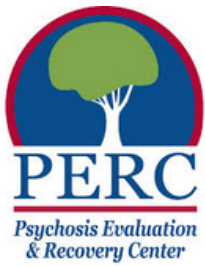


ELIGIBILITY SURVEY

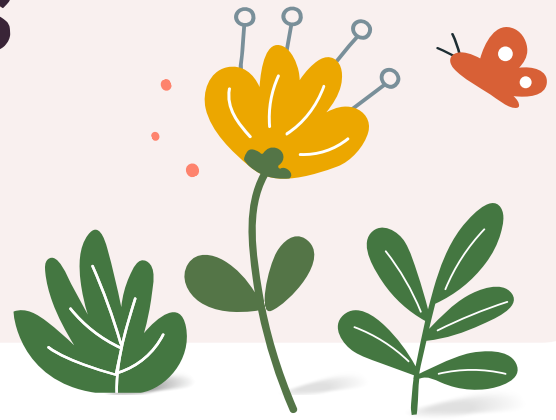


You can also call us at 833-LiBI-BBL (833-542-4255) to complete the screener over the phone.





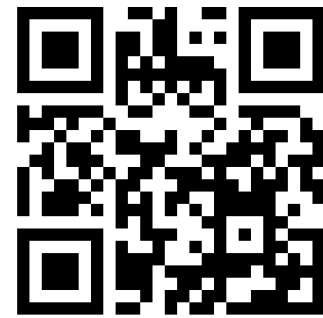
ADDITIONAL LINKS & RESOURCES



PERC WEBSITE



NAMI



HEADS-UP PA



SAMHSA

