

Mental Health Services in Centre County

Centre County
CSP
Committee

A Guide to Mental Health Services and Supports

7th Edition
2019

This resource book can be viewed on the internet at:
<http://centrecountypa.gov/DocumentCenter/View/2100>

If you feel the need to access or change services, or to resolve problems, you (or your advocate) may call the appropriate agency or agencies to address those issues. This resource book has their numbers—and a lot more.

The *Mental Health Services* handbook
is a great source of information!

The Mental Health Community Committee (MHCC) of Centre County strives to promote mental health awareness, enhance community partnerships, educate the community about mental health services and supports, and provide training opportunities. Please visit <http://www.mhcccentre.com/> for information on MHCC affiliates providing mental health services and supports. The website also offers the community events calendar which is updated constantly and welcomes public submissions for any event related to local mental health education, support, and advocacy.

ACKNOWLEDGMENTS

Printing by K-B Offset Printing, Inc
State College , PA
theprinters.com

Need Help Fast? Read Me First!

In Imminent Danger? Call: 911.

If you believe you or someone else is in imminent danger of death or serious injury, call 911 right away. It is better to be safe than sorry. Responders will include police and emergency medical technicians.

In Crisis?

Call: 1-800-643-5432 (CAN HELP).

If you or someone else is feeling emotional distress, call CENTRE COUNTY CAN HELP. CAN HELP is available 24 hours a day, 7 days a week and provides mental health crisis intervention, supportive counseling, referrals to other agencies, and mental health and drug & alcohol education. Services are at no cost and accessible by telephone, walk-in assessment, or mobile crisis intervention in the community. When someone is experiencing an emotional crisis, has thoughts, of suicide or needs to be linked to mental health services, it is possible to speak to a counselor on the telephone or have a mobile crisis counselor visit you in your home or community.

Centre County CAN HELP is a partnership between Centre County MH/ID and The Meadows/Universal Community Behavioral Health.

Centre Helps (formerly Community Help Centre)

Call: 235-1890 or 237-5855 or 1-800-494-2500 for 24/7 crisis support and short-term counseling with trained staff

Crisis Intervention Team (CIT) (For more information contact the CIT Coordinator at (814) 933-7101 or centrecountycit@gmail.com; <http://www.co.centre.pa.us/cit>)

The Crisis Intervention Team is a collaboration of local law enforcement personnel, first responders, correctional facility personnel, probation and parole officers, mental health professionals, individuals who utilize mental health services, family members, and advocates who work collectively to assist individuals who are experiencing a mental health crisis. The 40-hour CIT training program teaches skills and tactics to safely de-escalate incidents involving persons in crisis. Upon completion of the training, officers are able to respond to and manage mental health crises in a more safe and compassionate manner. The overall goal of the CIT program is to increase officer and community safety while decreasing the number of arrests by diverting individuals who are in crisis away from the criminal justice system toward appropriate treatment and resources available in the community. Upon completion of the training, all officers and first responders receive a pin which they wear on their uniform so they can be easily identified as a CIT-trained officer.



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INTRODUCTION

Often when we most need help, the hardest thing is to find out where and how to get it. This can be especially difficult in dealing with mental illness, whether as one who is diagnosed with mental illness, a family member, or a friend. Because of the effects of lingering stigma, many people are uncomfortable talking about mental illness.

In Centre County, we are fortunate to have many agencies, support organizations, and individuals available to offer advice and help in coping with mental illness. The *Mental Health Services* handbook will introduce you to these people and organizations and tell you how to get in touch with them.

This handbook focuses on services available to children, adolescents, and adult residents of Centre County through our public mental health system. Most of the non-emergency mental health services are accessed through Centre County Mental Health/Intellectual Disabilities/Early Intervention-Drug & Alcohol (MH/ID/EI-D&A).

The book is devoted to summary descriptions of the individual service agencies, treatment facilities, support organizations, and housing resources available in Centre County. Some agencies that contract with MH/ID/EI-D&A also provide services for full fee, which is paid by either the individual or a private insurer. This directory does not cover those organizations or practitioners. They are listed in the yellow pages of the phone book.

MEDICAL ASSISTANCE (MA)

Medical Assistance, also known as Medicaid or MA pays for health care services for eligible individuals through the Department of Human Services. The Centre County Assistance Office (CAO) determines eligibility for entitlement programs funded and administered by the Pennsylvania Department of Human Services (DHS). An application, available at the office or mailed out upon request, must be filed. Eligibility is based on need as determined by income and resource guidelines. Benefits include cash assistance, medical assistance, food stamps, nursing home care, emergency shelter grants, special allowances monies for employment, medical transportation monies, and the energy assistance program, LIHEAP.

There are two ways to apply for or renew your benefits which are:

Online through COMPASS:

<https://www.compass.state.pa.us/Compass.Web/public/cmphome>

In person:

Centre County Assistance Office (CAO)

2580 Park Center Boulevard

State College, PA 16801-3005

Toll Free: 1-800-355-6024

Phone: (814) 863-6571

LIHEAP: (814) 861-1955

MANAGED CARE

Community Care Behavioral Health Organization

339 Sixth Ave

Suite 1300

Pittsburgh, PA 15222

<http://www.ccbh.com/>

2505 Green Tech Drive

Suite F

State College, PA 16803

Community Care is a recovery-focused nonprofit behavioral health managed care company. We manage mental health and drug and alcohol treatment services for members of the HealthChoices program (a Pennsylvania program for people covered by Medical Assistance) in 41 counties. Members can call Community Care for more information for a mental health condition, an alcohol problem or a drug problem. Community Care is dedicated to the health and well-being of members. Members are actively involved in program development and quality improvement activities.

All calls are toll free. Call 24 hours a day, 7 days a week with your questions.

Customer Services Phone Number:	1-866-878-6046
TTY for the Hearing Impaired:	1-877-877-3580
En Espanol:	1-866-229-3187

CENTRE COUNTY Mental Health/Intellectual Disabilities/Early Intervention-Drug & Alcohol (MH/ID/EI-D&A)

3500 East College Ave, Suite 1200

Phone: (814) 355-6786

Hours of operation: Monday-Friday from 8:30am-5pm

Agency Website: <http://centrecountypa.gov/index.aspx?NID=329>

ALL SERVICES ARE CONFIDENTIAL

The Centre County Office of Mental Health/Intellectual Disabilities/Early Intervention and Drug & Alcohol (MH/ID/EI-D&A) is part of a statewide county-operated program of community-based services.

Centre County Mental Health (CCMH) serves individuals from the age of three through the lifespan that are diagnosed with emotional disorders or mental illness through the provision of case management services. CCMH provides Administrative Case Management (ACM) and Blended Case Management (BCM) Services to eligible residents of Centre County. ACM is provided in the office setting. Blended Case Management Services are provided mainly in the community at the level and frequency determined by the individual and their case manager through communication, engagement and assessment documentation.

Case managers partner with individuals to ensure that people are linked with community resources and supports that help achieve individual's unique recovery goals while building skills that supports people's independence.

CCMH is a contracted provider of Targeted Case Management (TCM) Services under Community Care Behavioral Health (Managed Care) Organization.

Individuals are referred to contracted providers to access the array of services provided by CCMH.

If you would like information, please call (814) 355-6786, press zero (0) to get an operator and ask to speak with Mental Health Intake.

MH Website: <http://centrecountypa.gov/index.aspx?NID=341>

The Intellectual Disabilities (ID) program is responsible for identifying, evaluating, and assisting individuals in need of intellectual disabilities services and/or autism services in the community. The MH/ID/EI-D&A office receives the federal and state funding to monitor intellectual disabilities and autism services in Centre County by contracting with qualified providers.

