

**CHAPTER 13:
MENTAL HEALTH,
SUBSTANCE USE
& ADDICTION SERVICES
At CVAMC**

COATESVILLE MEDICAL CENTER

Sub-Acute Inpatient Psychiatry (58A)

1400 Black Horse Hill Road

Coatesville, PA 19320

Program Information, please call Mental Health Admissions Coordinator

(610) 384-7711 ext 5126

Program is for veterans who can benefit from a longer inpatient stay for medication, stabilization, social skills training resource coordination.

Available Services: Psychiatry, Physical Medicine, Psychology, nursing, Recreation Therapy, Social Work, and Dietary.

Who is eligible? Must have a primary mental health diagnosis, no direct 302 admissions, cannot be actively suicidal with a plan.

Refer to this Program by: 58A Treatment Team.

COATESVILLE MEDICAL CENTER

Acute Inpatient Psychiatry (58B)

1400 Black Horse Hill Road

Coatesville, PA 19320

**Program Information, please call Mental Health Admissions Coordinator
(610) 384-7711 ext 5126**

This program is for: Veterans who require inpatient hospitalization for stabilization and treatment of mental illness.

Available services: Medication management, group therapy, individual therapy, psychological assessment/testing, recreation therapy, social work services

Who is eligible? Must be a veteran.

Refer to this program by: Presenting to Urgent Care or Mental Health Clinic or by coordination with Admissions Coordinators @ (610) 384-7711 ext 5126

[Acute Inpatient Psychiatry Unit/; Acute Inpatient Psychiatry Program Manager .061908]

COATESVILLE MEDICAL CENTER

Biofeedback Clinic

1400 Black Horse Hill Road, Basement Bldg 7, Room B06;

Coatesville, PA 19320

Program Information, please call Biofeedback Coordinator

(610) 384-7711 ext x 4944

Population served: Inpatient and outpatient veterans

Services: Biofeedback assessments and training; self-hypnosis assessments and training; individual cognitive-behavioral therapy/counseling for psychophysiological and psychiatric disorders; group relaxation/stress management training

How to Refer: Biofeedback Consult (Attention: Dr. Ron Pekala, PhD) needed from the treatment provider

[Biofeedback Clinic info/ BIOFEEDBACK COORDINATOR.061308 on c:\Biofeedback Clinic]

COATESVILLE MEDICAL CENTER

Case Management/ MHICM

1400 Black Horse Hill Road 57B

Coatesville, PA 19320

**Program Information; please call Mental Health Admissions Coordinator
(610) 384-7711 ext 5126**

Program Description: The Coatesville VA Medical Center has a special program to help veterans with mental illness live regular lives outside of big institutions. The goal is to increase community functioning and adaptation resulting in a better quality of life. The program uses intensive clinical case management with highly individualized treatment to meet special needs of veterans.

The case management program provides care for veterans with severe and persistent mental illness who no longer require inpatient care services. Many of our veterans have difficulty performing day to day tasks such as bathing, shopping, preparing meals and managing their finances. They also have minimal support from friends and family.

Our goal is recovery, helping each veteran develop the necessary skills to live as independently as possible. Care planning is individualized focusing on each veteran's strengths and desires.

Each veteran is assigned a case manager. The case manager helps the veteran meet their daily challenges through teaching and counseling. The case manager may assist the veteran with housing needs; teach the veteran how to grocery shop and to use public transportation. The case manager also may teach basic planning and money management skills. In addition, the case manager coordinates care with the psychiatrist and primary care physicians assuring the veteran's medical needs are met.

Staff: MHICM is a multidisciplinary team consisting of:

- Licensed Social Workers
- Registered Nurses and LPNs
- Administrative Assistants

Services:

- Helping to find housing
- Providing staff accessibility 24 -hours a day for emergency
- Connecting veterans to other services; example: medical clinics, providing veterans with daytime activities
- Providing education about disease process, medications, health care issues, and community resources
- Supporting veterans in times of stress
- Helping veterans get along and communicate with families and friends
- Following veterans as long as services are needed
- Community Transitions and Wellness Center with focus on problem solving structured activities and health alternatives to substance abuse.

WE ARE LOOKING TO SERVE OUR HOSPITALIZED VETERANS WHO:

- Have been identified to benefit from case management.
- Are, or have been hospitalized three or more times during the last 12 months.

IPCC accepts referrals through Coatesville VAMC Psychiatric managed care team.

Program Information

For program Information, please call Mental Health Admissions Coordinator at (610) 384-7711 ext 5126.
Program Coordinator, Joseph Storz, can be reached 610-384-7711 x5751

[Case Management Clinic info/Program Coordinator of Case Managment.061308 on c:\Case Management Clinic]

COATESVILLE VA MEDICAL CENTER
Community Transitions and Wellness Center (CTWC)
1400 Black Horse Hill Road 57B Rm. B33
Coatesville, PA 19320

Our Mission

Community Transitions and Wellness Center strives to inspire and assist veterans recovering from a serious mental illness to develop and achieve meaningful, self-determined goals, and to realize their full potential. CTWC provides a supportive learning environment that instills hope, validates strengths and interests, teaches life skills, and facilitates community integration.

Our Vision

All veterans enrolled in the Community Transitions and Wellness Center will have access to effective recovery-oriented services and support- essentials for living, working, learning, and participating in the community. CTWC staff will fully embrace and incorporate the core principles and practices of psychosocial rehabilitation.

Program Description

CTWC is a supportive, learning environment that provides interactive classes and activities to help veterans learn and practice skills that can lead to greater personal independence, satisfaction, and accomplishment.

Group Topics & Activities

- Goal-Setting
- Independent Living Skills
- Social Skills
- Illness Management & Recovery
- Health & Fitness
- Creative Expression
- Spirituality
- Healthy Leisure Activities
- Support & Therapy
- Community Integration Outings
- Supported Employment

What can veterans expect?

- You will be asked to make choices about your life.
- You will learn to set and achieve personal goals.
- You will be asked to take supported risks.
- You will be asked to plan for your future.
- You will learn to build on and share your strengths.
- You will become an active participant in the CTWC community.
- You will receive support and encouragement from staff and peers.
- You will realize that recovery is possible.
- You will develop a personal support network.
- You will be treated with respect and dignity.

**COATESVILLE VA MEDICAL CENTER
Community Transitions and Wellness Center**

GETTING INVOLVED

Is CTWC for me?

CTWC serves veterans who are recovering from a serious mental illness such as schizophrenia, schizoaffective disorder, major depression, bipolar disorder, or severe post traumatic stress disorder. All referrals will be assessed on a case by case basis.

How do I get started?

If you are interested in CTWC, please have your treatment provider make a referral to CTWC and arrange an orientation by calling the Program Coordinator at extension 5312.

**Community Transitions and Wellness Center Program Coordinator:
(610) 384-7711 ext. 5312**

Location:

Coatesville VAMC
Bldg. 57, Rm. B33

Hours of Operation:

Monday-Friday
8:00 AM - 3:00 PM

[Community Transitions & Wellness Center / Program Coordinator of Community Transitions & Wellness Center.061308 on c:\Community Transitions & Wellness Center]

COATESVILLE MEDICAL CENTER
Family Support, Training and Education program

Program Description: In the United States, one in four families has a loved one with mental illness. Families play a vital, but sometimes stressful role in the care of a relative who has mental illness.

Recognizing the important needs of families, Coatesville VAMC has developed the Family Support, Training, and Education Program (STEP). The group provides knowledge, skills and support to cope with the unique challenges of caring for someone with a mental illness.

