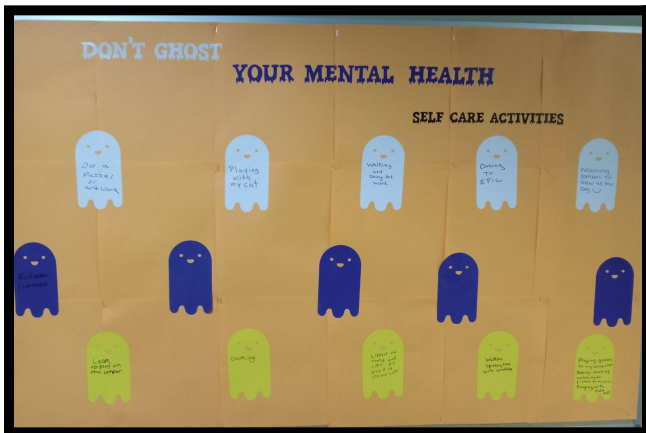


# EPICnews

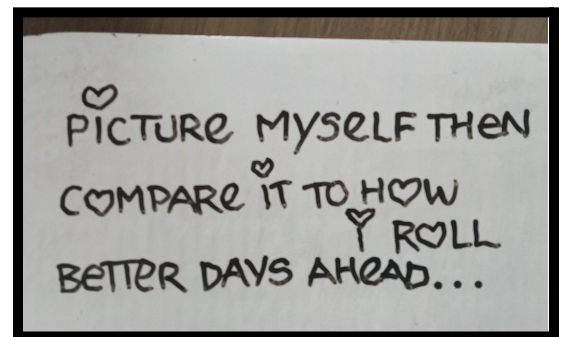
Empowering People in Communities (EPIC)  
A Quarterly Newsletter for the EPIC Program



## Monthly Motivation Board



## Haiku of the Quarter



## Community Awareness

- [Beavercountyevents.com](http://Beavercountyevents.com)
- [BC-systemofcare.org](http://BC-systemofcare.org)

*Share other local on-line resources  
with peers*



An EPIC member traveled and attended the 2023 Pennsylvania Mental Health Consumers Association conference bringing a message of hope and information on advocacy, educating and promoting recovery. CSP/Consumer Support Program supported!

Great job Carolyn!

## Getting Together



## Jokes & Riddles

Is your refrigerator running? **Yeah. You better catch it!** It's OK, it knows the way back!

How do you catch a unique rabbit?

What is corn's best friend?

What do you get when you cross a turkey with a ghost?

What's the difference between a chicken and a turkey?

What often falls at the North Pole but never gets hurt?

Why was the snowman looking into the bag of carrots?

What do you call a penguin in the Sahara desert?

## Wellness Support & Skills Group



Brain Functions (Brain Helmet Activity)



Therapeutic Wellness Group Activity

## Community Garden

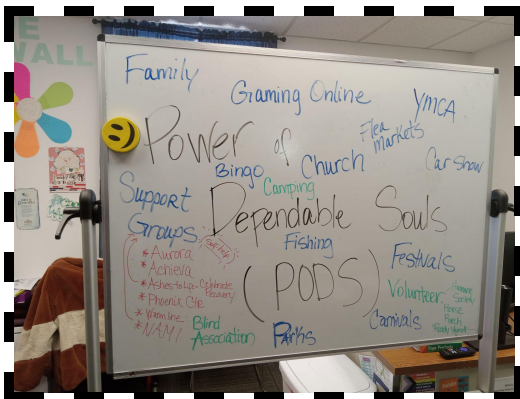
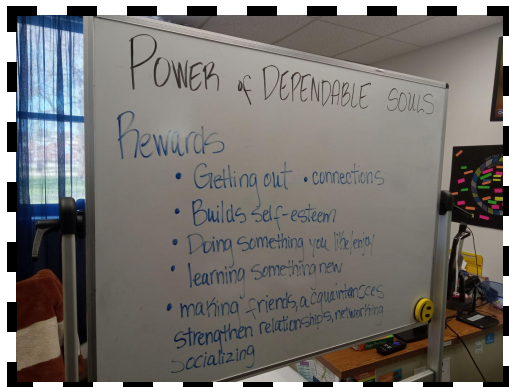
### Wellness/Living/Social Skill Building





