

## RECOVERY DEFINED

*Recovery refers to the process in which persons are able to live, work, learn and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling and productive life despite a disability. For others, recovery implies the reduction or complete remission of symptoms. Science has shown that having HOPE plays an integral role in an individual's recovery.*

*~The President's New Freedom Commission on Mental Health*

Join us as we move towards **Recovery Together as a Community.** We meet the 2nd Thursday of the month from 3:00 p.m. to 4:00 p.m. at the **Mental Health Association, 105 Brighton Avenue, 2nd Floor, Rochester, PA.**



## *The Road to Recovery*

Hope  
Competence  
Respect  
Trust  
Understanding  
Wellness  
Choice  
Spirituality



Beaver County's Community Support Program  
Mental Health Association Building, 2nd Fl.  
105 Brighton Avenue  
Rochester, PA 15074

Phone: 724-775-4165

Meets 2nd Thursday of every month  
3:00 p.m. to 4:00 p.m.

## The Beaver County Community Support Program



*A coalition of mental health consumers, family members and professionals working to help adults with serious mental illnesses and co-occurring disorders live successfully in the community.*



## What is CSP?

CSP is an educational group where individuals in recovery learn about community services and resources such as housing, transportation, employment, peer specialists, programs and advocacy.

A meeting where individuals in recovery can build relationships, friendships, network with others and help with our problems to help improve our lives.

A place for professionals and consumers to meet on common ground to overcome everyday stigmas related to mental illness.

People working together to eliminate mental health stigma and get information on all aspects of individuals' well being.

## WHY BECOME INVOLVED WITH CSP?

CSP committees offer a forum where individuals with mental health challenges, family members and professionals are united by a common set of beliefs and values and use their combined strengths to promote systems change. As a result, CSP Principals have helped to shape the way treatment services are delivered to those with mental illness, improving the public's understanding that individuals in recovery and family members should be regarded as people first, and advocating for the implementation of quality evidenced-based treatments that support and enhance the recovery of persons with serious mental illness.

The cornerstone of CSP is the integration of families, friends, professionals and other natural supports into the lives of people with mental health challenges. Make a difference in the lives of people with mental illness and those with co-occurring substance abuse disorders by becoming involved with CSP.



*Downtown Rochester, PA*

## VISION STATEMENT

Every person will be offered hope and encouragement to have the highest quality of life, consisting of inclusion in the community, easy access to choices of comprehensive care, services and natural supports from the local and regional communities and behavioral healthcare systems with a focus on opportunities for empowerment, awareness, responsibility and recovery.

## GOALS

**Community Integration:** Supports recovery of individuals with mental health challenges by promoting the use of available supports and services in the community, including housing, meaningful work, transportation, relationships, educational, spiritual and leisure activities.

**Education:** Influences and create s positive attitudes and knowledge about individuals with mental health challenges, families and services through an understanding of CSP principles, recovery and best practices.

**Empowerment:** Through participation in CSP, individuals and family members will gain knowledge of the mental health system to become a strong voice in the community that encourages comprehensive, available, accessible and appropriate services.