- Talk to other families who have had similar experiences.
- Learn about mental illness, its causes, and types of treatment.
- Ask professionals any questions you have about mental illness.
- Improve skills that counteract the stress associated with mental illness.
- Learn about treatment options for your loved one at the VA Medical Center and in the community.
- Establish a larger social network.
- Decrease isolation
- Express and manage feelings of grief, loss and anger
- Share and learn from one another's experiences
- Receive emotional support and encouragement

Calendar of Event

- 7/9/08 Impact of Mental Illness on the Family
- 7/2/08 Posttraumatic Stress Disorder (PTSD)
- 8/6/08 Mood Disorders: Depression and Bipolar
- 8/20/08 Schizophrenia: What is it and how can family help
- 9/3/08 Mental Illness and Substance abuse
- 9/17/08 Understanding Medications
- 10/1/08 Rights & Responsibilities of the Veteran, the Family & the Treatment Team
- 10/15/08 Improving Family Communication
- 10/29/08 Problem Solving Skills
- 11/12/08 Preventing and Managing Crisis
- 12/3/08 Legal and Financial Issues
- 12/17/08 Taking Care of Yourself

*Each session includes a one hour presentation on the topic listed, followed by a one hour family support group.

COATESVILLE MEDICAL CENTER
Family Support, Training and Education program

Getting Involved

Cost- This program is FREE!

Attendance- Please contact the program coordinator at the number below to enroll in the program and schedule a brief introductory appointment before attending the sessions. Once enrolled, come to any or all of the sessions that are of interest to you.

Location- Coatesville VA Medical Center, Building 38, Room 205. Parking is free

Times- Each session meets from 1:00-3:00pm

Refreshments Provided.

Family STEP Program Coordinator

Phone: (610) 384-7711 ext. 2840

Fax: (610) 380-4353

Coatesville VA Medical Center
1400 Black Horse Hill Rd
Coatesville, PA 19320

[Family Support, Training and Education Program info/: Coordinator of Family Support, Training and Education Program .061908]

COATESVILLE VA MEDICAL CENTER
Global War on Terrorism/ Operation Enduring Freedom /Operation Iraqi Freedom Initiative
1400 Black Horse Hill Road 57A, Room 142
Coatesville, PA 19320

HEALTH CARE SERVICES FOR RETURNING COMBAT VETERANS

The **U.S. Department of Veterans Affairs (VA)** provides needed health care, benefits, and support for returning service members.

VA Healthcare – VISN4 is part of the U.S. Department of Veterans Affairs. We provide health care and social services to veterans in Pennsylvania, Delaware, and several counties in West Virginia, Ohio, New Jersey and New York. There are 10 hospitals and nearly 50 community-based outpatient clinics in our network.

This Program is for: Veterans, including activated Reservist members of the National Guard, are eligible if they served on active duty or in a theater of combat operations during a period of War after the Gulf War and have been discharged under other than dishonorable conditions. (Service after 9/11/2001)

Services Offered

- Case Management
- Compensation and Pension
- Counseling Services
- Dental Services
- Domiciliary Programs
- Education
- Enrollment services
- Mental Health
- Primary Care
- Pharmacy
- Physical Therapy
- Prosthetics
- Social Work Services
- Women's Health
- Substance Abuse
- Sexual Trauma Services
- Stress Management
- Urgent Care

Dental Care

If a veteran did not receive a pre-separation dental exam from the military, then the veteran is eligible to receive a dental examination from VA within 180 days.

Establishing Combat Veteran Eligibility

VA has promoted new eligibility rules that provide Active Component and Reserve Component personnel who served in designated combat zones (since 11/11/98). Note that free care refers to all service related to the veteran's combat experience, even if there is insufficient medical evidence to conclude that such a condition is attributable to such service. Co-payments may be charged for treatment of non-combat related conditions.

The President has signed the National Defense Authorization Act into Law (1/29/08). Combat veteran eligibility has been expanded from two years post discharge to five years post discharge. Contact your local VA for additional information.

Combat Stress Can Remain Even After You Return Home

Even after returning from a theater of combat, stress can significantly interfere with a veteran's ability to relate to family, friends, and work. It can also affect other areas of daily functioning. The lingering effects of stress can be expressed as hostility, anger, trouble sleeping, and emotional numbing. Often times, work suffers due to absenteeism, fatigue, or impaired concentration.

If you feel you may be experiencing any symptoms related to combat stress or military sexual trauma, please contact your nearest VA health care facility.

VA Centers in our Network

There are twelve VA Vet Centers in our service area which may also be of assistance to returning service members. Vet Centers provide such services as neighborhood counseling for individuals and groups, and housing assistance. To find the closest VA Center, please contact the nearest VA medical center or check online at: www.visn4.va.gov.

**For program information contact:
D. Christian-Grandy, MSW, ACSW, CSAC/ OEF/OIF Program Manager
(610) 384-7711 extension 6840**

VA Medical Center Returning Service Members Coordinators

<u>Location</u>	<u>GWOT Program Managers /Telephone</u>
Altoona	814-943-9164 EXT. 7215
Butler	724-285-2493
Clarksburg	304-623-3461 EXT. 3351
Coatesville	610-384-7711 EXT. 6840
Erie	814-860-2965
Lebanon	717-272-6621 EXT. 5694
Philadelphia	215-823-5915
Pittsburgh	412-365-5734
Wilkes-Barre	570-824-3521 EXT. 7803
Wilmington	302-994-2511 EXT. 4638
Network Office	866-482-7488 EXT. 82-3943

Transition Patient Advocates – East

Maria Williams	215-796-2190
Steve L. Wilson	215-796-2285

Transition Patient Advocates – West

Richard Buzzö Bryan	412-302-4817
Bill Smathers	412-551-9651

[Global War on Terrorism/ Operation Enduring Freedom Initiatives / Coordinator of Operation Iraqi Freedom Initiative .061908]

COATESVILLE VA MEDICAL CENTER
Mental Health Recovery Initiatives
1400 Black Horse Hill Road
Coatesville, PA 19320

What is Mental Health Recovery?

The President's New Freedom Commission on Mental Health outlines the vision: "a future when everyone labeled with mental illness will recover...Care must focus on increasing the consumers' ability to successfully cope with life's challenges,--not just on managing symptoms."

RECOVERY IS....

- Building **HOPE**
- Creating **EMPOWERMENT**
- Increasing **SELF-RESPONSIBILITY**
- Finding **MEANINGFUL ROLES**

"A deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness" (W. Anthony, 1993)

Psychosocial Rehabilitation Services:

- **Community Transitions and Wellness Center (CTWC)** provides opportunities to learn & practice skills to live successfully in the community.
- **Family Support, Training & Education Program (STEP)** provides knowledge, skills, and support to cope with the unique challenges of caring for someone with mental illness.
- **Case Management; Mental Health Intensive Case management (MHICM)** provides community support to avoid/prevent hospitalization, and to increase community adjustment and quality of life.
- **Psychosocial Rehabilitation Vocational Employment Services** that assist before, during & after job placement.
- **Outpatient clinics** in 3 locations for medication & Psychotherapy
- **Domiciliary care units** for Substance Abuse, Dual Diagnosis, PTSD & Homeless veterans
- **Inpatient psychiatry units** for stabilization & safety

What are the roles of the local recovery coordinator?

- Provide Community Education & Outreach
- Provide Staff Education & Consultation
- Work directly with veterans &/ families
- Share information & resources
- Expand awareness of choices & supports

**For more information please contact our Local Recovery Coordinator,
Audrey Hall, MSW, LCSW@ 610-384-7711 x2820**

COMMUNITY LIVING SKILLS WORKSHOP

WHAT?

