



## 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.*



The New Year always brings excitement and passion for new opportunities and growth, and 2021 is no different. However, as we continue to face the pandemic and its effects, it is important to recognize that the same difficulties of the previous year may still present in our lives.

We may continue to face increased feelings of anxiety, uncertainty, stress, loss and loneliness. It is important to give yourself grace during these difficult times, but recognize help and resources are available.

Please check out the specific resources below:

[Find a Meeting](#)

[Find Parent Support](#)

[Find Mental Health Support](#)

[Creating Hope during Challenging Times Support Group](#)

[COVID-19 Human Service Resource Guide](#)

## TALK ABOUT IT. DO SOMETHING ABOUT IT.

TRAUMA • MENTAL HEALTH • SUICIDE • SUBSTANCE USE DISORDER

#ItsTimeCHESCO

Experiences) Coalition is partnering with the [Chester County Health Department](#) to launch an awareness campaign with the hashtag [#ItsTimeChesco](#). The idea is to talk about our mental health and trauma, as well as topics of suicide and substance misuse, as first steps in better understanding and less stigma.

The past year presented many challenges, but sharing experiences, struggles, knowledge and resources helps individuals and organizations work together to meet challenges head-on, build resilience and create a healthier community.

Moving forward, the coalition will encourage people to take actions to help. Learn more, download graphics, and more at the [ACEs Coalition website](#) and join them in sharing the information. Use the hashtag on social media: [#ItsTimeChesco](#).

## Be Aware. Don't Share. Lock Your Meds®

Created by National Family Partnership®(NFP), Lock Your Meds® is a national multi-media campaign designed to reduce prescription drug misuse by making adults aware that they could be "unwitting suppliers" of prescription medications being used in unintended ways, especially by young people.

For more information on the campaign, and ways to prevent misuse of prescription medication [click here](#).



It is very common for us to take medications, vitamins and other supplements to lead a healthy life. However, any medication, vitamin or supplement can be dangerous if taken incorrectly or by the wrong person such as a child. An initiative of PROTECT, in partnership with the Centers for Disease Control and Prevention (CDC), the Up and Away and Out of Sight is an educational program to remind families about the importance of safe medicine storage.

***According to the campaign, approximately 60,000 children are brought to the emergency room each year because they got into medications that were within their reach.***

Please see below for campaign resources:

[Up and Away Campaign Brochure](#)

[Medication Safety Coloring Pages](#)

[Dispose of Unneeded or Expired Medications in Chester County](#)

Log onto the Up and Away Campaign [website](#) for more information



**Learn.** Know the facts about alcohol.  
**Listen.** Ask for your child's thoughts.  
**Love.** Spend time together.

**Start early. Talk often. It makes a difference.**

**wcctc.org • West Chester Communities That Care...about youth**

This program is made possible through a grant from the Pennsylvania Liquor Control Board. The opinions and statements expressed in this advertisement do not necessarily represent the views of the Pennsylvania Liquor Control Board.

*According to the Substance Abuse and Mental Health Administration (SAMHSA),  
**Over 80% of young people ages 10–18 say their parents are  
the leading influence on their decision whether to drink.***

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## Community Events and Training's

### Virtual Mental Health First Aid Training

**Saturday, March 13, 2021**

**8:30am-2:30pm**

This 7.5-hour training includes a 2 hour online self-paced session  
and a 5.5 hour instructor-led zoom.

### Past Chester County Events coordinated by Be a Part of the Conversation

#### 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 first Tuesday each month.

#### 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.

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

Email: [kgenthert@chesco.org](mailto:kgenthert@chesco.org)

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# Creating Hope

## in Challenging Times

A support group for anyone who may have experienced trauma and is challenged by the times we are living through.



Hosted on Zoom by the  
Chester County ACEs Coalition.  
Meets every other Monday  
from 7 - 8 PM

To join, just email the ACEs Coordinator,  
Chelsea Melrath  
[cmelrath@chesco.org](mailto:cmelrath@chesco.org)

Next meeting is Monday,  
December 21.

## EXPERIENCING HOMELESSNESS?

Sleeping outside or in a vehicle?

Fleeing domestic violence?

At risk of losing your current housing?



**CALL 2-1-1 FOR ASSISTANCE**



### CHESTER COUNTY HAS SERVICES TO HELP

- Emergency services information available 24/7
- Intake done 8 AM to 5 PM, Monday - Friday
- Text your zip code to 898-211
- Se habla Español
- Hearing Impaired? Use 7-1-1 relay service to call 2-1-1



Decade to  
Doorways

Preventing and Ending Homelessness in Chester County



United Way  
of Chester County



**CORONAVIRUS  
COVID-19**

# STAY INFORMED

## Latest News for Chester and Delaware County

Questions? Call 610-344-6225 Monday - Friday 8:30am-4:30pm

## Restore Chester County

The Chester County Commissioners and members of the Chester County COVID-19 Business Task Force have announced important updates to the Restore Chester County website. Restore Chester County is an initiative created to support businesses, organizations and residents impacted by the COVID-19 pandemic. The website, [restorechestercounty.org](http://restorechestercounty.org), offers guidelines and best practices.



## Family Member Help Book

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 Help Book](#)

## 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](#).

