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.*

---

May 12th-18th is National Prevention Week

National Prevention Week (NPW) runs May 12th through 18th, 2024. NPW is a time to celebrate the possibilities of prevention science and offers a platform to showcase substance use prevention activities across the country. NPW isn’t merely a week-long event; it symbolizes the beginning of a sustained commitment to prevention efforts throughout the year. It highlights the collective efforts of communities and organizations nationwide dedicated to preventing substance misuse and promoting mental well-being.

Substance use prevention is crucial for safeguarding the health and well-being of individuals and communities alike. By preventing substance misuse, we can mitigate the risk of developing substance use disorders, which can have profound and long-lasting effects on physical health, mental health, relationships, and overall quality of life. Prevention efforts not only reduce the personal suffering experienced by individuals with a substance use disorder, but also alleviate the societal burdens associated with healthcare costs, criminal justice involvement, and lost productivity. Moreover, substance use prevention promotes healthier communities by fostering positive social norms, enhancing resilience, and empowering individuals to make informed decisions about their health and well-being.

Individuals and organizations can contribute to raising awareness around prevention and National Prevention Week by sharing their prevention stories on social media using the hashtag #MyPreventionStory

---

**Events**

- May 13th - National Prevention Week Kickoff Celebration
- May 14th - Celebrate the Possibilities of Prevention: Building Resilient Communities
- May 14th - Stigma & Substance Use Prevention Pt. 1: Impacts of Stigma
May 16th - Stigma & Substance Use Prevention Pt. 2: What Prevention Professionals & Others Can Do
May 16th - Working Within Rural Communities: The Unique Benefits & Challenges for Substance Misuse Prevention Professionals

Resources
- Crossword Puzzle
- Word Search
- Bingo Card
- Prevention Fill-It-In
- Prevention Ad Lib
- Prevention This or That
- Social Media Calendar

Interested in promoting National Prevention Week?
Access the toolkits here. PA Start Toolkit.

Prevention Happens in Chester County

In Chester County, prevention services consist of age-appropriate, school-based, and community-based programs; education and awareness on Alcohol, Tobacco, and Other Drug (ATOD) topics; identification and referral of students at risk; and information and referral services related to prevention, treatment, and recovery services for community members. The Chester County Department of Drug and Alcohol Services funds several providers in the County, who provide services and programs all free of charge.

- Compass Mark's Addiction Resource Center
- Devereux's Student Assistance Program (SAP)
- Be a Part of the Conversation's Upcoming Events
- Holcomb/Chimes Behavioral Health Systems
- Coatesville Youth Initiative (CYI)
- Downingtown Communities that Care
- Phoenixville Communities that Care
- West Chester Communities that Care

Commonwealth Prevention Alliance Celebrates Prevention with Annual Award Ceremony

The Commonwealth Prevention Alliance recognizes excellence in the field of prevention through the PA Prevention Awards, a prestigious recognition initiative spotlighting our peers who are leading impactful change in prevention and positive mental health promotion. This year, two team members of Chester County Department of Drug and Alcohol Services' won awards recognizing their dedication and passion to the field of prevention.

Kim Porter, a Certified Family Recovery Specialist, is the Executive Director and co-founder of Be a Part of the Conversation. Be a Part of the Conversation is a nonprofit organization which creates effective, culture-changing community programs that are designed to significantly increase awareness of the effects of alcohol and other drug use. Kim is the parent of someone in long-term recovery, which led her to explore the impact of substance use on families and communities and help create Be a Part of the Conversation in 2011.

As a parent of someone in long-term recovery, Kim is passionate about helping communities understand the impact of substance use on individuals and their families.

Kim earned a Bachelor of Science in journalism at West Virginia University, with a concentration in public relations. She was proud to serve as WVU's student body president. Kim started out as an advertising account executive at a newspaper, then learned the graphic design trade while working with her mentor and friend, Chuck Moran, at his design firm in Charlottesville, Virginia. She worked as a graphic designer and marketing consultant since 1985.