- A class on Community Living Skills for veterans with mental illness or mental illness and substance use..
- Work on the CVAMC Veterans Resource Guide with Veterans, community volunteers & staff.
- Help & teach others about resources by using the computer, phone, email &/ community outreach.
- Work with others in your recovery
- Give and receive peer support to be more active in the community.
- Learn & practice the skills to grow, heal and live more in the community.

WHY?

By joining this group, you will have a chance to:

- Learn & practice computer skills
- Learn new work skills
- Have better relationships & communicate better
- Share your strengths, skills & resources
- Set goals & manage your time
- Be more creative
- Manage your stress & problems better

WHO?

- Veterans at Coatesville VAMC with severe mental illness who currently are in:
 - Outpatient mental health treatment
 - Day treatment programs
 - Inpatient mental health treatment
- Veterans & community volunteers who are ready and willing to help other veterans as mentors.
- Coatesville VAMC Staff

WHEN?

- Every Monday @ 10:30- 2:30 pm. Lunch Break will be 12-1
- Ongoing

WHERE?

- Building 7 Computer Lab, Room 15

GROUP

MENTORS?

- Audrey N. Hall, MSW, LCSW Local Recovery Coordinator;
- Veterans & community volunteers will help teach and run groups.

HOW?

Let staff know. For more information, call Audrey Hall 610-384-7711x2820.

[Local Recovery Initiative info/ Coordinator of Local Recovery Initiative .061908]

VETERANS ADVOCACY COUNCIL (VICTORS)

- WHAT?** Mental Health Veteran Advocacy Councils assist recovery efforts for veterans with severe mental illness, or mental illness and substance use. The vision is to promote:
- **H**ope to participate in meaningful activities; Holistic care and wellness
 - **O**pportunities and choices
 - **P**eer Support, Problem-solve and brainstorm as Partners
 - **E**ducation on stigma, rights, strengths and resources within VA and communities; Empowerment & Advocacy.

- WHY?** The orientation groups will provide:
- A review of the basic structure of Veterans Councils
 - Discussion sessions with questions and answers.
 - Information, suggestions & recommendations to the Mental Health Leadership

- WHERE?** Until further notice, the current days, times and location will be as follows:
- Dates-Every 3rd Wednesday of the Month (7-16-08; 8-20-08; 9-17-08; 10-15-08)
 - Time-3-5 pm
 - Location-CVAMC; 1400 Black Horse Hill Rd, Bldg 5, 1st Floor, Room #3

- WHO?**
- Veterans
 - Family member or advocates
 - Representatives from Veterans Service Organizations, community mental health agencies/advocacy groups

- CONTACT?**
- Audrey Hall MSW/LCSW (Local Recovery Coordinator) at Audrey.Hall2@va.gov 610-384-7711 x2820 OR

[Local Recovery Initiative info/ Coordinator of Local Recovery Initiative .07_10_08]

COATESVILLE VA MEDICAL CENTER

Mental Health Clinic- 57A

1400 Black Horse Hill Road

Coatesville, PA 19320

This program is for:

Veterans needing psychiatric medication, counseling and psychotherapy for a wide variety of issues from chronic mental illness to difficulty adjusting to a life stressor. Social work services for mental health related needs for any mental health clinic patient and any primary care patient of Dr. Qureshi ONLY

Available services:

Walk-in psychiatric services, individual and group psychotherapy, pharmacotherapy, walk in and scheduled social work services.

Who is eligible? Very broad ó anything mental health

Refer to this program by:

1. For urgent evaluations, Veteran can come to 57A by 2:30 pm
2. For routine services, providers can place consults to outpatient psychiatry and/or outpatient psychology.
3. There is no consult for social work. Veterans should sign in at the front desk during Walk-in Hours. These hours are subject to change, so veterans should call the front desk to verify before traveling long distances.
4. Social work walk in hours are currently: Mondays 10-11:30, Tuesdays 1-2, Wednesdays from 8:30 ó 10:30 AM, Thursdays and Fridays 1-3:30

Please note:

1. There is a significant wait for psychiatric appointments. Unless the veteran wants/needs medication, a psychology consult may be quicker.
2. There is typically a long wait to see the walk-in doctor óexpect to wait several hours

If you are a provider, please make sure that the veteran is aware of the referral and is willing to attend within 30 days.

All veterans referred to the Mental Health Clinic must be seen within 30 days, per VA regulations. If veteran cannot commit to this, provide them the telephone number for the front desk. They may call when ready or place the consultation at a later time when veteran will follow-through. Please do not place the consultation without the veteran's agreement.

COATESVILLE VA MEDICAL CENTER
Neuropsychology & Psychology Assessment Specialty Clinic
1400 Black Horse Hill Road 57B
Coatesville, PA 19320

- **Population served:** Inpatient and outpatient veterans referred for psychological assessment
- **Services:** Neuropsychological assessment, psychological testing, individual neurocognitive rehabilitation, and weekly process oriented group for persons with history of traumatic brain injury (TBI)
- **How?** Neuropsychology Consult (Attention: Donald Dow PhD) needed from VA treatment provider
- **Other:** Coatesville VAMC Neuropsychology & Psychology Assessment Specialty Clinic - Provide neuropsychological assessment, psychological testing, and neurocognitive rehabilitation services to both inpatients and outpatients.

[Neuropsychology & Psychology Assessment Specialty Clinic info/ Program Manager of Neuropsychology & Psychology Assessment Specialty Clinic.061908]

COATESVILLE VA MEDICAL CENTER
Posttraumatic Stress Disorder
Residential Rehabilitation and Treatment Program

What is PTSD?

Post-Traumatic Stress Disorder (PTSD) is a reaction to intense traumatic events that threaten or cause death or injury to you or other people. It can be caused by natural disasters, fires and accidents, but the fear, horror and helplessness of war is tailor-made for the development of PTSD. Some of the symptoms are:

- Recurring painful thoughts and memories
- Nightmares and sleep problems
- Painful feelings when confronted with reminders
- Feeling alienated from & distrustful of others
- Difficulty with intimacy and feeling love
- Irritability or outbursts of anger
- Painful guilt and grief feelings

How does therapy help?

"You can't change the past, so how can talking about it help?" True, what happened cannot be changed, but the painful feelings and symptoms of PTSD are happening now, and can be changed. Talking about and reexamining trauma with professionals experienced in the treatment of war stress can lead to resolution of war issues, relief from emotional pain and symptoms and resumption of a more satisfying lifestyle. Therapy for these issues is much different than just thinking about them.

The Program

The PTSD program at Coatesville, VA Medical Center was established in 1982. It is one of the oldest PTSD programs in the country, and we continually seek to improve our effectiveness based on the latest research on PTSD treatment. The program is open to women and men veterans of all American wars and combat operations who are dealing with combat-related PTSD.

The program provides a safe, supportive environment on an open ward setting with a length of stay based upon the needs of the individual veteran. We provide a wide range of therapeutic services including:

- Individual Psychotherapy
- Group Psychotherapy
- Family and Marital Therapy
- Classes on Stress Management ; Anger and Assertiveness ; Depression; Guilt and Grief and Relapse Prevention
- Patient Health Education
- Alcohol and Drug education
- AA, NA and 12 step Groups

Does it work?

Research indicates that treatment can be highly effective for the individual willing to commit to working in the program with the goal of recovery.

Eligibility

The PTSD program is open to honorably discharged men and women veterans of all American wars and combat operations who are suffering from combat-related PTSD.

Application to the program

If you have an outpatient therapist, then have them call us for referral information. If you do not have a therapist, please call the number at the end of this brochure. We will meet with you for an evaluation interview to determine if the program is the best treatment option for your condition. When you come for the interview and upon entry to the program if accepted, you must be drug and alcohol free.

