



Recovery Works!

The mission of Chester County Department of Drug and Alcohol Services is to ensure that quality alcohol and other drug intervention and treatment, as well as alcohol, tobacco and other drug prevention programs are provided for citizens in an efficient and cost-effective manner.

Chester County Department of Drug and Alcohol Services Recognizes: **Recovery Month**

The 2019 theme for Recovery Month is:
**JOIN THE VOICES FOR RECOVERY:
TOGETHER WE ARE STRONG**

Every year, the month of September is nationally recognized as Recovery Month. The Substance Abuse and Mental Health Administration (SAMHSA) sponsors Recovery Month in order to increase awareness and understanding of mental health and substance use disorders, and also to celebrate those in recovery.

Chester County's Department of Drug and Alcohol Services will be participating in Recovery Month to increase awareness and understanding of substance use disorders throughout the month of September, and we invite your organization to do the same!

It's currently estimated that nearly **35,000 people in Chester County** are suffering from some sort of substance use disorder. A **Substance Use Disorder (SUD)** occurs when a person uses a substance such as alcohol or another drug, and the use results in physical, behavioral, or social problems at school, work or home.

For information on how to access treatment or for additional resources, please log onto the [Chester County Department of Drug and Alcohol Services website](#). You can also call the Chester County Information and Referral line at: 866-286-

SAMHSA has created downloadable materials for Recovery Month which can be found [here](#).



JOIN THE VOICES
FOR RECOVERY:

**TOGETHER
WE ARE
STRONGER**



The Chester County Commissioners recognized September as National Recovery Month.

Recovery Month Events in Chester County

Recovery Month 2019

JOIN THE VOICES FOR RECOVERY
TOGETHER WE ARE STRONGER

recoverymonth.gov

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Questions? Contact Peter Gierhart: peter@cheatercountypa.gov or 610-364-6767	27	28 11:00am Suicide Awareness Day Panel Briefing @ Chester County Cancer Center (GCC)	29 6:00pm PRO-ACT Overlook OpenHouse Day Vigil @ Metzer Center	30	31 Overlook Awareness Day Panel & Open House Vigil (The Green) Panel & Open House Metzer Center (GCC)
1	2	3	4	5	6	7
8	9	10 1:30pm-3:30pm Executive Orientation Task Force meeting @ GCC Room 149	11	12 7:00pm @ 30pm Community Workshop Training @ Phoenixville High School, Board Room	13	14
15	16 12:00pm-1:00pm Vision of Recovery Panel Chester County Hospital Board Room	17	18 11:00am-7:00pm In-person Orientation Day @ Metzer in Chester - see below 12:00pm-2:00pm Recovery Services, Metzer Park Chester County Hospital Conference A&B	19 2:00pm @ 4:00pm Recovery (documentary) Screening @ Panel @ GCC 6:00pm-7:00pm Recovery @ Metzer Center Recovery Center Hall	20	21 PRO-ACT Recovery Workshop for Recovery @ Penn's Landing
22 11:00am-12:30pm Durable, Fast, Present, Future @ Westchester Probationary Check	23 Panel Day for Victim Status in Chester Division Office @ 215-293-1011/1012	24	25	26 12:00pm-1:45pm (Virtual) Panel, Present, Future @ Dover Service Center	27	28
29 10:00am PRO-ACT National Recovery Day at the Phillips Center @ Olney State Park	30	1	2	3	4	5 9:00am Chester, DE Color 5K Walk, Run @ Easthart Park

**Chester County PRO-ACT
September 2019**

PRO-ACT
Ambassadors for Recovery

Council of Southeast Pennsylvania

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 OFFICE CLOSED HAPPY LABOR DAY	3 Chester County PRO-ACT Vision Town Meeting 6:00 PM-7:30 PM	4 Overcoming Addiction @ 11:30 Concordville Family Education Program 7-9:00PM Meburn	5 Working Through Recovery Sumner House 6:00 PM-7:30 PM	6	7 
8	9	10	11 Overcoming Addiction @ 11:30 Concordville Family Education Program 7-9:00PM Meburn	12 Working Through Recovery Sumner House 6:00 PM-7:30 PM	13	14
15	16	17	18 Overcoming Addiction @ 11:30 Concordville Family Education Program 7-9:00PM Meburn	19 Working Through Recovery Sumner House 6:00 PM-7:30 PM	20	21 PRO-ACT Recovery@SEPA 2019 Penny Landing Philadelphia 9:00 AM
22 	23	24	25 Overcoming Addiction @ 11:30 Concordville	26 Working Through Recovery Sumner House 6:00 PM-7:30 PM	27	28 Advocates in Recovery Toga Walk Valley Forge Park 10:00AM-1:00PM
29	30	1	2	3 Volunteer Coordinator Peg Hagen 610-675-6208	4 Project Coordinator Alison Slickers 610-675-6200	5 The 12th Service United Arden State, Concordville P. 484 325-2300 P. 484 325-2300

September is National Suicide Awareness Month

September is National Suicide Prevention Awareness Month—a time to raise awareness and connect individuals with suicidal ideation to treatment services. The Department of Drug and Alcohol Services would like to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. The state has created a resource website, [click here](#) for Prevent Suicide PA.