Every person with an open case is assigned a case manager who is called a Supports Coordinator (SC) who is responsible to:

- Ensure the health, safety, and welfare of the individual
- Develop the individual's Individual Support Plan (ISP)
- Advocate for the individual's rights
- Locate needed services and supports, both ID funded and community supports, specified in the person's ISP
- Coordinate needed services and supports
- Monitor existing supports by meeting with the individual, family members, provider staff, and other team members on a regular basis

Eligibility requirements for Intellectual Disabilities are as follows:

- Have a diagnosis of Intellectual Disability
- Have an IQ of 70 or less on a standardized intelligence test
- Have delays in adaptive functioning as measured on a standardized test of Adaptive Functioning
- Onset of intellectual disability must be before the individual's 22nd birthday

Eligibility requirements for ASD are as follows:

- Have a diagnosis of autism spectrum disorder
- Have adaptive skills deficits in three or more areas based on a standardized adaptive functioning test
- Onset must be before the individual's 22nd birthday

In order to register for ID or ASD Services in Centre County, call the MH/ID/EI-D&A office and ask to speak to the ID Program Specialist to schedule an intake to establish eligibility for services and receive

an overview of the system and services. Once eligibility is determined a Supports Coordinator will be assigned.

ID Website: <http://centrecountypa.gov/index.aspx?NID=647>

Centre County Early Intervention Infant/Toddler Program (EI)

provides physical therapy, occupational therapy, speech therapy, vision services, hearing services, and special instruction for children ages birth to three. In addition, each child receives a service coordinator to support the child and family and to assist in locating additional resources. For a child to be eligible for Early Intervention services, she/he needs to be demonstrating a developmental delay of - 1.5 Standard deviations (approximately a 25% delay) or greater, a medical or mental health diagnosis, or the need for informed clinical opinion. All services are confidential, voluntary and **free**. If you have any concerns about your child's development, call today.

EI Website: <http://centrecountypa.gov/index.aspx?NID=335>

Centre County Drug and Alcohol (D&A)

(814) 355-6744

Emergency / After Hours: 1-800-643-5432

Centre County D&A directs prevention, intervention, treatment, and recovery support services for residents of Centre County and their families who are affected by the chronic disease of addiction. Case management staff are available to provide outreach / education / referral services, and conduct assessments to connect individuals with drug & alcohol treatment. Intensive case coordination services are available for those individuals who need additional support in connecting to treatment services, as well as accessing related resources to address needs that are a barrier to being successful in achieving a life in long-term recovery. Funding is available for uninsured and underinsured individuals in need of treatment and recovery support services. All services are voluntary and confidential.

D&A Website: <http://centrecountypa.gov/index.aspx?NID=330>

HOSPITAL AND MEDICAL SERVICES

Centre Volunteers in Medicine (CVIM) (2520 Green Tech Drive, Ste. D, State College, 16803; 231-4043 M-F 8:30am to 4:30pm by appointment; www.cvim.net)

CVIM is a nonprofit corporation whose primary mission is to serve the health and wellness needs of neighbors without insurance who live in Centre County. CVIM provides free primary and preventive medical and dental care to uninsured residents of Centre County. In addition, the organization may provide referrals to specialists and other social services. People who utilize services are treated with respect and dignity from the moment they enter the door to the end of their visit. Individuals may call to schedule an appointment to find out whether they qualify for services.

The Meadows Psychiatric Center (132 The Meadows Dr., Centre Hall, 16828; 364-2161 or 1-800-641-7529; www.themeadows.net)

The Meadows is a 119-bed acute inpatient psychiatric facility for children age four through older adults. The Assessment and Referral Center is staffed 24/7 by intake counselors who can evaluate individual needs and provide assistance at no cost to the individual.

Patients who require emergency admission are served in separate units according to age: Children, Adolescent, Adult, and Adult Stabilization Units. Units are staffed 24/7 and each patient works with a team of professionals consisting of psychiatrists, nurses, therapists, allied therapists and mental health technicians during their care. Discharge is coordinated with continuing care providers and taps into a person's support system to promote mental health wellness and recovery.

Mount Nittany Medical Center (1800 East Park Ave., State College, 16803; 231-7000. Available 24/7; www.mountnittany.org)

The Mount Nittany Medical Center Emergency Room provides psychiatric assessment and emergency treatment 24/7. Psychiatric and psychological consultations are provided on the medical floors as needed. The inpatient Behavioral Health Unit (3-South) has 12 beds and admits adults age 18 years and older.

HOSPITAL ADMISSIONS

Inpatient MH care is reserved for acute mental, emotional, and/or behavioral problems that cannot be treated safely on an outpatient basis. The purpose of hospitalization is to stabilize and discharge the individual to the community as soon as possible. Length of stay varies. Treatment may include individual, group, and family therapy; medical and psychological testing; and medication management. Post-hospital care is arranged before discharge by the individual's case manager and/or social worker.

Inpatient Care may be accessed 24 hours a day, 7 days a week. Inpatient care can be accessed by:

- Calling the Centre County CAN HELP Line at 1-800-643-5432
- Calling 911/Police (especially in crisis situations such as suicide attempts or threats to harm self/others)
- Going to the Emergency Department of Mount Nittany Medical Center or to the Meadows Psychiatric Center.

Inpatient care is accessible to all, regardless of payment/insurance issues or whether the inpatient stay is voluntary or involuntary.

Voluntary Admission (201): CAN HELP or the Emergency Room can evaluate the necessity for hospitalization, and CAN HELP will help find a hospital with availability. A person who has voluntarily gone to a treatment facility may sign out; however, the person must sign a form agreeing to give 3 days notice of self-discharge. This gives time for the individual to reconsider, for aftercare to be arranged, or for the facility to initiate an involuntary commitment process, if warranted. **Act 147 for youth age 14-18:** CAN HELP or the Emergency Room can evaluate the necessity for hospitalization under this act. An adolescent between 14-18 years of age can consent to mental health treatment without parental consent. In the event that the adolescent between the ages of 14-18 is unwilling to consent to treatment, the parent can provide the consent as an extension of their medical rights without the adolescent's consent. In order to complete an Act 147, a physician must examine the juvenile and be in agreement with the need for treatment.

Involuntary Admission (302): Is for a maximum of five days when an individual with serious mental illness “poses a clear and present danger to others or to himself or herself” * and/or is unable to care for basic needs. A petitioner is any responsible party who has observed or been told first-hand within the past 30 days of an individual’s behaviors that warrant psychiatric evaluation.

The petitioner must attest to these actions/behaviors in written form, in what is referred to as the Petitioner’s Statement. Only first hand information, not hearsay, may be included in this statement. The petitioner “...who provides any false information on purpose...may be subject to criminal prosecution and may face criminal penalties...” Admission is ultimately determined following evaluation, which is usually conducted at a local hospital by a medical doctor and a mental health delegate representing MH/ID/EI. There is no hearing for a 302 commitment.

Extended Emergency Treatment (303): If necessary, a 303 commitment immediately follows a 302 and is an extension of the hospitalization for up to 20 days. The need for a 303 commitment is determined in a legal hearing often held at the hospital. The individual has due process rights and legal representation.