Veterans' Benefits

Admission to our program is not necessary or particularly helpful in claims for service-connected disability. Our goal is to treat PTSD and to help you live a more satisfying and effective life. We make no determinations of disability or employability. Filing a claim for disability is most readily done by contacting a Veterans Service Representative at your nearest VA facility.

Our Goal

Many veterans try to medicate themselves with alcohol and drugs without success, and believe they are stuck with these problems. Participating in therapy for PTSD is hard work, but treatment does help. We will do our best to help you improve the quality of your life, and to recover from the trauma of war.

**For more information, contact:
Director PTSD Program
Coatesville VA Medical Center
1400 Black Horse Hill Rd.
Coatesville, PA 19320
610-384-7711, extension 4001**

**Applicants for Treatment May Contact
The Program Directly at
610-384-7711, extension 4267**

Please call between the hours of 8am and 4pm
Coatesville VA Medical Center
Posttraumatic Stress Disorder Clinical Team

The **PTSD Clinical Team at the Coatesville VA Medical Center** provides individual, group and family counseling on an outpatient basis. Services are provided to both combat and non-combat veterans including veterans with Military Sexual Trauma (MST). Daytime and evening hours are available.

For more information contact David Inman, Ph.D. at

610-384-7711 ext 6833.

[Post-Traumatic Stress Disorder Program / Program Manager of Post-Traumatic Stress Disorder Program .062708]

Starting JULY 1st, 2008
**NEW WALK-IN
SOCIAL WORK HOURS***

Mondays	10:00 ó 11:30am
Tuesdays:	1-2 pm (longer on 2 nd 4 th and 5 th Tuesdays)
Wednesday	8:30 ó 10:30 am
Thursdays	1- 3:30 pm
Fridays	1- 3:30 pm

To be seen, sign up at the front desk at 57A then wait in the TV room. You will be called. If you are not present when called, the next person will be called and you may lose your turn.

Do you need to speak to a social worker about?

- Affordable housing and transportation options
- Applying for Social Security Disability, Medical Assistance, food stamps, WIC, LIHEAP or other public assistance
- Getting copies of birth certificates, social security cards, DD214s, or other documents
- Community and VA resources
- Help with filling out forms

Veterans can now be seen the same day, often within minutes! Appointments can still be made for veterans traveling long distances.

* Walk-in hours may be cancelled due to vacations, meetings etc. Look for the schedule across from the front desk and call x6801 to verify before traveling.

COATESVILLE VA MEDICAL CENTER

Suicide Prevention Initiatives

1400 Black Horse Hill Road

Coatesville, PA 19320

OPERATION S.A.V.E.

Operation S.A.V.E. is a way to help save lives through suicide prevention by knowing

- Signs of suicidal thinking
- Ask Questions
- Validate the veteran's experience
- Encourage treatment and Expedite a referral

“There are plenty of resources available to the veteran who is suicidal, but we need you to partner with us in identifying the suicidal veteran and getting them into treatment.”

Our veterans face a higher risk of suicide just from the very nature of their service. It is important to know what those risks are. Here are a few of those risks, unique to military service:

- Frequent deployments
- Deployments to hostile environments
- Exposure to extreme stress
- Physical assault while in the service
- Length of deployments

General Risks include the following:

- Currently thinking about harming self, with a plan and method
- Previous attempt
- Alcohol or substance abuse
- History of mental illness
- Poor self-control
- Hopelessness
- Recent loss (personal, physical, emotional, financial)
- Family history of suicide
- History of abuse
- Serious health problems
- Age, gender, race

When confronted with a veteran you suspect might be suicidal, ask questions in a conversational, non-threatening way. Remember the basic steps for asking questions:

- Remain calm
- Listen more than you speak
- Maintain eye contact
- Act with confidence
- Don't argue
- Use body language that is open
- When asking questions, limit them to gathering information casually
- Use supportive and encouraging comments
- Stay non-judgmental
- Be as honest as possible ó don't make promises you don't intent to keep.

Know how to ask the big question, “Have you thought about killing yourself?” Asking the question should be done after you have enough information to reasonably believe the veteran is suicidal. It should be asked at an appropriate time in the conversation. You can do it as part of a review of the information the veteran gave you. “So, if I understand your situation, you’re really down about your constant pain and lack of successful treatment. You have lost your job because of the pain, and you don’t see any future for yourself. A lot of veterans in your situation think about killing themselves. Are you having similar thoughts?”

How not to ask the question:

- Don’t talk with the veteran for two minutes and just blurt out, “So are you going to kill yourself or what?”
- Don’t ask the question as though you are looking for the answer you want, “You aren’t thinking of killing yourself are you?”
- Don’t ask the question as a statement, “My God, you are going to kill yourself!”

Signs of suicidal thinking include:

- Threatening to hurt or kill self
- Looking for ways to kill self.
- Seeking access to pills, weapons or other means
- Talking or writing about death, dying or suicide
- Hopelessness
- Rage, anger or seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped, as if there is no way out
- Increasing drug or alcohol abuse
- Withdrawing from friends, family and society
- Anxiety, agitation, unable to sleep, or sleeping all the time
- Dramatic changes in mood
- No reason for living, no sense of purpose in life

For program information, please contact CVAMC Suicide Prevention Coordinator,
Tim Sessions at 610-384-7711 x6814

SEE FOLLOWING PAGE FOR
COATESVILLE MEDICAL CENTER: MENTAL HEALTH INFORMATION SHEET

[Suicide Prevention Initiative info/ Coordinator of Suicide Prevention Initiative.061908]

COATESVILLE MEDICAL CENTER: MENTAL HEALTH INFORMATION SHEET

EMERGENCIES DIAL	911
NATIONAL SUICIDE HOTLINE	1-800-273-TALK (8255)

COATESVILLE VAMC

COATESVILLE VAMC	610-384-7711
PRIMARY CARE/URGENT CARE	610-384-7711 x4290 OR x5060
MENTAL HEALTH CLINICS:	
• OUTPATIENT CLINIC	610-384-7711 x6801/ 6825/6835/ 6836
• SPRING CITY CBOC	610-948-0981
• SPRINGFIELD CBOC	610-543-3246

LOCAL AND COUNTY MENTAL HEALTH CRISIS NUMBERS

BERKS COUNTY	610-236-0530
BUCKS COUNTY	610-499-7455
CHESTER COUNTY	610-918-2100
CHESTER COUNTY TOLL FREE	877-918-2100
DELAWARE COUNTY	(North) 610-237-4210
DELAWARE COUNTY	(South) 610-447-7600
LANCASTER COUNTY	717-394-2631
LEBANON COUNTY	717-274-3363
MONTGOMERY COUNTY	610-279-6100
PHILADELPHIA COUNTY	215-685-6440
NORTHERN DELAWARE	(800) 652- 2929
NORTHERN DELAWARE	(800) 354-6785
SOUTHERN NEW JERSEY	856-428-HELP (4357)

[Suicide Prevention Initiative info/ Coordinator of Suicide Prevention Initiative.061908]

SPRING CITY VA OUTPATIENT CLINIC

Coatesville VA Medical Center

1400 Black Horsedlill Road

Coatesville, PA 19320-2096

Telephone: (610) 384-7711

FAX: (610) 383-0278

Main Campus for

Spring City VA Outpatient Clinic

11 Independence Drive

Spring City, PA 19475

Located on the Grounds of Southeastern PA Veterans Center

Our Clinic

A team of Coatesville VA Medical Center physicians, nurses, social workers, psychologists, and other health care professionals provide many important outpatient services at this site. Our compassionate and highly qualified staff provides quality care to veterans from both the Southeastern PA Veterans Center and the surrounding community.