## PODS - The Power of Dependable Souls

The Power of Dependable Souls (PODS) intervention is a group program designed to increase community participation and meaningful social connections for adults experiencing mental health conditions. PODS focuses on developing the skills and resources needed to engage in sustainable, independent community participation while building collective efficacy among group members. The [Temple University Collaborative on Community Inclusion](#) is seeking additional agencies interested in piloting this project! If you are interested in learning more, please contact Hannah at [Hannah.Wells7@temple.edu](mailto:Hannah.Wells7@temple.edu).



# Pennsylvania Community Support Program (CSP)

## What is CSP?

The Community Support Program (CSP) of Pennsylvania is 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. The statewide coalition links CSP nationally with regional and local CSP's throughout the State.

## CSP Principles

- Consumer-Centered/Consumer-Empowered
- Culturally Competent
- Designed to Meet Special Needs
- Community-Based/Natural Supports
- Flexible
- Coordinated
- Accountable
- Strengths-based

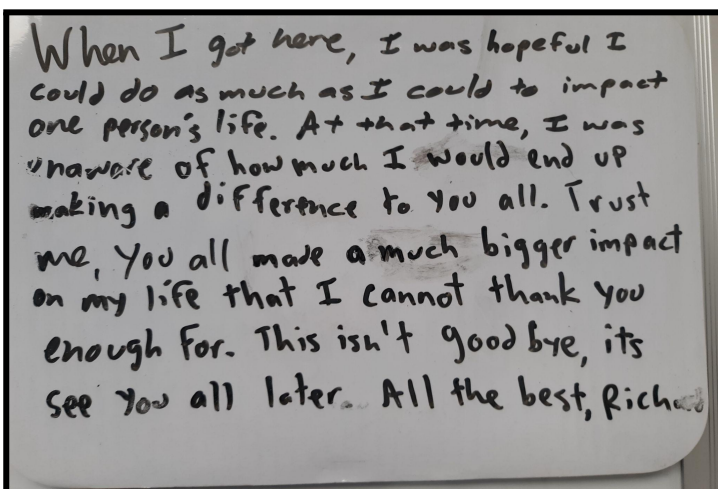
The Community Support Program of Pennsylvania is a coalition of mental health consumers, family members and professionals working to help adults with serious mental illnesses live successfully in the community. Our statewide coalition links CSP nationally with regional and local Community Support Programs throughout the state. To learn more about getting involved with a local CSP visit: [www.pmhca.org](http://www.pmhca.org)

# Wellness Skills

I	E	N	V	I	R	O	N	M	E	N	T	A	L
P	R	O	B	L	E	M	S	O	L	V	I	N	G
Y	A	T	R	A	E	I	E	C	I	X	L	S	C
O	R	E	N	I	X	N	P	C	P	I	P	P	L
N	M	V	O	C	E	T	E	U	P	N	E	I	T
N	E	I	I	N	R	E	E	S	I	R	L	R	N
N	T	T	T	A	C	L	L	C	O	A	I	I	P
U	T	A	I	N	I	L	S	T	N	C	C	T	P
F	R	E	R	I	S	E	P	O	E	C	I	U	N
Y	F	R	T	F	E	C	I	C	L	T	R	A	E
O	C	C	U	P	A	T	I	O	N	A	L	L	L
N	A	T	N	I	O	U	L	V	O	E	A	I	O
T	S	S	N	M	L	A	C	I	S	Y	H	P	I
E	E	R	E	L	T	L	P	E	E	M	M	I	C

OCCUPATIONAL  
INTELLECTUAL  
FUN  
SOCIAL  
ENVIRONMENTAL  
PROBLEM SOLVING  
EXERCISE  
PHYSICAL  
FINANCIAL  
CREATIVE  
EMOTIONAL  
SPIRITUAL  
SLEEP  
CPR  
NUTRITION

Play this puzzle online at : <https://thewordsearch.com/puzzle/6190199/>



### Parting message from College Intern