Extended commitments are no longer common, because intensive outpatient treatment has become more available. However, the term of commitment may be extended beyond 20 days on an inpatient or outpatient basis (304, 305). Extended commitment may be court ordered only after an additional legal hearing. Local inpatient facilities are at Mount Nittany Medical Center and the Meadows Psychiatric Center. If these facilities are full, any hospital providing inpatient psychiatric services in the Commonwealth may be used, though every effort is made to keep the individual as close to home as possible. Extended inpatient commitment could be to a community placement, but it would more likely be to Danville State Hospital.

* Mental Health Procedures Act 143, Section 301. The standard for clear and present danger is that the individual has committed "acts of furtherance" within the last 30 days, such as planning and/or attempting suicide and/or causing non-trivial injury to self or others.

CASE MANAGEMENT SERVICES

A case manager works directly with individuals to ensure people receive services and are linked with community resources that facilitate their path to wellness. Case management services are free of charge to individuals.

Levels of case management:

Administrative Case Management (ACM): This is the entry point to case management and is available to individuals 3+ years of age. ACMs meet with individuals on a yearly basis and supply phone contact as needed. ACMs provide initial access to services requested and on an as needed basis. This level of case management is only available through Centre County Mental Health (page 9).

Blended Case Management (BCM): This is the most intensive level of case management available to individuals 3+ years of age. BCMs meet with individuals anywhere from once a week to once a month depending on assessed need. BCM Services are provided through Strawberry Fields, Inc. and Centre County Mental Health (page 9). Blended Case Management is billable through managed care if an individual is eligible for Medical Assistance (MA) (page 7) and may be accessed directly.

Strawberry Fields, Inc. (SFI)

3054 Enterprise Drive

State College, PA 16801

Phone: (814) 234-6023

Website: <http://www.sfionline.org/>

OUTPATIENT MENTAL HEALTH SERVICES

These services include individual, group, and family therapies as well as medication management. A therapist or psychologist meets with individuals on a regular basis and can provide specialized therapies. Psychologists are extensively trained and possess a doctoral degree and can provide testing to help with diagnoses, treatment, and/or rehabilitation. Individuals in need of medication management could be seen by a psychiatrist, Certified Registered Nurse Practitioner (CRNP), or Physician's Assistant (PA), all able to provide diagnoses and prescribe medications. CRNP's and PA's are overseen by psychiatrists. Individuals can access any of the providers in the section independently based upon their health insurance including Medical Assistance (MA) (page 7) with Community Care Behavioral Health (CCBH) (page 8). If you have any questions concerning outpatient mental health services please contact Centre County Mental Health at (814) 355-6786 (page 9), press zero (0), and ask to speak with Mental Health Intake. Centre County Mental Health has contracted providers of this service. This is an extensive, but not all comprehensive list of outpatient providers who could provide any of the services listed above for children (ages 3-14), adolescents (ages 14-18), and adults (ages 18+).

American Family Psychiatry

****Population(s): adolescent and adult****

251 Easterly Parkway, #201

State College, PA 16801

Phone: (814) 954-7251

Beck Psychotherapy, LLC

****Population(s): children, adolescent, and adult****

103 E. Beaver Ave., Suite 2

State College, PA 16801

Phone: (814) 409-7744

Website: <http://beckpsychotherapy.com/index.html>

The Caring Healthcare Network

****Population(s): adults****

601 North Front Street

Philipsburg, PA 16866

Phone: (814) 342-2333

Website: <https://caringhealthcarenetwork.com>

CenClear

****Population(s): children, adolescent, and adult****

1633 Philipsburg Bigler Hwy.

Philipsburg, PA 16866

For information or make a referral please call: 1-877-341-5845 ext. 2260

Website: <https://www.cenclear.org/domain/36>

Center for Child & Adult Development

****Population(s): children, adolescent, and adult****

1315 W. College Ave.

State College, PA 16801

Phone: (814) 861-3300

Website: <http://ccad-pa.com/>

Crossroads Counseling, Inc.

****Population(s): adolescents and adult****

444 E. College Ave.

State College, PA 16801

Phone: (814) 231-0940

Website: <http://www.crossroadscounselinginc.com/>

Expressions Counseling Services, Ltd.

****Population(s): children, adolescents, and adult****

222 E. Presqueisle Street

Philipsburg, PA 16866

Phone: (814) 342-2300

Website: <https://expressionscounselingservices.com>

Guiding Light Health

****Population(s): children, adolescent, and adult****

1315 S. Allen Street, Suite 104

State College, PA 16801

Phone: (814) 753-4422

Website: <http://guidinglighthealth.com/>

The Healing Room

****Population(s): children, adolescent, and adult****

2023 Cato Ave., #101

State College, PA 16801

Phone: (814) 308-8375

Website: <http://www.statecollegehealingroom.com/>

Home Nursing Agency

****Population(s): children and adolescent****

154 W. Nittany Ave.

State College, PA 16801

Phone 814-235-4932

Fax 814-272-7800

Individual & Family CHOICES

****Population(s): children, adolescent, and adult****

2214 N Atherton St., Suite 4

State College, PA 16803

Phone: (814) 237-0567

Website: <http://www.individualandfamilychoices.com/>

A Journey to You (2 locations)

****Population(s): adolescent and adult****

1107 W. College Ave.

221 W. High St., Loft 1100

State College, PA 16801

Bellefonte, PA 16823

Phone: (814) 325-0280 (ext. 1) to schedule an appointment

Website: <http://ajourneytoyou.com/>

McGinnis Counseling & Consulting

****Population(s): adolescent and adult****

PO Box 465

Lemont, PA 16851

Phone: (814) 862-9969

Website: <http://statecollegeneurotherapy.com/>

MidStep Child Development Center

****Population(s): children and adolescent****

454 Rolling Ridge Drive, Suite A

State College, PA 16801

Phone: (814) 235-1100

Website: <http://www.midstep.com/>

Oasis Lifecare, LLC

****Population(s): children, adolescent, and adult****

1526 Martin Street

State College, PA 16803

Phone: (814) 237-0001

Website: <http://www.oasislifecarellc.com/>

Onward Behavioral Health

****Population(s): children, adolescent, and adult****

270 Walker Drive

State College, PA 16801

Phone: 1-800-238-4357

Website: <http://www.obhcares.com/>

Penn State University Psychological Clinic

****Population(s): children, adolescent, and adult****

314 Moore Building

University Park, PA 16802

Phone: (814) 865-2191

Website: <http://psych.la.psu.edu/psychological-clinic>

The Pennsylvania State University Counseling and Psychological Services (CAPS)

****Population(s): Penn State Students only****

501 Student Health Center

The Pennsylvania State University

University Park, PA 16802

Phone: (814) 863-0395

<http://studentaffairs.psu.edu/counseling/>

CAPS provides group and individual counseling, crisis intervention, and psychological and psychiatric evaluations for undergraduate and graduate students, as well as prevention and consultation services for the University community.