Counseling Services

- Alcohol and Drug Abuse
- Marital and Family Issues
- Vocational and Career Assessment
- Post Traumatic Stress Disorder (PTSD)
- Women's Issues
- Smoking Cessation
- Weight Control
- Other Mental Health Issues

Medical Services

- Primary Medical Care
- Prescriptions
- Medical/Nursing Evaluations
- Preventive Healthcare

Other Services

- Inpatient Follow Up
- Determination of VA Eligibility
- Geriatric and Extended Care Evaluations
- Assessment of Mental Health Treatment Needs
- Medical/Nursing Evaluations
- Preventive Care

**The above services are also available to residents of the Southeastern PA Veterans' Center.

Who May Receive Services: Generally, all veterans with an honorable discharge are eligible for services. **To get more information about your eligibility, please call (610) 948-1082.**

COATESVILLE VA MEDICAL CENTER

1400 Black Horse Hill Road

Coatesville, PA 19320-2096

Telephone: (610) 384-7711, ext. 2231, 2232

Fax: (610) 466-2207

MAIN CAMPUS FOR: SPRINGFIELD VA OUTPATIENT CLINIC

Crozer Keystone Healthplex

194 West Sproul Road, Suite 105

Springfield, PA 19064(**Delaware County**)

(Entrance from parking garage, ground level)

Telephone (610) 543-3246; (610) 543-3726

Fax: (610) 543-1738

OUR CLINIC

A team of Coatesville VA Medical Center physicians, nurses, social workers, psychologists, and other healthcare professionals provide many important outpatient services at this site. We are located in the center of Delaware County, just off I-476 (Exit 3) near the Springfield Mall. Major emphasis is given to health needs assessment, primary medical care, mental health treatment, addiction therapy, wellness, preventive healthcare and education.

Our compassionate and highly qualified staff provides quality care to veterans from Delaware County and the surrounding counties.

MEDICAL SERVICES

- Primary Medical Care
- Prescriptions
- Medical/Nursing Evaluations
- Preventive Healthcare

COUNSELING SERVICES

- Alcohol and Drug Abuse
- Marital and Family Issues
- Vocational and Career Assessment
- Post Traumatic Stress Disorder (PTSD)
- Women's Issues
- Smoking Cessation
- Other Mental Health Issues

OTHER SERVICES

- Determination of VA Eligibility
- Information about Veterans Benefits

WHO MAY RECEIVE SERVICES? Generally, all veterans with an honorable discharge are eligible for services. To get more information about your eligibility, please call (610) 543-3246 or (610) 543-3726.

APPOINTMENTS: Clinic appointments may be scheduled 8:00 am to 4:30 pm Monday through Friday. Limited early evening hours are also available for mental health. To schedule an appointment, please call (610) 543-3246 or (610) 543-3726.

MISSION STATEMENT

To improve the health of those we serve by providing Primary Care...Specialty Care...Transitional Care...and Related Social Support Services.

COATESVILLE VA MEDICAL CENTER
New Outpatient WOMENS Group
Sisters
Supporting
Sisters

1400 Black Horse Hill Road 57A
Coatesville, PA 19320-2096

- This weekly support group is for outpatient women veterans who want the safety of a woman only space to reflect on their lives, relationships, and self care.
- The group will meet Mondays from 1-2 pm in 57A
- **For more information or to register, please contact**
Kelly Lemmon LCSW at 610-384-7711x6811

[Outpatient Women's Group info/ K. Lemmon .061908 on c:\Outpatient Women's Group]

SUBSTANCE ABUSE TREATMENT SERVICES
For more information
Please contact Mental Health Admissions Coordinator:
610-384-7711, extension 5126

Our Mission

We provide specialized substance abuse treatment services to eligible veterans based on their individual needs, in the most appropriate environment.

Our caring, dedicated and experienced **staff** includes:

- doctors and nurses
- social workers
- psychologists
- counselors
- other healthcare specialist

Drug and Alcohol Programs & Services:

- Dual Diagnosis
- Domiciliary Care
- Day Treatment
- Detoxification
- Relapse Prevention
- Community Outreach

Who May Receive Services? All veterans with an honorable military discharge may be considered. One of our Health Benefits Advisors can quickly determine your eligibility.

Appointments: To schedule an appointment,

Please call the Mental Health Office weekdays from 8:00am to 4:00pm or leave a message after hours and we will return your call.

For more information, please
Contact Mental Health Admissions Coordinator:
610-384-7711, extension 5126

DUAL RECOVERY ANONYMOUS (DRA)

Addiction Problems, Emotional or Mental Health problems too?

Finally a meeting that covers recovery for the combination of problems. Have you felt like you were alone in the world or that no one else can identify with you because you are DUAL DIAGNOSED? Don't feel alone anymore, come to the Tuesday night, dual diagnosis D.R.A. meeting.

Phone: 610-384-7711 x 5676

WHEN: Tuesday Night

WHERE: VAMC, COATESVILLE
1400 Black Horse Hill Rd
@ 8A Dom. Kitchen

TIME: 6-7pm

WHO: Veterans residing in homeless domiciliary programs

**COMMUNITY
MENTAL HEALTH,
SUBSTANCE USE**

&

**ADDICTION
SERVICES**

**CHESTER COUNTY DEPARTMENT OF
MENTAL HEALTH/MENTAL RETARDATION**

HOW TO GET MENTAL HEALTH SERVICES IN CHESTER COUNTY

If you have medical assistance, call the number for Community Care Behavioral Health at 1-866-622-4228

Government Services Center
601 Westtown Road, Suite 340
P.O.Box 2747

West Chester, PA 19380-0990

Phone: 610-344-6265

Toll Free: 1-800-692-1100

Ext. 6265

TTY/TDD: 610-344-5942

Please visit our website www.chesco.org/mhmr

GOAL

Chester County Department of Mental Health administers publicly funded mental health services that support recovery of a full life and valued participation in the community. Guided by respect and a commitment to consumer choice, they are dedicated to working collaboratively with consumers, families, providers and other system partners to implement services.

In An Emergency

Individuals who have a serious mental illness may sometimes need emergency help such as hospitalization to keep them safe and help them manage in a crisis. If it seems that emergency hospitalization is needed to keep a person safe, and they do not agree with this plan, contact Crisis Intervention:

Mental Health Crisis Intervention Service

222 N. Walnut Street

West Chester, PA 19380

Phone: 610-918-2100 or Toll Free at 1-877-918-2100

- Walk in crisis counseling seven days per week
- Mobile crisis intervention - staff may assist persons involved in mental health emergencies
- Assistance with involuntary hospitalizations
- Crisis Intervention may refer to:

**Crisis Residential Services Program of Northwestern Human Services, Inc.
West Chester, PA**

Crisis Residential provides short-term (up to 10 days) voluntary residential care to help stabilize consumers in a mental health crisis to help an individual avoid hospitalization. This service may be used as step down from an inpatient hospital setting. Referrals for admission must come through Crisis Intervention.

If You Think You Need Help With a Mental Illness

In Chester County, staff at one of the Core Providers (facilities that provides administrative direction, coordination and clinical services for consumers) will complete the preliminary assessments of a person's mental health and recovery needs. The Core Provider agencies develop a service plan with the individual and family if appropriate to help get the services and supports needed.

For information and assessment contact one of the following:

For Child Services:

Child Guidance Resource Center

Coatesville, PA 610-383-5635 or Toll free at 1-866-799-3325

Community Services of Devereux

Phoenixville, PA 610-933-8110 or Toll free at 1-800-935-6789

Creative Health Services

Spring City, PA 610-948-6490

Holcomb Behavioral Health

Kennett Square, PA 610-388-7400 or Toll free at 1-800-657-5989

Human Services, Inc.