Kim currently lives in Newtown Square, Pennsylvania. She previously lived in Horsham Township for 22 years, where she and Michael raised two wonderful children who support this rewarding journey she has embarked upon.
Laura Wiechecki is the Prevention Program Specialist for Chester County Department of Drug and Alcohol Services. She has dedicated her career to serving her community, and from a young age, she has fostered a deep passion for helping others.

In high school, she started organizing food drives for the Claymont Food Closet, which led her to a career in the nonprofit sector. After graduating from James Madison University with a degree in psychology, Laura moved to Alexandria, Virginia where she started volunteering for Stop Child Abuse Now (SCAN), a nonprofit focused on preventing child abuse and neglect across Northern Virginia. This was her first experience with an evidence-based program, helping to facilitate Strengthening Families. Laura continued to use data and science-based approaches to inform and develop best practices.

In 2020, Laura had a unique opportunity to launch the Chester County branch of Compass Mark, a direct service provider for Chester County, delivering prevention programs to school-aged children and providing an array of services to the community. Building partnerships and trust during a pandemic was a challenge that she was enthusiastic to pursue. During her tenure, Laura had a significant impact on the Chester County community — partnering with more than 25 schools throughout the county, delivering programs to more than 2,000 students, and partnering with more than 200 community organizations.

In 2023, Laura joined the government sector and continues her impact on her community. In her time with the Department of Drug and Alcohol Services thus far, Laura has worked to further expand the department's reach, has begun to implement new initiatives, and has striven to provide high quality services to her community.

Outside of work, Laura loves spending time outdoors – whether that's walking her two rescue dogs, Hannah and Atlas, rock climbing, or tending to her garden. She has recently become a Master Gardener and looks forward to helping the community in a new way through environmental stewardship.

---

**Spring Brunch**

Sunday, May 19, 2024

11:30 am to 2:00 pm

Be a Part of the Conversation Honors Chester County Prevention Program Director

Be a Part of the Conversation equips families and communities in Chester County with skills and resources to understand substance use, addiction, and related health issues. They provide community programs, foster supportive connections, highlight lived experiences, and challenge stigma. Their annual Spring Brunch helps raise funds for their vital programs and honors individuals and organizations in our community who have bridged gaps in prevention, treatment, and recovery. This year, Chester County Department of Drug and Alcohol Services' Prevention Program Director, Kathy Collier, is being awarded at this event.

Kathy Collier is the Prevention Program Manager at the Chester County Department of Drug and Alcohol Services. She has been with the County for thirteen years. Her work has focused on building capacity to address issues and effect change at the individual, family, and community level.

Kathy began her career working in schools as a counselor. After a time away from work when her children were young, Kathy began working in the...
DEA Drug Take Back Day

On April 27th, organizations throughout Chester County participated in National Prescription Drug Take Back Day. Organized nationwide by the Drug Enforcement Administration (DEA), Take Back Day provides local sites for safe, convenient, and responsible means of disposing of unwanted or expired medications. This year, Chester County collected 709lbs of prescription medications. That means that 709lbs of medications were disposed of responsibly, limiting access to abuse these prescriptions.

If you have unwanted or expired medications, you are able to dispose of these safely at one of Chester County's permanent medication disposal boxes. Please see below for a map of available locations.

Find a permanent location near you.

Attend a Training:

Addict Mind, Interventions, and Other Auxiliary Voices
May 15th, 2024
9:00AM - 1:00PM
Government Services Center
601 Westtown Road, Suite 149, West Chester, PA 19382

Narcan Training
May 21st, 2024
5:30PM - 6:30PM
Coatesville City Hall
1 City Hall Place Coatesville, PA 19320

Medication Assisted Treatment (MAT) 101: Opioid Use Disorder
May 23, 2024
7:00PM - 8:30 PM
Virtual