Yvonne Reedy, Ph.D. (2 locations)

****Population(s): children, adolescent, and adult****

322 E. Pine Street & 1165 Philipsburg-Bigler Highway

Philipsburg, PA 16866

Phone: (814) 937-0668

Fax: (814) 342-2532

Website: <http://philipsburgtherapy.com/>

Sound Mind Healthcare

****Population(s): children, adolescent, and adult****

1169 Philipsburg Bigler Highway

Philipsburg, PA 16866

Phone: (814) 343-7373

Website: <http://www.soundmindhealthcare.com>

SunPointe Health

****Population(s): children, adolescent, and adult****

320 Rolling Ridge Drive, Suite 100

State College, PA 16801

Phone: (814) 867-0670

Website: <http://www.sunpointehealth.com/>

Taking Flight Developmental Center

****Population(s): children, adolescent, and adult****

1981 Cato Ave., Suite 2

State College, PA 16801

Phone: (814) 954-4187

Website: <http://www.takingflightcenter.com/>

Teresa Welch, Licensed Psychologist, LLC

****Population(s): adolescent and adult****

965 Greet Street

Bellefonte, PA 16823

Phone: (814) 357-7755

Website: <http://twelchpsychologist.com/>

Universal Community Behavioral Health (UCBH)

****Population(s): children, adolescent, and adult****

190 Match Factory Place

Bellefonte, PA 16823

Phone: (814) 353-3151

Referral Line: 1-888-520-8224

Website: www.ucbh.org

UCBH offers the Decision Support Center (DSC) which promotes a partnership with your Psychiatrist to include you in the decision making process that affects your mental health. The DSC is staffed by peers who have shared experiences in the mental health system. Our goal at the DSC is to promote self-advocacy in treatment by providing access to recovery oriented information to make an educated decision regarding your treatment options.

TRAUMA FOCUSED OUTPATIENT THERAPY

Mental health and substance abuse services are available from local community providers, with staff who are trained to meet the unique needs of individuals who have experienced trauma. If you have private insurance or Medical Assistance (MA), you may contact the following outpatient providers directly:

For Mental Health Services:

Crossroads Counseling- (814) 231-0940
PSU Psychological Clinic- (814) 865-2191
UCBH- (814) 353-3151

For Drug & Alcohol Services:

Crossroads Counseling- (814) 231-0940

Take your first step toward a better life...today.

MOBILE MEDICATION MANAGEMENT

This is a voluntary, community team delivered service for adults 18 years of age and older who are diagnosed with a serious mental illness (Schizophrenia, Major Mood Disorder, Psychotic Disorder NOS, Schizoaffective Disorder or Borderline Personality Disorder) who experience difficulties progressing toward wellness due to the inconsistent adherence to a prescribed medication regimen. It is a recovery focused service that allows individuals to be educated about their medications and trained to develop skills to manage their medication effectively in order to control symptoms and increase community tenure. Members of the team will act as a liaison between the provider and the individual to help establish better communication and self-advocacy with their outpatient provider. The Mobile Medication Team operates 24 hours a day, 7 days a week, including weekends and holidays. If individuals have Medical Assistance (MA) (page 7) with Community Care Behavioral Health (CCBH) (page 8) they can contact the provider directly to access this service. For individuals who do not have MA with CCBH please contact Centre County Mental Health at (814) 355-6786 (page 9), press zero (0), and ask to speak with Mental Health Intake.

Beacon Light

Mobile Medication Program

1315 S. Allen Street

State College, PA 16801

Phone: (814) 503-8697

Fax: (814) 817-1453

CENTRE COUNTY CHILDREN’S COLLABORATIVE

Centre County Children’s Collaborative consists of a multidisciplinary approach including representatives from various human services organizations, early childhood and the educational system who meet to ensure that services and supports are meeting the needs of children, adolescents and their families. The CASSP Coordinator attends various community meetings to assist the Centre County Children’s Collaborative with identifying gaps in the service delivery system and advocating for increased services and supports. For more information on the Centre County Children’s Collaborative please call (814) 355-6786, press zero (0) and ask to speak with the CASSP Coordinator.

CHILD & ADOLESCENT SERVICE SYSTEM PROGRAM (CASSP): Principles that guide children and adolescent services

CASSP is based on a well-defined set of principles for mental health services for children and adolescents with or at risk of developing severe emotional disorders and their families. Each county or joinder in Pennsylvania has a CASSP Coordinator to ensure that services and supports are delivered within these principles summarized in six core statements.

Child-centered: Services are planned to meet the individual needs of the child, rather than to fit the child into an existing service. Services consider the child's family and community contexts, are developmentally appropriate and child-specific, and build on the strengths of the child and family to meet the mental health, social and physical needs of the child.

Family-focused: The family is the primary support system for the child and it is important to help empower the family to advocate for themselves. The family participates as a full partner in all stages of the decision-making and treatment planning process including implementation, monitoring and evaluation. A family may include biological, adoptive and foster parents, siblings, grandparents, other relatives, and other adults who are committed to the child. The development of mental health policy at state and local levels includes family representation.

Community-based: Whenever possible, services are delivered in the child's home community, drawing on formal and informal resources to promote the child's successful participation in the community. Community resources include not only mental health professionals and provider agencies, but also social, religious, cultural organizations and other natural community support networks.

Multi-system: Services are planned in collaboration with all the child-serving systems involved in the child's life. Representatives from all these systems and the family collaborate to define the goals for the child, develop a service plan, develop the necessary resources to implement the plan, provide appropriate support to the child and family, and evaluate progress.

Culturally competent: Culture determines our worldview and provides a general design for living and patterns for interpreting reality that are reflected in our behavior. Therefore, services that are culturally competent are provided by individuals who have the skills to recognize and respect the behavior, ideas, attitudes, values, beliefs, customs, language, rituals, ceremonies and practices characteristic of a particular group of people.

Least restrictive/least intrusive: Services take place in settings that are the most appropriate and natural for the child and family and are the least restrictive and intrusive available to meet the needs of the child and family.

CHILDREN & ADOLESCENT MENTAL HEALTH SERVICES

Services in the children & adolescent mental health system are based upon a continuum of care from least restrictive to most restrictive and are listed below as such.

Behavioral Health Rehabilitative Services (BHRS) are treatment and therapeutic interventions prescribed by a psychologist or psychiatrist provided on an individual basis in the home, school and community. These services include Behavioral Specialist Consultants (BSC), Mobile Therapy (MT), and Therapeutic Support Staff (TSS). BSC's & MT's must have at least a master's level degree. BSC's work with individuals, families, and treatment teams to develop a special behavior plan to individuals reach their goal. MT's provide individual and family therapy in the home and/or community settings. Either a BSC or MT can help develop crisis and safety plans. A TSS has at least an associate's degree and works under the direction of the BSC or MT. The TSS carry's out the goals in the individualized treatment plan and can assist caregivers with skill development to help with behaviors. Individuals **MUST** have Medical Assistance (MA) (page 7) through the Department of Human Services in order to access this service. If you are in need to this service please choose a provider and call to schedule an evaluation.

CenClear

1633 Philipsburg Bigler Hwy.

Philipsburg, PA 16866

For information or make a referral please call: 1-877-341-5845 ext. 2260

Website: <http://www.cenclear.org/domain/39>

Children's Behavioral Health (CBH), Inc.

1701 12th Avenue

Suite B-4

Altoona, Pa 16601

Phone 814-942-8168

Website: <http://www.childrensbh.com/>

Merakey

1400 Fox Hill Road

State College, PA 16803

Phone: (814) 238-4851

Website: <https://www.merakey.org>

Family Based Mental Health Services (FBMHS) is an evidence based service provided in the home by a team with at least one master's level professional. Goals are established by the family and treatment team. To receive FBMHS individuals must be diagnosed with serious emotional and/or behavioral disorder; be at-risk of needing treatment in a psychiatric hospital, Residential Treatment Facility (RTF), or other out-of-home placement; outpatient therapy MUST have been tried; family members willing to participate in the individual's treatment; and be recommended by a psychologist or psychiatrist. Services are time limited to 8 months and include case management, family therapy, crisis intervention, and family support as needed. Families are seen at least once a week. This level of service can be accessed directly if the individual has Medical Assistance (MA) (page 7) with Community Care Behavioral Health (CCBH) (page 8) by calling one of the providers below. If you do not have MA with CCBH please contact Centre County Mental Health at (814) 355-6786 (page 9), press zero (0), and ask to speak Mental Health Intake to access this level of service.