Downingtown, PA 610-873-1005 or Toll free at 1-888-873-1001

Oxford, PA 610-873-1005

West Chester, PA 610-430-6141

For Adult Services:

Creative Health Services

Spring City, PA 610-948-6490

Fellowship Health Resources

Phoenixville, PA 610-415-9301

Human Services, Inc.

Downingtown, PA 610-873-1005 or toll free at 1-888-873-1001

Oxford, PA 610-873-1005

West Chester, PA 610-430-6141

Other Clinical Providers:

Other publicly funded agencies in the County are:

Holcomb Behavioral Health Systems

Exton, PA 610-363-1488

Penn Psychiatric Services

Phoenixville, PA 610-917-2200

Self Help, Supports and Advocacy

Compeer (Recovery through Friendship) is a program that matches persons referred by a therapist or mental health professional with a volunteer with similar hobbies and interests. Compeer is a program of the Mental Health Association.

307 N. Walnut Street

West Chester, PA 19380

610-436-4445

NAMI PA - (formerly known as the Alliance for the Mentally Ill of Pennsylvania) NAMI provides support, education, advocacy, and research for people living with mental illness. Their local chapter contact information is:

1-888-999-6264 nami-pa@nami.org

Child & Family Focus

Child and Family Focus provide parent mentors. These are parents whose children have received services. They are available to assist other parents to navigate through the various child serving systems. They also provide parent training and sibling support.

11 David Drive
Valley Forge, PA 19460
610-783-1788

The Arc of Chester County

The ARC provides advocacy and parent support groups. Their Special Education Advocate is available to assist parents through school services for children with various special needs.

900 Lawrence Drive
West Chester, PA 19380
610-696-8090

Chester County Consumer and Family Satisfaction Team (C/FST) conducts interviews to determine satisfaction with services. Their contact information is:

610-594-9740 or 1-877-TEAMCAST`

Community Support Program (CSP)

The Community Support Program (CSP) is a coalition of mental health consumers, family members, professionals, and community members working together to help adults with serious mental illnesses live successfully in the community,

610-429-1702

"Community Crossroads" Peer Support Center

Operated by members of CSP through Horizon House, Inc., the Center has an open door policy and welcomes all who are seeking connection to services or supports, or who just want a human connection

529 E. Gay Street
West Chester, Pa 19382
610-429-1702

Skills

Psychiatric Rehabilitation (Psych Rehab)

The "Clubhouse" programs are designed to help people who need to develop or improve social and job skills. The programs enable participants to practice life and career skills by sharing responsibilities for program activities.

Providers:

Stepping Stones Clubhouse

1219 East Lincoln Highway
Coatesville, PA 19320
610-384-6058

Cornerstone Clubhouse

224 Hall Street
Phoenixville, PA 19460
610-935-2290

"Boston Model" Psychiatric Rehabilitation

Programs focus on individual skill building but are not linked so closely to work expectations.

Fellowship Health Resources

1041 West Bridge Street
Phoenixville, PA 19460
610-415-9301

Special Needs

Chester County Office of Mental Health supports special help for persons who are deaf and hard of hearing and participate in mental health services. The provider of this service is:

Center on Hearing and Deafness, Inc. (CHAD)

139 West Market Street
West Chester, PA 19380
610-918-6250 (voice)
610-918-6251 (TTY/video phone)
610-918-6249 (fax)
office@chadinc.org (email)

FORENSIC

ADAPT Program

A community program for Chester County adults with serious mental illness arrested for criminal charges that do not pose a risk to public safety, to assist in accessing intensive mental health services in lieu of prosecution.
610-344-6886

COMMUNITY CROSSROADS PEER SUPPORT CENTER

529 East Gay Street

West Chester, PA 19380

Phone: 610-429-1702 Fax: 610-429-1703

Email: community.[crossroads@hhinc.org](mailto:community.crossroads@hhinc.org)

Web sight: www.hhinc.org

This building is dedicated to the hopes and dreams of mental health consumers and their commitment to reducing stigma and promoting tolerance and respect.

Mission

Horizon House, in partnership with individuals with disabilities and their families, advocates and provides comprehensive, community-based rehabilitation services. We create opportunities for those served to manage their lives through environment that emphasize individual strength and choice.

Community Crossroads Peer Support Center is a peer-run program of Horizon House that embodies the principles of recovery, self-help and empowerment. We provide a safe and comfortable environment where individuals with psychiatric disabilities, substance abuse issues and/or homelessness may pursue their recovery through involvement in social, recreational, educational, support and advocacy groups and activities. Community Crossroads is committed to reducing the societal stigma which limits the acceptance of people with psychiatric disabilities as contributing members of their communities.

Philosophy

At Community Crossroads we believe that the opportunities we offer create an atmosphere of direction and guidance where people can learn and grow through peer support. Community Crossroads is a place mental health consumers call their own, while working on their recovery and finding their own voices.

Services

Community Crossroads offers a variety of activities including computer instruction, job readiness, arts and crafts, healthy lifestyles, life management, cultural diversity, newsletter writing, Friday Night social events and trips.

We also provide unique opportunities for participants to volunteer in the community, such as visiting nursing homes, working in community gardens and parks and tutoring in literacy programs. Volunteering provides opportunities for consumers who wish to give back to their communities, while helping to educate the general public about the contributions they can make to community life.

SUPPORT GROUPS

DOUBLE TROUBLE

A 12 step support and educational group for those with a dual diagnosis of mental illness and substance abuse. Meetings are held every Tuesday and Thursday from 3:30 pm to 5:00 pm.

RECOVERY WORKS

A peer support group for individuals in the process of recovery. Meetings are held on Tuesdays from 6:30 pm to 7:30 pm.

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

Peer support group to help motivate self-discovery and the understanding of depressive disorders. We are an affiliate of the National Depression and Bipolar Support Alliance. Meetings are held every Thursday from 6:30 pm to 7:30 pm.

CHESTER COUNTY COMMUNITY SUPPORT PROGRAM

The Community Support Program of Chester County is a coalition of mental health consumers and professionals (including individuals from Horizon House), family members, professionals and community members all working together to help individuals with psychiatric disabilities live successfully in the community. Every third meeting is held at the Community Crossroads Peer Support Center. Call 610-429-1702 for exact dates and times of meetings.

ELIGIBILITY REQUIREMENTS

Community Crossroads is open to mental health consumers who are over the age of 18 and residents of Chester County. A referral from a mental health professional is required.

HOURS OF OPERATION

Monday	12 pm - 6 pm	Friday	1 pm - 9 pm
Tuesday	12 pm - 6 pm	Substance Abuse Treatment Unit days 12 pm - 6 pm	
Wednesday	12 pm - 6 pm	Sunday	CLOSED
Thursday	12 pm - 6 pm		

DIRECTIONS

Community Crossroads is located in the Gay Street Plaza at 529 East Gay Street in West Chester, PA. The plaza is located immediately after McDonald's and the D-K Diner on Gay Street. Once you turn right into the plaza, you will be able to locate us in the back row of shops.

Community Crossroads is a program of Horizon House. Founded in 1952, Horizon House is a psychiatric rehabilitation agency with roots in the Quaker tradition. At Horizon House, we assist persons with psychiatric disabilities and/or substance abuse problems, developmental disabilities, and those who are homeless to learn to live and work in the community. Horizon House's programs include treatment, service/resource coordination, housing, education and employment training and support and are located throughout Southeastern Pennsylvania and the state of Delaware.

Horizon House provides social, vocational, educational, residential, and employment opportunities, without regard to race, color, sex, religion, national origin, sexual orientation, age, or disability.