The National Alliance on Mental Illness (NAMI) has compiled several resources which can be found below.

Informational Resources

- [Know the Warning Signs and Risk of Suicide](#)
- [Preventing Suicide as a Family Member or Caregiver](#)
- [Being Prepared for a Crisis](#)
- Need more information, referrals or support? Contact the [NAMI HelpLine](#).

Crisis Resources

- If you or someone you know is in an emergency, call 911 immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255)
- If you're uncomfortable talking on the phone, you can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.

Awareness Resources

Help promote awareness by [sharing images and graphics](#) on your website and social media accounts. Use the hashtags #SuicidePrevention or #Stigmafree when sharing these images.

PHOENIXVILLE NALOXONE COMMUNITY TRAINING

FREE Community Naloxone training!

First 50 attendees receive naloxone for no charge.

Good Fellowship has partnered with Chester County Department of Drug and Alcohol Services to reduce the incidence of accidental drug overdoses.

Join us to learn about opioids, naloxone and accessing treatment in Chester County.



Sponsored by: Good Fellowship Ambulance & EMS Training Institute in partnership with Chester County Department of Drug and Alcohol Services.

LEARN HOW TO
SAVE A LIFE!



**THURSDAY,
SEPTEMBER 12TH**

7:00PM-8:30PM

**PHOENIXVILLE HIGH
SCHOOL, BAND RM**

**1200 GAY ST,
PHOENIXVILLE, PA
19460**



Naloxone Day

A limited supply of the opioid overdose reversal medication, Naloxone, will be distributed at no cost to the public in Chester County on a first come, first served basis.

Wednesday, September 18, 2019

11:00AM - 7:00PM

Locations:

ChesPenn at Brandywine Center
744 E. Lincoln Highway, Coatesville, PA 19320
Chester County Library
450 Exton Square Pkwy, Exton, PA 19341
Jennersville YMCA
880 W Baltimore Pike, West Grove, PA 19390
Phoenixville Borough Hall
351 Bridge St, Phoenixville, PA 19460

To find out more about what Chester County is doing to fight the opioid crisis, visit:



pennsylvania
DEPARTMENT OF HEALTH

StopODChesco.org



What Happened to You?

"THE CHILD MAY NOT REMEMBER, BUT THE BODY REMEMBERS"

RESILIENCE

THE BIOLOGY OF STRESS & SCIENCE OF HOPE

Resilience is a documentary which details how toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. An expert panel discussion will follow the screening.

Thursday, September 19th
2:00pm-4:30pm

Government Services Center, Rm 149
601 Westtown Rd,
West Chester, Pa 19380



ROCK

FOR RECOVERY

SATURDAY, SEPTEMBER 21, 2019
DOORS OPEN @ 5PM

\$15 / TICKET



SCAN ME

THIS EVENT IS A FUNDRAISER FOR THE OVERDOSE SURVIVOR WARM HAND-OFF IN CHESTER COUNTY COORDINATED BY THE CHESTER COUNTY DEPARTMENTS OF DRUG AND ALCOHOL SERVICES AND MENTAL HEALTH SERVICES.
FOR MORE INFORMATION, VISIT STOPODCHESCO.ORG.

LIVE MUSIC BY:

MARK EVANS BAND AND FRIENDS

SPECIAL GUEST:

BRANDON NOVAK

THANK YOU TO OUR EVENT SPONSOR:

JOHN R. GAILEY III
AND
JOELLEN BERGER
CHARITABLE FUND

Supporting Recovery

WEST CHESTER UNIVERSITY
EMILIE K. ASPLUNDH CONCERT HALL
700 S. HIGH ST, WEST CHESTER, PA

BUY TICKETS HERE

DESIGNER BAG BINGO

FRIDAY, SEPTEMBER 27, 2019



EVENT PROCEEDS SUPPORT THE
WCU COMMUNITY MENTAL
HEALTH CLINIC



DOORS OPEN AT 6:00PM



WCU GRADUATE CENTER
1160 MCDERMOTT DRIVE
WEST CHESTER, PA 19380

DRINKS INCLUDED
BRING YOUR OWN FOOD

PURCHASE TICKETS HERE

QUESTIONS?
CMHS@WCUPA.EDU OR
610-436-2510

WCU
WEST CHESTER
UNIVERSITY



SCAN ME

Community Mental Health Services | Wayne Hall, 8th Floor
125 W. Rosedale Avenue | West Chester, PA 19380 | 610-436-2510 | cmhs@wcupa.edu

BUY TICKETS HERE

Community News, Events, and Trainings

5th Annual Cars for Kacie

Saturday, October 5, 2019

11:00am-3:00pm

Downingtown East High School, 50 Devon Drive, Exton, Pa 19341

A Brother's Love

A live, online sibling support group which is professionally facilitated to help surviving siblings navigate sibling loss.