CenClear

1633 Philipsburg Bigler Hwy.

Philipsburg, PA 16866

For information or make a referral please call: 1-877-341-5845 ext. 2260

Website: <https://www.cenclear.org/domain/41>

Merakey

25 Rothermel Drive, Suite A

Yeagertown, PA 17099

Phone: (717) 248-8540

Website: <https://www.merakey.org>

Partial Hospitalization Program (PHP) provides a number of therapeutic services including individual and group therapy, family therapy, psychiatric services which may include the use of medications, behavior management, coordination with school districts to ensure educational needs are met, help getting supportive services, and planning for services when PHP is no longer needed. An individual attends PHP on a full-time basis during the typical school day. Funding for PHP is through Community Care Behavioral Health (CCBH) (page 8), private insurance, or through contracts with each school district and the PHP provider.

**Home Nursing Agency
HEARTS Program (grades K-5)**

154 W. Nittany Ave.

State College, PA 16801

Phone: (814) 235-4932

Website: <http://www.scasd.org/Page/226>

Therapeutic Foster Care (TFC)/Community Residential Rehabilitation (CRR) Host Home and Residential Treatment Facility (RTF) are not located in Centre County but are on the continuum of services. For more information on these please call Center County Mental Health at (814) 355-6786, press zero (0), and ask to speak with the CASSP Coordinator.

ADULT MENTAL HEALTH SERVICES

Along with case management (page 15) and outpatient services (page 16) Centre County offers a variety of adult mental health services. Below is a list of those services with the providers associated with each service. If individuals have Medical Assistance (MA) (page 7) with Community Care Behavioral Health (CCBH) (page 8) they can contact the providers directly to access each service. For individuals who do not have MA with CCBH please contact Center County Mental Health (page 9) at (814) 355-6786, press zero (0), and ask to speak with Mental Health Intake.

Psychiatric Rehabilitation Services

Psychiatric rehabilitation assists persons 18 years of age and older who are diagnosed with a serious mental illness (Schizophrenia, Major Mood Disorder, Psychotic Disorder NOS, Schizoaffective Disorder or Borderline Personality Disorder) to develop, enhance or retain: psychiatric stability, social competencies, personal adjustment, and/or independent living competencies so that they can experience more success and satisfaction in the environment of their choice and can function as independently as possible. These interventions should occur concurrently with clinical treatment.

Community Services Group (CSG)

1040 Benner Pike, #3
State College, PA 16801
Phone: (814) 272-0331
Website: <http://www.csgonline.org/>

Skills Central

200 Shady Lane, Suite 115
Philipsburg, PA 16866
Phone: (814) 342-9800
Website:
http://www.skillsocentralpa.org/public/services/psychiatric_rehabilitation.php

Skills Mobile

2603 E. College Ave., Suite C

State College, PA 16801

Phone: (570) 772-1215

Website:

http://www.skillsofcentralpa.org/public/services/mobile_psychiatric_rehabilitation.php

Clubhouse supports recovery through meaningful work. The Clubhouse is designed to facilitate the transition to work and education by members taking ownership and participating in all aspects of the club operations. Members are decision makers, run business operations, produce newsletters and volunteer in the community. Clubhouse also supports members who want to work through their Transitional Employment Program and Supported Employment programs.

Opportunity Centre Clubhouse

2603 E. College Ave., Suite E2

State College, PA 16801

Phone: (814) 867-1454

Website:

http://www.skillsofcentralpa.org/public/services/opportunity_centre_clubhouse.php

Peer Support Services

Based upon the fundamental principles of recovery, Peer Support Services (PSS) are specialized therapeutic interactions provided by a Certified Peer Specialist (CPS) who is a self-identified individual who is or has accessed mental and/or behavioral health services. CPS's are trained and certified to offer support and assistance to individuals who are working on their overall wellness. The service is designed to promote empowerment, self-determination, understanding, coping skills, and resiliency through mentoring and service coordination supports that allow individuals age 14 years and older to achieve their goals. PSS are designed on the principles of individual choice and the active involvement of persons in their own wellness. On an ongoing basis, individuals receiving the service are given the opportunity to

participate in and make decisions about the activities conducted. Specific service goals are based on individual needs and personal aspirations, which may be in the areas of wellness and recovery, education and employment, crisis support, housing, social networking, self-determination and individual advocacy. The relationship between the CPS and the individual is intended to facilitate accomplishment of their wellness goals. Face-to-face contact is critical to develop the relationship effectively, but there may be times when a telephone contact may be appropriate.

CenClear

1633 Philipsburg Bigler Hwy.
Philipsburg, PA 16866

For information or make a referral please call: 1-877-341-5845 ext. 2260

Website: <https://www.cenclear.org/domain/30>

PeerStar

2900 Plank Rd, Suite 8
Altoona, PA 16601

Phone: 1-888-733-7781

Fax: 814-201-2322

Website: www.peerstarllc.com

Strawberry Fields, Inc. (SFI)

3054 Enterprise Drive
State College, PA 16801

Phone: (814) 234-6023

Website: <http://sfionline.org/services/mental-health-services/>

Community Residential Rehabilitation (CRR) Program

A CRR is a state-licensed, residential program in a community setting for individuals who are diagnosed with a serious mental illness (Schizophrenia, Major Mood Disorder, Psychotic Disorder NOS, Schizoaffective Disorder or Borderline Personality Disorder) to assist in overall wellness and help individuals live as independently as possible. The CRR is a homelike, non-institutional, residential setting providing maximum opportunity for each individual to learn the skills necessary for independent living. It is intended to be a transitional living program, with the length of stay dependent upon each

individual's personalized goals. Individuals work closely with a primary contact person, called a goal manager. Daily activities include goal-planning, help with personal care needs, medication management, general household skill building, and attendance at off site MH programs, and volunteer work or paid employment. ***As the CRR program is a County funded service, individuals must be open with Centre County Mental Health (page 9).***

Community Services Group (CSG)

614 Locust Lane

State College, PA 16801

Phone: (814) 861-0617

Website: <http://www.csgonline.org/>

Strawberry Fields, Inc. (SFI)

908 Southgate Drive

State College, PA 16801

Phone: (814) 234-8220

Website: <http://sfionline.org/>

VETERAN INFORMATION

James E. Van Zandt VA Medical Center
2907 Pleasant Valley Boulevard
Altoona, PA 16602
877-626-2500

Behavioral Health – extension 7305
Eligibility – extension 7084
Homeless Program Coordinator – extension 8526
Military Sexual Trauma Coordinator - 7356
Suicide Prevention Coordinator - extension 7572

<http://www.altoona.va.gov/>

*The James E. Van Zandt VA Medical Center in Altoona, and outpatient clinics in State College, Huntingdon, DuBois, Johnstown and Indiana provide a wide range of medical and behavioral health care to Veterans and their families, including help for homeless Veterans.

Local VA Resources:

State College Community Based Outpatient Clinic
2581 Clyde Avenue
State College, PA 16801
814-867-5415

DuBois Vet Center (Provides a range of counseling services to combat Veterans in Centre County)
Suite 8, 100 Meadow Lane
DuBois, PA 15801
814-372-2095 Or 877-927-8387

<http://www.vetcenter.va.gov/>

*Provides readjustment and bereavement counseling, as well as a wide range of psycho social services to eligible Veterans, Service members, and their families.

