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].

The Chester County Commissioners recognized September as National Recovery Month.

Recovery Month Events in Chester County
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.

THURSDAY, SEPTEMBER 12TH
7:00PM-8:30PM
PHOENIXVILLE HIGH SCHOOL, BAND RM
1200 GAY ST, PHOENIXVILLE, PA 19460

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

Chester County
IDD
MH

ACES COALITION
"From Trauma to Resilience"

DEP-MVA
ROCK FOR RECOVERY
SATURDAY, SEPTEMBER 21, 2019
DOORS OPEN @ 5PM

LIVE MUSIC BY:
MARK EVANS BAND AND FRIENDS

SPECIAL GUEST:
BRANDON NOVAK

THANK YOU TO OUR EVENT SPONSOR:
JOHN R. GAILEY III
AND
JOELLIE BUSKIRK
CHARITABLE FUND

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

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
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.