Introduction to Sociometry and Group Warmups
Sociometry 2.0: Demystifying the Empty Chair
May 29th, 2024
9:00AM - 1:00PM
Government Services Center
601 Westtown Road, Suite 250, West Chester, PA 19382

Sports Gambling & Daily Fantasy Sports
May 29th, 2024
12:00PM - 1:00PM
Virtual

Medication Assisted Treatment (MAT) 101: Alcohol Use Disorder
June 6, 2024
7:00PM - 8:30PM
Virtual

Current Trends in Gambling
June 12th, 2024
12:00PM - 1:00PM
Virtual

The Stigma of Substance Use Disorder
June 20, 2024
7:00PM - 8:30PM
Virtual

Compass Mark SAP Training
June 18, 19, & 20
June 25, 26, & 27
8:00AM - 3:00PM Daily
Virtual

Free Summer Camp at Tree House World
Free Summer Camp at Tree House World
Sponsored by
The Chester County Department of Drug & Alcohol Services

Nature’s Explorers
Ages 4 -6 years old (**MUST BE POTTY TRAINED**)

Campersexperience outdoor play and exploration. Our experienced counselors are caring and dedicated to providing safe adventures for your child. Each day’s activities will nurture your child’s sense of wonder and connection to the environment, helping them feel at home in nature. Campers will explore our 34 acres of land including our fabulous treehouses, play field games, enjoy arts and crafts, and participate in our age-appropriate adventure activities throughout the week, all while learning to socialize with other campers and create memories.

Uniting children affected by substance use disorder with a shared activity to heal and recover together

CAMP DATES/TIME:
June 10-14, 2024 from 9AM - 12 Noon

Campersmust have transportation to and from Tree House World each day (**MUST BE POTTY TRAINED**)
All campers must have a waiver completed by May 31st
Link to waiver: https://treehouse-world.com/waivers/

REGISTER HERE: http://scheduleme.link/5591/
Free Summer Camp at Tree House World
Sponsored by
The Chester County Department of Drug & Alcohol Services

Adventurers
Ages 6 - 8 years old

This is the core of our summer camp programming, week-long day camp adventures that promote discovery, physical fitness, problem-solving skills, social interaction, and awareness through direct contact with the natural world. Campers will learn survival skills, arts and crafts, story time, exploring the outdoors, identifying objects in the forests, social skills, becoming community leaders (sense of community), learning experiences, free play, adventure activities, physical fitness, mindfulness, outside entertainment, and a well-rounded experience in the outdoors.

Uniting children affected by substance use disorder with a shared activity to heal and recover together

CAMP DATES/TIME:
June 19-24, 2024 from 9 AM - 4 PM

Campers must have transportation to and from Tree House World each day. All campers must have a waiver completed by May 31st.
Link to waiver: https://treehouseworld.com/waivers/

REGISTER HERE: http://scheduleme.link/5593/
Free Summer Camp at Tree House World
Sponsored by
The Chester County Department of Drug & Alcohol Services

Trailblazers
Ages 9 - 12 years old

This is the core of our summer camp programming, week-long day camp adventures that promote discovery, physical fitness, problem-solving skills, social interaction, and awareness through direct contact with the natural world. Campers will learn survival skills, arts and crafts, story time, exploring the outdoors, identifying objects in the forests, social skills, becoming community leaders (sense of community), learning experiences, free play, adventure activities, physical fitness, mindfulness, outside entertainment, and a well-rounded experience in the outdoors.

*Uniting children affected by substance use disorder with a shared activity to heal and recover together*

**CAMP DATES/TIME:**
June 10-14, 2024 from 9AM – 4PM

Campers must have transportation to and from Tree House World each day.
All campers must have a waiver completed by May 31st
Link to waiver: [https://treehouseworld.com/waivers/](https://treehouseworld.com/waivers/)

**REGISTER HERE:** [http://scheduleme.link/5603/](http://scheduleme.link/5603/)
Exploring Your Relationship With Alcohol

a workshop

- Do you question your relationship with alcohol?
- Do you wonder what your life would be like without it?
- Are you tired of feeling guilty, shame and regret when you drink?
- Do you use alcohol to cope with stress?