The group meets the second Tuesday each month.

Adventures in Recovery: Valley Forge Park Hike & Yoga

Saturday, September 28, 2019

10:00am—1:00pm

Valley Forge Park, Yellow Springs Trail Parking Lot
1700 Wilson Rd, Malvern, Pa

Center for Families- Foundations for Parents

Monday Nights beginning September 9th

6:30pm and ends at 8:00pm

101 Phoenixville Pike, Malvern, Pa 19355

Center for Families- Serenity for Parents

Wednesday Nights beginning September 4th
6:30pm and ends at 8:00pm
101 Phoenixville Pike, Malvern, Pa 19355

Chester County PRO-ACT "Overcoming Addiction"

Every Wednesday, 10:30am-11:30am
The Coatesville Center for Community Health, 1001 E. Lincoln Highway, Coatesville, PA
All recovery pathways welcome.

Chester County PRO-ACT "Working through Recovery"

Every Thursday, 6:00 p.m. - 7:30 p.m.
Samara House, 423 Lincoln Hwy E., Coatesville, PA 19320
All recovery pathways welcome.

For Jonathan's Sake Parent Grief Support Group

Coordinated by the Adolescent Awareness Foundation and The Jonathan Moules Memorial Steps4Hope Foundation, For Jonathan's Sake is a therapeutic grief support group for parents who have lost a child to the disease of addiction.
The 2019 group meets on Tuesdays September 18th-November 6th.
335 St. Johns Circle, Phoenixville, Pa 19460

FREE Personal Financial Workshops

Wednesdays during September and October
Check each specific class for times
Exton Square Mall, 260 Exton Square Parkway, Exton, Pa
Community Room, West mall entrance, lower level, across from LensCrafters

Grandfamilies Support Group

September 9, 23, Oct. 7, 21, Nov. 4, 18, 2019
Alternate Monday's: 6:30pm- 8:00pm
Coatesville Bible Fellowship Church, 6 N. 4th Ave, Coatesville, Pa (Follow walkway to enter at center red door facing Lincoln Highway)
Food & Drinks Provided
Childcare provided for children 5-17 years old.
Registration Required

Justice for Families Support Group 2019

The group is held first the Tuesday of every month
2019 Dates: 9/3, 10/1, 11/5, 12/3
7:00pm-8:00pm
Coatesville Bible Church, 6 N. 4th Ave., Coatesville, Pa 19320

Kacie's Cause Community Newsletter

The 501(c)3 organization is dedicated to Kacie Erin Rumford, her memory, her love of all of us and her desire to change this world to be a better place to live ... from her family and friends who love her.

Kacie's Cause Grief Support Group

Held 1st and 3rd Tuesday's of each month.
6:00pm-7:30pm
2 Station Way Road, Chadds Ford, Pa (Across from Hank's Place)

PRO-ACT September Calendar

September, 2019

PRO-ACT Substance Use Disorder Family Education Program

First three Wednesday's in September

Malvern, Pa

**Call for more information*

Transformation Yoga Project "30 for 30" Recovery Month

Donation based classes throughout the month of September

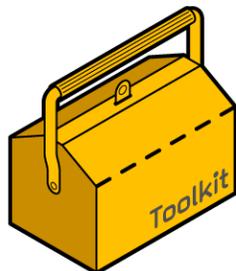
Would you like your community news, event, or training to be shared?

Email: kgenthert@chesco.org

Chester County Color 5K

Join us on Saturday, October 5th for the fourth annual Chester County Color 5k - a family-friendly, timed 5k to raise awareness and funds to help combat the opioid and heroin epidemic in Chester County.

[Click Here for More Information](#)



Family Member Resource Tool Kit

Finding support for substance use and related issues can be challenging. This Resource Guide, developed by the Chester County Department of Drug and Alcohol Services' Advisory Council, was created to guide you in connecting to the services needed. Compiled with the assistance of individuals and family members who have lived experience as well as representatives from recovery and treatment organizations, the guide includes resources for every step of the treatment and recovery journey. Our hope is that it will help you, your loved one and your family, find support healing and the rewards of sustained recovery for each person and family member impacted. [Click Here to Download the Tool Kit](#)

Know Someone Who Needs Help with Addiction?

Addiction affects families, friends, employers, and everyone around the individual but it can be treated and people can live a life of recovery. If you or someone you know needs help in dealing with their addiction there is hope, please call Pennsylvania addictions hotline at 1 – 800 – 662 – 4357 (HELP) or for more information go [online](#).



Information Opportunity!

Did you know.....



There are several other county departments who send out community newsletters and announcements just like this one. If you're interested, sign up [here](#).

