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 Dept of Drug & Alcohol Services Recognizes: Recovery Month

The 2024 theme for Recovery Month is THE ART OF RECOVERY

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!

For information on how to access treatment or for additional resources, please visit the Chester County Department of Drug and Alcohol Services website. You can also call the Chester County Information and Referral line at: 866-286-3767.

Download Recovery Month Materials
Chester County acknowledges International Overdose Awareness Day, August 31st, with a message of HOPE, illuminated on the steps of the Historic Courthouse in West Chester, during its Night of Light event. We will be remembering the 84 lives lost to overdoses in Chester County in 2023.

On Wednesday, August 28th, Chester County will join communities around the world to encourage residents, businesses, and organizations to raise awareness of the effects of opioid use disorder and reduce the stigma surrounding overdoses and drug-related deaths. Importantly, the County focuses on remembering the lives of those lost to overdose and acknowledges the grief felt by families and friends who have lost a loved one.
Please Join Us:
NIGHT OF LIGHT
AN EVENING OF REMEMBERANCE & HOPE
HISTORIC COURTHOUSE STEPS,
2 N. HIGH ST, WEST CHESTER, PA
WEDNESDAY, AUGUST 28TH, 2024
6:30PM - 8:00PM

The evening will feature speakers, resource tables, and a ceremony to remember the lives lost to substance use disorders and bring hope to those working towards long-term recovery.

SCHEDULE OF EVENTS

6:30pm - 7:00pm
Resource Tables & Luminary Bag Messages for Loved Ones

7:00pm - 7:25pm
Guest Speakers:
A Father who Lost His Son to a Fatal Overdose
A Chester County Person in Recovery

7:30pm - 8:00pm
HOPE Ceremony & Moment of Silence for Loved Ones

VISIT STOPODCHESCO.ORG/EVENTS FOR MORE INFORMATION

Local Recovery Month Events
September is Suicide Prevention 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. Please visit Chester County Suicide Prevention Task Force's website for information and resources.

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

Community Trainings

Mental Health First Aid

Mental Health First Aid, like regular first aid, can help someone in a medical emergency until help arrives. Mental Health First Aid (MHFA) is given until appropriate treatment and support are received or until the crisis resolves. This evidence based public education program introduces participants to risk factors and
Youth Mental Health First Aid
Youth MHFA is an evidence-based course designed to teach adults who work with youth, how to help an adolescent (age 12-18) who is experiencing a mental health or substance use challenge, or is in crisis.

Communicating with Families
This training will present on when a loved one develops a Substance Use Disorder (SUD), family members often experience financial hardship, extreme stress, and emotional or physical illness. Family members rely on treatment professionals and peer support to understand the impact of SUD on families, and how they can best help and support their recovering loved one. This workshop provides strategies for professionals to communicate effectively with families of patients receiving treatment services.

The Impact of Substance Use on Parenting and Children
This training will provide information on how Substance Use Disorder affects parenting behavior and children – both in times of active use and in recovery. We will also examine strategies for providing safety to children in homes with parental SUD, as well as support for parents and caregivers of children while in treatment and early recovery.

Issues Affecting Parents in Early Recovery
This training will discuss strategies for working with parents in recovery, how caring professionals and communities can support recovering families, and how we can help to prevent substance use in children and teens.

Reducing Risk & Increasing Resilience in Families Experiencing Incarceration
This training will provide information on how parental incarceration affects children and family functioning, focusing on the developmental considerations for infants, children and adolescents. Discussion will include how to provide support to children of incarcerated parents and their caregivers, techniques for maintaining the bond between parent and child, and resources are available for kinship care families.

Narcan
Join Chester County Hospital and Chester County Department of Drug and Alcohol Services to learn how to recognize and respond to an opioid overdose and how to access treatment in Chester County. All attendees will learn how to use life-saving Narcan® (naloxone) nasal spray. Free Narcan® will be available to participants.
Fetal Alcohol Spectrum Disorders (FASD)

September is recognized as International Fetal Alcohol Spectrum Disorders (FASD) Awareness Month as a reminder that there is no “safe” level of drinking while pregnant. As many as 1 in 20 Americans may be affected by FASDs.

International FASD Awareness Day helps raise awareness about the range of conditions that can result from alcohol use during pregnancy, including low IQ, learning disabilities, speech and language delays, behavioral problems, vision and hearing problems, and problems with vital organs.

We aim to secure a presence for FASD in decision-making and discussion forums across various fields.
including areas of study, professions, and societal sectors. A well-rounded table includes:

- Access to early identification and intervention
- Enhanced communal support
- Stigma-free prevention messaging
- Accurate diagnosis
- FASD-informed systems of care
- Recognition and accommodations
- Reduction of stigma

Chester County's Family Help Guide

The Family Help Book

A Family’s Guide to Substance Use Disorder and Recovery Resources in Chester County

Prepared by the Chester County Drug and Alcohol Services Department Advisory Council

A guide to substance use disorder and recovery resources in Chester County. This book was compiled with the assistance of individuals and family members who have lived experiences, as well as representatives from recovery and treatment organizations. It includes resources for every step of the treatment and recovery process. The focus is on families whose children suffer from substance use disorder (SUD), but the advice and resources are useful to anyone who has been touched by this disease.

English Family Help Guide  El Libro de Ayuda para la Familia

Community Resources
You’re Invited!
Saturday, September 14, 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

Please sign the waiver in advance
https://treehouseworld.com/waivers/

All children must be accompanied by an adult

Register Here:
http://scheduleme.link/5743/

You’re Invited!
Saturday, October 12, 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

Please sign the waiver in advance
https://treehouseworld.com/waivers/

All children must be accompanied by an adult

Register Here:
http://scheduleme.link/5753/

FOR JONATHAN’S SAKE
BEYOND THE BROKEN HEART

The Jonathan Mouses Memorial Steps4Hope Foundation invites you to participate in a grief workshop:

A PATH TO HEALING
A therapeutic grief support group to address feelings of parents after the loss of a child due to disease of addiction

Call 855-852-5336  Text 484-362-9515
Monday - Friday 3:00p.m. - 7:00p.m.

CHESTER COUNTY DEPARTMENT OF DRUG AND ALCOHOL SERVICES WEBSITE

English  Español

Fall Support Group
Tuesdays 6:30pm
• September 20, 27
• October 4, 11, 18, 25
• November 1, 8

St. John’s Lutheran Church
355 St. Johns Circle
Phoenixville, Pa. 19460

For more information and to register, please call:
Pam Mouses – 610-247-1520
or visit: Steps4Hope.org

*This Program is offered free of charge.
Be a Part of the Conversation's Family Recovery Course

The Family Recovery Course (FRC) is a three-part series of peer-led interactive educational trainings for parents or guardians whose child, at any stage of life, has struggled with addiction to drugs or alcohol.

Part 1 – Addiction 101: Exploring this complex disease
Part 2 – Family Foundations: Understanding the family disease of addiction
Part 3 – Family Recovery: Building a recovery plan for life
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.

Contact Laura Wiechecki at lwiechecki@chesco.org to be featured in this newsletter. The next newsletter will be sent out in September.