Community Resources:

Centre County Director of Veterans Affairs

Brian Querry

Room 333; Willow Bank Building

420 Holmes Street

Bellefonte, PA 16823

Phone: (814) 355-6812

Email bquerry@centrecountypa.gov

<http://centrecountypa.gov/index.aspx?NID=351>

- The Centre County Veterans Affairs Office assists veterans and their eligible dependents to apply for compensation, pensions, special housing grants, automobile grants, insurance and health care. Additionally, we provide general information about VA benefits to include education and home loans. If you have a VA question, call the Centre County VA Office.

Office of Veterans Programs

The Pennsylvania State University

325 Boucke Building

University Park, PA 16802

Phone: (814) 863-0465

<http://equity.psu.edu/veterans>

- The Office of Veterans Programs at the University Park campus is organized as a comprehensive, direct service unit for Veterans and Department of Veterans Affairs (DVA) benefits recipients.

Veterans Multi-Service Center

Suite 103, 233 Easterly Parkway

State College, PA 16801

Phone: (717) 712-3555

Email CentralPAInfo@VMCenter.org

<http://www.vmcenter.org/>

- Coordinates the Supportive Services for Veterans and Families (SSVF) grant, which provides comprehensive services to very low income Veterans and their families who are currently experiencing homelessness or are at risk of losing their homes.

National VA Resources:

Apply for VA Health Care Benefits

<https://www.vets.gov/healthcare/apply/application/introduction>

Apply for VA Benefits through Veterans Benefits Administration (vocational, disability, pension, education, etc.):

<http://www.benefits.va.gov/benefits/Applying.asp>

Veterans Crisis Line 1-800-273-8255, press 1

Text 838255

<https://www.veteranscrisisline.net/>



Homeless Hotline 1-877-424-3838

<https://www.va.gov/homeless/>



Make the Connection

<http://maketheconnection.net/>

MakeTheConnection.net is an online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives.



Coaching Into Care

<http://www.mirecc.va.gov/MIRECC/coaching/index.asp>

Coaching Into Care is a national telephone service of the VA which aims to educate, support, and empower family members and friends who are seeking care or services for a Veteran.



EMPLOYMENT INFORMATION

The Office of Vocational Rehabilitation (OVR) serves people who have disabilities - physical, mental, emotional - that present a substantial impediment to employment. Services are provided to individuals to prepare for, enter into, engage in or retain employment. OVR has 21 District Offices located around the State where counselors work every year with thousands of persons with disabilities. **You should apply if:** You have a disability; your disability causes you substantial problems in preparing for, obtaining, or maintaining a career; and you want to work. The services you receive will be arranged to meet your individual needs. Not everyone will need every service. Some services can help you overcome or lessen your disability; others can directly help you prepare for a career.

- **Diagnostic Services** include medical, psychological and audiological exams and tests used to better understand your disability and your needs for specific types of services.
- **Vocational Evaluation** includes testing such as aptitude, interest, general ability, academic exams, work tolerance and "hands-on" job experience used to understand your vocational potential.
- **Counseling Services** are offered to help you find ways to better help yourself throughout the rehabilitation program from the first meeting with your counselor to your starting and maintaining a career. Counseling services help you to better understand your potential, rely on your abilities, set realistic vocational goals, change them when necessary, develop successful work habits and begin a satisfying career.
- **Restoration Services** include many types of medical services and equipment such as physical and occupational therapy, wheelchairs, automobile hand controls and other types of rehabilitation technology that may be provided to help you pursue your career and achieve independence.
- **Training Services** include education to prepare you for a job, including but not limited to basic academic, vocational/technical, college, on-the-job, independent living skills and personal and work adjustment training. It may be

necessary for you to leave home to get the training you want and need.

- **Placement Services** include counseling, job-seeking programs, job club and job development used to increase your ability to obtain a job. You will receive ideas, practice and advice on finding job leads, filling out applications, getting interviews for a job and how to interview. Your counselor may also give you job leads or explain to employers about tax credits they can receive when hiring you. The more contacts with employers you make, the better your chances are of starting your career.
- **Job Coaching** is also available for individuals needing intensive on site job training. Individuals needing this service require more extensive training time or assistance than an employer is able to provide. OVR can hire a Job Coach who does the actual skill training rather than the employer. The Coach works alongside the employee until the employee learns the job to the employer's and employee's satisfaction. Job Coaches provide follow-up support to both the employee and the employer.

Support services are provided if they are necessary for you to start your career. Services may include:

- Room, board and transportation costs during your evaluation or while you are completing a rehabilitation program.
- Occupational tools, licenses or equipment.
- Home modifications, adaptive or special household equipment related to obtaining or maintaining a job.
- Van or car modifications, including special driving devices or lifting devices to enable you to travel to your job.
- Personal care assistance provided to help you with your daily needs so you may participate in a vocational rehabilitation program.
- Job site modifications that will help you obtain and maintain a job.
- Independent living training, so you can become more self-sufficient and to make it possible for you to participate fully in the vocational rehabilitation program.

- Text Telephone (TTY), signaling devices, hearing aids and interpreter services may be provided to help you communicate if needed to participate in the vocational rehabilitation program

Office of Vocational Rehabilitation

1130 12th Ave., Suite 500

Altoona, PA 16601

Phone: (814) 946-7240 Voice

(814) 949-7913 TTY

1-800-442-6343 Voice

1-866-320-7955 TTY

Website: <http://www.dli.pa.gov/Individuals/Disability-Services/ovr/Pages/default.aspx>

Job Coaching Agencies

Arc of Centre County

1840 N. Atherton Street

State College, PA 16803

Phone: (814) 238-1444

Website: <http://taocc.org/>

Skills

1225 Benner Pike

State College, PA 16801

Phone: (814) 231-0820

Website: <https://www.skillsofcentralpa.org/employment-and-community-participation/>

HOUSING

“Housing Services in Centre County” book can be accessed under Adult Services, Housing online at:

<http://www.centrecountypa.gov/DocumentCenter/View/1221>

If you are homeless or being evicted, call Housing Transitions at 814-237-5508.

If you are homeless youth under the age of 18 and/or have nowhere to go, call the Youth Service Bureau at 814-234-2100.

If you are fleeing a domestic violence household, call the Centre County Women’s Resource Center at 814-234-5050. They can provide free and confidential services, emergency housing, and assistance with housing searches.

For long-term rental assistance, call the Housing Authority of Centre County at 814-355-6750, or stop in at 121 Beaver Farm Lane, Bellefonte, PA 16823. They have Housing Choice Vouchers, commonly known as Section 8, which requires low and very low income participants to pay approximately 30% of the adjusted gross income toward the rent. Participants are selected through waiting list management and must meet income and occupancy guidelines. The Housing Authority also runs a program which is only available through a referral from Children and Youth Services. It is called the Family Unification Program, or FUP, and is designed to prevent separation of children from their parents due to inadequate housing. Participants must be open with Children and Youth.

HUD – VASH Vouchers are a combination of the Nation’s largest supported permanent housing initiative, Housing and Urban Development (HUD), using their Housing Choice Vouchers along with the Veteran’s Administration (VA) case management services to promote and maintain recovery and housing stability to honorably discharged homeless Veterans. Contact your local VA Hospital to begin the process. You can also contact the Veterans Multi-Service Center at (844) 226-0368.