Join us for a four-hour workshop to explore the reasons you drink, the impact it has, and what you can do to take back your power.

Who?
Anyone curious about sobriety— even if you “don’t have a problem” or think you “don’t qualify.”

Why?
Learn to trust your intuition and honor your truth so that you can feel confident, powerful and free.

When:
Wednesday June 8th @ 9pm via Zoom

Q A:
Scan the QR Code or use link to register:

About the speaker

Jon Thieves is a Life Coach and Registered Nurse that believes we are all deserving and capable of thriving in life— not just surviving. She coaches her clients on health, scholarships, careers, and more, and is especially passionate about normalizing sobriety as a choice available to anyone and everyone.

In 2020, she earned her Master’s Degree in Mental Health Counseling from Spring Arbor University while also working to complete requirements to obtain a Transitional Nurse Practitioner Certification from The Nurse Coach Coalition.

---

You’re Invited!

Saturday, June 8th 10:00 - 12:00

Free Admission

To Treehouse World

Uniting caregivers and children affected by substance use disorder by connecting families in a shared activity to heal and recover together

1440 Phoenixville Pike
West Chester, PA 19380

Light Refreshments Provided

Please sign the waiver in advance for THW

https://treehouseworld.com/palvers/

All children must be accompanied by an adult

Register Here:

http://scheduleme.link/5683/

---

NAMI FAMILY SUPPORT GROUP

Free, confidential and safe groups of families helping other families who live with mental health challenges.

MEETING INFO:
- Location: Lionville Community YMCA
  100 Devon Drive, Exton, PA 19341
- 3rd Tuesday of Each Month
- 7pm-8:30pm

REGISTER


---

Grief Support for loss to suicide

You are not alone. There are people who want to help.

- Join a supportive community with trained facilitators
- Connect with others who have experienced this loss
- Find strength in sharing
- Rekindle hope
- Learn about helpful local resources

Visit the Chester County Suicide Prevention Task Force website at chestercountysuicideprevention.com to register, or use the QR code.

This is a volunteer-run support group. It is not intended to be mental health treatment.
YOU ARE
NOT ALONE

Free, peer led support group for any adult who has experienced symptoms of a mental health condition.

MEETING INFO:
- Virtual
- 2nd and 4th Monday of the month
- 6pm-7:30pm

Contact Line: 267-253-5340 for more information and to register. Check out our website at www.namimainline.org.

About NAMI
NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for all those affected by mental illness. NAMI’s national network of members and leaders works tirelessly to raise awareness and reduce stigma. Our free programs, advocacy, and grassroots efforts help improve the quality of life for those living with mental illness and their loved ones.

Register
namichescopa.org/calendar

NAMI Peer-to-Peer
National Alliance on Mental Illness

What is the NAMI Peer-to-Peer Education Program?
NAMI Peer-to-Peer is an 8-session, recovery-focused course for adults with mental health conditions.
- Free and confidential
- Work quality job skills training
- Get by peers with mental health conditions
- A great resource for family members of mental health and recovery
- Offers support, encouragement, and hope

NAMI Main Line PA is a local affiliate of the National Alliance on Mental Illness, will offer NAMI Peer-to-Peer beginning on Thursday, May 5, 2022. It will be held on Thursdays from 3-5 p.m. at Grace Lutheran Church in Broomall. Attendance is required.

Participant Perspectives
"NAMI Peer-to-Peer is uplifting, inspiring, and an eye-opening experience that changed how I see myself."
"The biggest thing I gained from this class was to become my own advocate and best friend."
"Getting my peers’ strength and dedication to their recovery was personally motivating."