HORIZON HOUSE, 120 South 30th Street, Philadelphia, PA 19104-3403, 215-386-3838

**CHESTER COUNTY
COMMUNITY SUPPORT PROGRAM (CCCSP)
@ COAD
930 EAST LANCASTER AVE.
EXTON, PA 19341
610-933-3035**

Meetings: 12 noon - 2:00 pm
1st Wednesday of each month
@ COAD
930 EAST LANCASTER AVE.
EXTON, PA 19341
610-933-3035

Who is CCCSP?

CCCSP are individuals who are or have been affected by mental illness - consumers, family members, and professional staff from mental health or related fields. We are advocates, we are friends, and we are members of your community. We are anyone who is interested in ending the stigma of mental illness and promoting community support for RECOVERY in order to achieve the dreams we all have.

What does CCCSP do?

The meetings are working sessions consisting of a business meeting, light lunch, and break-out groups that discuss and plan activities that address consumer and family identified interests: advocacy, education, stigma, leisure, creative expression, etc. Leadership of CSP is shared by elected co-chairs, consisting of a consumer, a family member, and a mental health professional. However, everyone has a voice!

Projects and Activities

- Creates opportunities to support every consumer in Chester County in their journey towards recovery.
- Engages consumers as fully as they desire in the life of the community.
- Conducts educational events with speakers and workshops addressing employment, benefits, stigma, and other important topics for consumers. CSP also provides scholarships to conferences.
- Provides creative and cultural opportunities and events.
- Educates the community about mental illness and recovery by providing speakers for community events, and providing informational displays to libraries, etc.

CHESTER COUNTY CSP GUIDING PRINCIPLES: Mental health services should be

- Consumer-centered
- Culturally competent
- Meet special needs
- Community based
- Flexible
- Coordinated
- Accountable
- Strengths based

**MENTAL HEALTH ASSOCIATION
OF SOUTHEASTERN PENNSYLVANIA**

The Bell of Hope

COMPEER PROGRAM

Rob Chisholm, Program Director- Call 610-436-4445

307 North Walnut Street

West Chester, PA 19380-2623

rchisholm@hasp.org

www.hasp.org

www.compeerchesco.org

Chester County Compeer relies on volunteers from the community to make its program successful. Volunteer mentors are matched in one-to-one friendships to provide ongoing support to adults in mental health recovery. One-to-one friendships enable the adults we serve to become more integrated into the community and to reach greater independence. You can help people in your community by becoming a Compeer volunteer.

Being a Compeer is Easy

Anyone age 18 and over can serve as a Compeer volunteer. You can be a friend to an adult who is the same age, older, or younger than yourself.

Friends meet at mutually convenient times to share common interests and activities, such as:

- Seeing movies, plays and cultural attractions
- Attending sporting events
- Taking walks in the park
- Having conversations over a cup of coffee
- Eating out at a restaurant

All it takes is a commitment of at least four hours each month.

COMPEER'S ROLE

During your Compeer friendship, you won't be left on your own at any point.

Compeer provides comprehensive upfront training, helps you select your adult match, and offers ongoing support every step of the way.

GETTING INVOLVED

Call or e-mail Chester County Compeer today to learn more about how you can get involved. We'll send you a Volunteer Application packet and schedule a meeting to learn more about your interest and to answer any questions.

THE COMPEER PROGRAM

- Serves adults in mental-health recovery.
- Matches adults with community volunteers in one-to-one friendships.
- Provides additional and effective support outside the mental health system.
- Offers a powerful opportunity to make a difference in your community, in someone else's life - and in your own.
- Generates outstanding results in enhancing mental-health recovery, including improved self-esteem and self-confidence.

HORIZON HOUSE

Horizon House mental health services, located in Philadelphia, Chester, Delaware and Montgomery Counties, and the state of Delaware, are comprehensive, integrated and continuous. A pioneer in the field of community-based treatment and rehabilitation, Horizon House utilizes a holistic approach aimed at addressing an individual's psychiatric, medical and behavioral health impediments. The overarching goal of Horizon House's interventions is to support, to the fullest extent possible, the individual's active membership in his or her family and community.

The agency's interdisciplinary teams have the expertise to address a wide range of treatment and rehabilitation issues in a coordinated manner. Decision-making is shared by team members and between the team and the individual receiving the service. This collaborative partnership helps the individual to maximize his or her self-control over the symptoms of the mental illness and to minimize its interference with the person's daily life.

Horizon House's integrated approach to treatment and rehabilitation reflects the person-first philosophy and is oriented towards recovery. Recovery can include gaining a sense of meaning to life, a positive self-image, being able to form meaningful relationships and learning to live independently.

The recovery approach practiced by Horizon House is comprised of three elements: Treatment planning and services that assist the individual with managing and reducing the symptoms of the illness; rehabilitation activities that help him or her learn or improve the skills required to live, work and learn in the community; and coordination and development of community supports to connect the individual to essential services.

Program Services

120 South 30th Street
Philadelphia, PA 19104
Fax: 215-386-4854

Administrative Services

3275 Stokley Street
Philadelphia, PA 19129-1128
Fax: 215-438-4870

Main Number: 215-386-3838

Email: Horizon.House@hhinc.org

*Above Source directly from <http://www.hhinc.org/>

N.A.M.I.-The National Alliance on Mental Health

NAMI is a membership organization for people with mental health issues, their families, friends, and professionals. NAMI is dedicated to the understanding of mental illnesses and to the recovery of all individuals whose lives are affected by these disorders. The National Alliance on Mental Illness (NAMI) is a non-profit, grassroots, self-help, support and advocacy organization of consumers, families and friends of people with severe mental illnesses, such as:

- Attention-Deficit/Hyperactivity Disorder
- Bi-Polar Disorder
- Borderline Personality Disorder
- Dissociative Disorders
- Dual Diagnosis and Integrated Treatment of Mental Illness and Substance Abuse Disorder
- Eating Disorders
- Major Depression
- Obsessive-Compulsive Disorder (OCD)
- Panic Disorder
- Pervasive development disorders such as Autism
- Post-Traumatic Stress Disorder (PTSD)
- Schizoaffective Disorder
- Schizophrenia
- Seasonal Affective Disorder
- Suicide
- Tourette's Syndrome
- And other severe and persistent mental illnesses that affect the brain.

Severe mental illnesses are biologically based brain disorders that can disrupt a person's ability to think, feel and relate to their environment and others.

Services

Monthly General Meetings are held every 3rd Thursday of the month (except July and August) at Christ Memorial Lutheran Church, Paoli Pike & Line rd. Malvern, PA. A variety of topics relevant to mental health are presented by experts in their field. Non-Members Welcome

Monthly Support Groups for family members are held at different times and locations throughout Chester County, details in Chester County Newsletter

Family-to-Family A Free 12-week education course for family members designed to help a loved one with mental issues

NAMI-CAN is a MONTHLY SUPPORT GROUP FOR FAMILIES OF CHILDREN AND ADOLESCENTS WHO SUFFER FROM AN EMOTIONAL DISTURBANCE. Meets 7-9 PM on the second Monday of the Month.

Peer-to-Peer - A FREE 9-week course taught by people with mental illness who are trained to help others establish and maintain a program leading to recovery.

Grief and Loss monthly support group for family members. Held 7-9 PM on the third Monday of the month.

NAMI Membership

NAMI is open to families, mental health consumers, friends, and concerned health care professionals. Membership provides you with information from our local, state, and national offices. All members receive monthly newsletters from NAMI PA Chester County, quarterly from NAMI PA and the NAMI Advocate, published quarterly by the NAMI National Office.