811 Housing Units are funded by the US Department of Housing and Urban Development (HUD). The project is aimed at keeping people with disabilities out of institutional settings, and instead, place them in permanent supportive housing units where they can live independent lives. Requirements for placement in 811 units are as follows: Disabled, age 18-61, enrolled and/or eligible for Medicaid, and income at or below 30% of Area Median Income (AMI). These units are prioritized as follows: (1) Are institutionalized but able to live in the community with permanent supportive housing. (*Institutions such as private and public mental health hospitals, nursing facilities, facilities for those with intellectual disabilities, state hospitals.*) (2) Are at risk of being institutionalized, without permanent supportive housing. (*People who are living with caregivers in unstable situations, homeless, people aging out of the Early and Periodic Screening, Diagnosis & Treatment Program with no family supports, & individuals aging out of foster care.*) (3) Are living in a congregate setting and are seeking housing within the community. (*Persons in Community Residential Rehabilitation facilities, long term structured residences, personal care homes, and domiciliary care.*)

Out of the Cold Centre County

Guest Registration: 814-852-8864

- The mission of OOTC3 is to provide the homeless in our community with a warm and safe overnight accommodation and nourishment within a welcoming atmosphere, as a supplemental option to locally established shelters through local churches. The program is open seasonally from mid-October to the end of April. No one under the age of 18 is permitted to sleep in the host site. Guests must arrive between 9:00pm-10:00pm. Men and women will be assigned separate sleeping areas. A cot, blanket, and hot meal will be supplied for the guests. All guests must leave the site by 7:00 am each morning. Guests may not bring guns, alcohol or drugs into the host site. Guests need to register every day by calling the number above between 9:00am-6:00pm.

For more information, please call Centre County Office of Adult Services at 814-355-6768.

CENTRE COUNTY TRANSPORTATION

Services

The Centre County Office of Transportation Services provides transportation services to clients of Centre County Government and other social service agencies, as well as maintains the County vehicle fleet. Centre County transportation is a "shared ride" demand-response service. Passengers must share the vehicle with other passengers and must make reservations for service at least one working day prior to the transportation need. More than one day for placing reservations is recommended to assure service availability. To place reservations for Centre County Office of Transportation services, please call (814) 355-6807.

Guidelines

Transportation service is from door-to-door. Centre County Office of Transportation Services is not obligated or responsible for aiding passengers in any other way. Transportation personnel do not lift nor carry any passengers, although they may provide some physical guidance or assistance. Centre County Office of Transportation Services does not provide escorts for those who may require such assistance; passengers are, however, welcome to provide their own escort. Centre County Office of Transportation Services provides "lift van and car" service to the physically challenged. Physically challenged passengers must inform the Office of their need to utilize the lift van or car every time they schedule an appointment. Several days' notice of reservation for the lift van or car is highly recommended.

Scheduling Procedures

Centre County transportation service is not a same-day service. Passengers may schedule transportation until 12pm on the business day before the scheduled appointment (e.g., Monday appointments must be scheduled by 12pm the prior Friday). Passengers requiring transportation services must schedule their appointments between 8:30am and 3pm. Passengers must be finished with their appointments and on the county vehicle by 4 p.m.

Passengers may schedule appointments for transportation no more than one month in advance. For those who have regular or monthly appointments, Centre County Office of Transportation Services personnel will telephone passengers between the 25th and 30th of each month (25th and 28th in February) to renew the next month's regular appointment.

Cancellations / Changes

Passengers must cancel their appointments with the Centre County Office of Transportation Services as soon as they know that they cannot or do not want to use transportation service. Preferably, cancellations are made no later than the day before scheduled service.

Passenger Guidelines

Passengers must conduct themselves in an orderly and polite manner when riding in county vehicles.

Eating, drinking, or smoking is prohibited on county vehicles.

SUICIDE PREVENTION RESOURCES

American Foundation for Suicide Prevention (AFSP) – Central PA Chapter

<https://afsp.org/chapter/afsp-central-pennsylvania/centralpa@afsp.org>

<https://www.facebook.com/AFSPCentralPA/>

AFSP raises awareness, funds scientific research and provides resources and aid to those affected by suicide. AFSP offers Mental Health First Aid Training, More Than Sad, Talk Saves Lives: An Introduction to Suicide Prevention, Living with Bipolar Disorder, ‘Toward Daylight’ Film and Panel. Community Events include An Evening of Hope, Healing and Remembrance (Suicide Prevention Day), Out of the Darkness Walk, International Survivors of Suicide Day. See our website for a full listing!

Jana Marie Foundation

www.janamariefoundation.org

Jana Marie Foundation empowers young people to make positive choices, practice self-respect and maintain healthy relationships by providing opportunities for personal growth and creative expression. The foundation also spends a great deal of time and energy on raising awareness for mental wellness and suicide prevention.

Mental Health First Aid

www.janamariefoundation.org

<https://www.mentalhealthfirstaid.org/cs/>

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Youth and Adult Modules are available in Centre County.

QPR stands for Question, Persuade, and Refer - the 3 simple steps anyone can learn to help save a life from suicide.

<https://qprinstitute.com>

www.janamariefoundation.org

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

KEY COMPONENTS COVERED IN TRAINING:

How to Question, Persuade and Refer someone who may be suicidal

How to get help for yourself or learn more about preventing suicide

The common causes of suicidal behavior

The warning signs of suicide

How to get help for someone in crisis

SUPPORT GROUP INFORMATION

The information listed below is not run, recommended, endorsed, or funded by Centre County Mental Health. The information listed below is for your information. The individuals listed as contacts for different groups may change. Please reach out to ensure the support group is still meeting. For a listing of local support groups please visit: www.griefconnection.org or <https://afsp.org/find-support/ive-lost-someone/find-a-support-group/>

General Grief Support Groups (youth & adult)

The Healing Patch

Contact: Call Toll free at 1-800-445-6262 or visit www.homenursingagency.com for more information.

- Home Nursing Agency has the Healing Patch: A Program for Loss and Hope for Grieving Children and Their Families with locations in Blair and Cambria counties to serve children who have lost loved ones.

Tides

For more information about Tides, visit www.tidesprogram.org or please call Suzanne at 814-692-2233.

- Tides is a grief and loss peer support group for children, teens and adults after experiencing the loss of someone significant in their lives. We provide a non-judgmental, nurturing, and healing atmosphere where families learn they are not alone in their grief and can express their thoughts, feelings and experiences in a safe environment. Our primary goal is to provide grief support services to an increasing number of children, teens and families in Centre and surrounding counties.
- Meetings are held the first and third Thursdays of each month (Sept-May) from 6 p.m. to 7:45 p.m. at Houserville Elementary School located at 217 Scholl Street, State College, PA 16801. Tides is free to families but registration is required.

Loss of a Spouse or Significant Other Support Groups

Centre Crossings Hospice Support Group

Contact: Sheri Neale (814) 237-7400.

- This group is open to individuals grieving the loss of a loved one.
- Meetings are held the third Thursday of every month from 3:00 p.m. to 4:30 p.m. at Mount Nittany Medical Center, Conference Room #3, 1800 East Park Avenue, State College, PA 16801.

Home Nursing Support Group

Contact: Betsy Brett at (814) 237-1404.

- This is a bereavement support group for adults who have experienced a recent loss in the past year.
- Meetings are held the last Wednesday of every month at 2 p.m. at the Home Nursing Office on 450 Windmere Drive in State College, PA 16801.

Stories of Loss: A Grief Education and Support Group

Contact: Jackie Hook at (814) 404-0546 or Jackie@JackieHook.com. This group is facilitated by Jackie Hook, MA, and Beth McLaughlin, MFA.