Contact us to register for NAMI Peer-to-Peer!
MAY IS MENTAL HEALTH AWARENESS MONTH

MINDFULNESS FOR WOMEN (IN-PERSON)
Wednesday, May 15, 11:30 AM – 12:30 PM
Brandywine Center
744 E. Lincoln Hwy, Coatesville, PA
Christina Gomez, MSN, RN-BC, EBPC, NTP

QPR SUICIDE PREVENTION
Monday, May 20, 6:00 – 7:30 PM via Zoom
Christina Gomez, MSN, RN-BC, EBPC and Chad Thomas, MPH, PMP

I CAN, YOU CAN, NARCAN® (IN-PERSON)
Tuesday, May 21, 5:30 – 7:00 PM
Coatesville City Hall, 1 City Hall Place, Coatesville, PA
Rachel Krames, Chester County Department of Drug and Alcohol Services

INTRODUCTION TO HAVEN BEHAVIORAL HEALTH OF WEST CHESTER
Wednesday, May 22, 6:00 – 7:00 PM via Zoom
Joseph Garbely, DDS, DPASAM, FAPA Medical Director, David Klein, Chief Operating Officer, Barbara Willis, Director of Nursing, and Rachael Yuda, Executive Director Clinical Operations

FROM TRAUMA TO HOPE & RESILIENCE: AN INTRODUCTION
Tuesday, May 28, 6:00 – 7:30 PM via Zoom
Chad Thomas, MPH, PMP

FINDING HOPE THROUGH RESILIENCE EVENT (IN-PERSON)
Wednesday, May 29, 6:30 – 8:00 PM
Historic Chester County Courthouse Steps, 2 N. High Street, West Chester, PA
Hosted by members of the Chester County Suicide Prevention Task Force

REGISTRATION REQUIRED.
To register, click on the event title above, scan the QR code or call (610) 738-2300.
Women’s Wellness Week
MAY 13-17, 2024

Join CCCH and the following partner organizations in a learning and hands-on focused week. See descriptions below and register for as many workshops as possible. Each workshop will be giving out a $25 Amazon gift card!

WIC & WOMEN’S HEALTH DAY
Monday, May 13th 9:45 AM - 12 PM
Join WIC in celebrating their 50th Anniversary and kick off of Women’s Wellness Week! Free Yoga classes to learn how to manage stress.
First 15 people get a FREE Yoga mat!
During yoga, there will be various resource tables, face painting, and giveaways to all who come!

CHILD GUIDANCE RESOURCE CENTER:
FREE PARENTING WORKSHOPS
Monday, May 13th 1 PM - 2 PM
How to Foster Resilience in Children & Youth.
This workshop provides strategies to develop your child's ability to cope with difficulty to become stronger and wiser.
Monday, May 13th 2 PM - 3 PM
How to Help Children & Youth Manage Emotions. This workshop will help parents to practice and model self-regulation while teaching children to manage their emotions.

ACCESSING PUBLIC BENEFITS & RESOURCES IN THE COMMUNITY
Tuesday, May 14th 10 AM - 11 AM
Maternal and Child Health Consortium
Identify different public benefits such as Medical Assistance, CHIP, Emergency Medical Assistance, Food Stamps (SNAP), Cash Assistance (TANF), and their eligibility criteria and how MCHC can assist you in applying for the benefits.

Navigating Relationships
Tuesday, May 14th 11 AM - 12 PM
Learn how to recognize the signs of unhealthy vs. healthy relationships and accessing with DVCC.

Location:
Costesville Center for Community Health
1001 E. Lincoln Hwy (Main Location)
744 E. Lincoln Hwy

Registration:
First 20 registrations get a $25 Amazon Gift Card

Location:
744 E. Lincoln Hwy
4th Floor
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](mailto:ccdhsmail@chesco.org).

If you would like your information included in our newsletters, please contact Laura Wiechecki at lwiechecki@chesco.org.

Chester County Department of Human Services | 601 Westtown Road, West Chester, PA 19380

Unsubscribe [ccdhsmail@chesco.org](mailto:ccdhsmail@chesco.org)

Update Profile | [Constant Contact Data Notice](mailto:ccdhsmail@chesco.org)