Educational publications, videos, presentations from local experts, free educational courses, and annual state and national conferences are available to all members. We need your support in our continuing efforts to shape policy and legislation on issues affecting people living with mental illness. The NAMI mission is accomplished through programs designed to offer support and education for consumers, families, and friends of people with mental illness. Research on the human brain has resulted in major advances in diagnosis, treatment and recovery support. Many research initiatives have been motivated by NAMI's advocacy and public awareness campaigns.

For additional information or help:

**NAMI PA Chester County
P.O. BOX 2372
WEST CHESTER, PA 19380**

**NAMI PA Chester County
237 Lancaster ave. STE. 218
Devon PA, 19333
610-293-1422 Fax: 610-293-0455
E-mail: chester@nami.org
Web: <http://chester.nami.org>**

**CALL NAMI REFERRAL HELPLINE:
610-430-0177**

CHESTER COUNTY CRISIS INTERVENTION HOTLINE: 1-877-918-2100 (TOLL FREE)

**NAMI PA (Pennsylvania)
1-800-223-0500**

NAMI PA of Chester County is governed by a board of Directors which is elected by the membership.

SELF-HELP GROUPS-SUBSTANCE ABUSE & ADDICTIONS

ALCOHOLICS ANONYMOUS

Alcoholics Anonymous: Voluntary, worldwide fellowship of men and women from all walks of life, aiming to recover from alcoholism by sharing their experience, strength and hope.

alcoholicsanonymous.org

- National Phone # 212-870-3400
- Local Phone # 215-923-7900
- Lancaster County, PA. Phone # 717-394-3238
- New Castle, DE. Phone # 302-655-5113
- Kent County, DE. Phone # 302-736-1567
- Sussex County, DE. Phone # 302-856-6452
- Northeastern Maryland Phone # 800-570-4150

Alcoholics Anonymous in SPANISH

Saint Agnes Parish ó corner of W Gay Street and N New Street, West Chester, PA. The meetings are on Wednesdays 7:30 ó 8:30 p.m. in Day Room. For Information call: Paul 610-331-9528 or Barbara 610-692-2990

Pennsylvania

215-923-7900

For Philadelphia and surrounding counties (Delaware, Chester, Bucks & Montgomery)
717-394-3238 (Lancaster County)

Maryland

AA of Northeastern Maryland

28 Centennial Lane
Aberdeen, MD
1-800-570-4150

New Jersey

856-486-4444
1-866-920-1212

For Salem, Gloucester, Camden, Burlington & Cumberland Counties

Delaware

302-736-1567 Kent County
302-655-5113 New Castle County

AL-ANON/ALATEEN

Website: www.pa-al-anon.org;

Philadelphia: 215-222-5244

Chester County: 610-696-4216

New Castle County: 302-366-8484

CHESTER COUNTY

Chester County Drug & Alcohol Information & Referral

24 hour toll free
1-866-286-3767

Chester County: Drug & Alcohol Services

Prevention - Intervention - Detoxification -Non-hospital residential treatment -Halfway house - Outpatient counseling - Intensive outpatient counseling - Partial hospitalization - Hospital rehabilitation. The goal of all services provided by this Department is to increase the self-sufficiency of clients and communities. Chester County Department of Drug & Alcohol Services 601 Westtown Road, Suite 325 West Chester, PA. Toll Free 1-800-692-1100

COCAINE ANONYMOUS (COCAINE AND CRACK ADDICTION)

A global 12-step Fellowship offering peer assistance with recovery from cocaine and crack addiction. Includes literature, self-help resources, and membership information. www.ca.org. Regular Meetings www.ca.org/meetings.html United States · www.ca.org/phones.html

National Phone # 800-347-8998

Local Phone #215-333-7798

Philadelphia, PA, NJ, DE

www.caphilly.org

Local

CODEPENDENTS ANONYMOUS

Philadelphia Area Intergroup of Codependents Anonymous

Serving Pennsylvania & Southern New Jersey

You may e-mail Intergroup at: codainfo@CodaPhilaArea.org OR

Write at: Philadelphia Area CoDA Intergroup

P.O. Box 42006

Philadelphia, PA 19101 OR

Leave a message on their voicemail at : (215) 333-7775 Voice Mailbox #5

Co-dependents Anonymous: Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships.

National Phone # 602-277-7991

Local Phone # 215-333-7775

DUAL DIAGNOSIS

Double Trouble Double Trouble in Recovery (DTR) is a twelve-step fellowship of men and women who share their experiences, strengths and hopes with each other so that they may solve their common problems and help others to recover from their addiction(s) and manage their mental disorder(s).

www.doubletroubleinrecovery.org National Phone # 718-373-2684

Dual Recovery Anonymous - a 12 Step Fellowship

A 12 Step self-help program is based on the principals of the Twelve Steps and the experiences of men and women in recovery with a dual diagnosis. The DRA program helps with recovery from both chemical dependency and emotional or psychiatric illness by focusing on relapse prevention and actively improving quality of life. In a community of mutual support, members learn to avoid the risks of alcohol and drug use as well as reducing the symptoms of emotional or psychiatric illness. The primary purpose of DRA is to help one another achieve dual recovery, to prevent relapse, and to carry the message of recovery to others who experience dual disorders. Web site: <http://www.draonline.org/> National Phone # 877-883-2332

FAMILIES: TWELVE STEP SUPPORT GROUPS

“Naranon”

Support groups for loved ones of the drug addicted
Call “Naranon Worldwide” to get phone number of a group near you.
215-938-5140

“Alanon”

Support group for loved ones of alcoholics and other drugs. For Pennsylvania counties of Bucks, Delaware, Montgomery, Philadelphia and Chester County, call for meeting schedule and locations.
215-222-5244-

Lancaster County

800-671-5994

Northern New Jersey

973-744-8686

Delaware

302-366-8484 ó New Castle County

302-734-8010 ó Kent County

302-422-8010 ó Sussex County

GAMBLERS ANONYMOUS

Council on Compulsive Gambling of PA, website www.pacouncil.com

Providing speakers, workshops, seminars and information on gambling problems

In Pennsylvania 1-800-848-1880

1-215-389-4008

Help Lines 1-800-GAMBLERS

1-800-522-4700

Gamblers Anonymous Delaware Valley Intergroup Meetings

Eastern PA 1-800-GAHELPS

Delaware 1-302-984-2277

S. Jersey 1-856-661-8002

Meetings in or near Chester County:

East Goshen PA

Tuesdays, 7:30 pm

United Church of Christ

Route 352 & Greenhill Rd.

East Goshen PA 19380

Trappe, PA

Thursdays, 7:30 pm

St. Luke's Church of Christ

200 W. Main St.

Collegeville, PA 19426

Media, PA

Wednesdays 7:30 pm

1st United Methodist Church

350 West State Road

Media, PA 19063

Norristown PA

Wednesdays, 7:15 pm

Valley Forge Medical Center

Wolfe Conference Room

1033 W. Germantown Pike.

Norristown, PA 19401

Roxborough PA

Tuesdays, 7:15 pm

St. Timothy's Episcopal Church

5720 Ridge Avenue

Philadelphia, PA 19128

MARIJUANA ANONYMOUS

Marijuana Anonymous: For friends and families of people seeking recovery. www.marijuana-anonymous.org

NARCOTICS ANONYMOUS

Narcotics Anonymous (NA) World Services: NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. Narcotics Anonymous near you www.na.org National Phone # 818-773-9999. Local Phone # 215-755-8200 or 215-629-6757

Pennsylvania

1-215-NAWORKS

1-877-871-9281

1-610-374-5944

1-800-397-3680

Greater Philadelphia Region

Philadelphia Region

Reading/Pottstown Area

Harrisburg County

New Jersey

732-933-0462/ 1-800-992-0401