- When you lose a loved one, having support helps you on your healing journey. In this Grief Education and Support Group, you will learn about grief and mourning, have opportunities to share your stories and be among others who have experienced a loss. All adults are welcome.
- Meetings are held at The Village at Penn State, 260 Lion's Hill Road State College, PA 16803.

Spiritual Support Groups

Life After Loss: A Group for the Bereaved

This is a faith based six-week program designed for individuals grieving any loss. Participants must be at least 18 years of age and at least 3 months past their immediate loss/bereavement. Programs are

held at different churches throughout the year. This program is held at the following churches:

- Howard United Methodist Church – Contact Craig Rose at CraigQR@yahoo.com or (814) 933-7333.
- St. Andrew’s Episcopal Church – Contact Linda Hoover at Lsh4488@gmail.com.
- St. John’s United Church of Christ – Contact Pastor Monica at (814) 466-7162.
- St. Paul’s United Methodist Church and Wesley Foundation – Contact Donna Snyder on Mondays and Tuesdays at (814) 237-2163, ext. 125.
- State College Presbyterian Church – Contact Diana Malcom at dianascpc@gmail.com

GriefShare

Contact: Rose Sciabica 814-321-3706

- GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. Let us help you recover from loss and look forward to rebuilding your life.

Loss of a Child Support Groups

Compassionate Friends

Contact: Peg Herbstritt at 814-574-5997 or for more information, go to www.compassionatefriends.org

- This group is open to individuals grieving the loss of a child.
- Meetings are held the 2nd Monday of every month at 7 p.m. at St. John's Rectory, 134 East Bishop Street, Bellefonte, PA 16823.

Pregnancy and Early Infant Loss Support Groups

HEART - Helping Empty Arms Recover Together

For more information and upcoming program dates, please visit the website www.heartofcpa.org or email info@heartofcpa.org

Fertility Issues and Loss Support Group

- This is a monthly support group for women who have experienced fertility issues and/or pregnancy loss. The group begins with stress reducing activities, led by Jackie Naginey Hook. The remainder of the meeting is a time of sharing, led by individuals who have had similar experiences.
- Meetings are held the second Wednesday of every month from 6:00 p.m. to 8:00 p.m. at CHOICES, 2214 N. Atherton Street, Upper Level, State College, PA 16801.

Grief and Loss Support Group

- This is a seven-week program that is held twice each year (spring and fall) and is for parents/couples who have experienced pregnancy loss, stillbirth or infant death. The group is led by Evelyn Wald, a licensed professional counselor specializing in grief and loss, and Jackie Naginey Hook, a spiritual director, celebrant and former group participant.
- Programs are held at CHOICES, 2214 N. Atherton Street, Upper Level, State College, PA 16801

Survivors of Suicide

Survivors of Suicide Support Group

Contact: Evelyn Wald (814) 237-0567 or

visit www.individualandfamilychoices.com for more information.

- This is a six-week group that is held twice a year for anyone who has experienced the loss of a loved one through suicide.

Survivors of Suicide

Contact: Cindy Ross (814)574-1558 or clr130@aol.com

- This is an open group lead by a fellow loss survivor, which means that new members may join at any time.
- The group meets continuously, every other Tuesday evening, throughout the year at Centre LifeLink EMS, 125 Puddintown Road, State College, PA 16801

CENTRE COUNTY GOVERNMENT HUMAN SERVICE AGENCIES

****Business hours are 8:30am-5pm Monday-Friday****

Adult Services

Summit Park

3200 E. College Ave., Suite 1200

State College, PA 16801

Phone: (814) 355-6768

Fax: (814) 355-8625

Website: <http://centrecountypa.gov/Index.aspx?NID=308>

Office of Aging

Willowbank County Office Building

420 Holmes Street

Bellefonte, PA 16823

Phone: (814) 355-6716. Toll free: 1-800-479-0050 (after hours)

Fax: (814) 355-6757

Website: <http://centrecountypa.gov/Index.aspx?NID=342>

Children and Youth Services (CYS)

Willowbank County Office Building

420 Holmes Street

Bellefonte, PA 16823

Phone: (814) 355-6755

For emergencies when closed: 1-800-479-0050

Website: <http://centrecountypa.gov/Index.aspx?NID=323>

Mental Health/Intellectual Disabilities/Early Intervention-Drug & Alcohol

Summit Park

3200 E. College Ave., Suite 1200

State College, PA 16801

Phone: (814) 355-6786 & (814) 355-6744

Fax: (814) 355-6985

Website: <http://centrecountypa.gov/Index.aspx?NID=329>

Office of Transportation

486 Curtain Road

Milesburg, PA 16823

Phone: (814) 355-6897

Website: <http://centrecountypa.gov/Index.aspx?NID=431>

Veteran's Affairs

Willowbank County Office Building

420 Holmes Street, Room 333

Bellefonte, PA 16823

Phone: (814) 355-6812

Fax: (814) 548-1144

Website: <http://centrecountypa.gov/Index.aspx?NID=351>

COMMUNITY SUPPORTS AND SERVICES

National Alliance on Mental Illness (NAMI) (The local affiliate is NAMI PA Centre County, c/o David Jeffreys, 238-1983)

- Support group originally for families of individuals with mental illness, but now intended to serve individuals with mental illness as well as family members. The group meets to discuss personal situations, exchange advice and information, and support advocacy efforts at local, state, and national levels. Meetings are held on the second Tuesday of each month (except July and August) from 7pm to 9pm at South Hills School of Business and Technology, 480 Waupelani Dr., State College. NAMI PA Centre County is publicly funded and is also supported by nominal annual membership dues.

The Advocacy Alliance (846 Jefferson Ave., Scranton, 18501; 1-877-315-6855; TTY: 1-877-962-5593; M-F 9am to 4:30pm; www.theadvocacyalliance.org)

- The Advocacy Alliance facilitates Consumer/Family Satisfaction Team in Centre County. The Team is comprised of individuals and families of individuals who use mental health and/or substance abuse services. The purpose of the Team is to assess the levels of satisfaction of adults, children and adolescents with the services they receive; to identify their wants and needs; and to request their input regarding ways to improve the delivery of services. The mission of The Advocacy Alliance is to promote mental well-being, support Recovery for adults who have a mental illness, Resiliency in children and adolescents who have emotional disorders, and Everyday Lives for persons who have developmental disabilities, and provide to them advocacy and culturally competent services.

Centre County Council for Human Services, Inc.

<http://hscouncil.centreconnect.org>

- The Centre County Council for Human Services is a collaboration of human service agencies, businesses, policy makers, foundations and interested individuals working to create an integrated and efficient approach to solving the

issues facing the community. In addition to hosting monthly meetings and yearly trainings, the Council publishes the *Centre County Directory of Human Services*, a handbook of the services available from member organizations, and a monthly informational newsletter, the *Centre Exchange* which are available online at www.centreconnect.org

AIDS Resource (129 S Sparks St, Suite #1, State College PA 16801; 814-272-0818; info@aidresource.com Monday - Friday, 9:00 AM - 5:00 PM).

- AIDS Resource provides a host of services to people living with HIV or AIDS including: case management; referrals; housing assistance; assistance with food, nutritional supplements, medications, transportation to medical/dental appointments, insurance co-pays and deductibles, medical bills, dental bills and necessary utilities. AIDS Resource also provides testing for HIV and STIs and offers educational programs and condoms. All services are free.

Youth Service Bureau (325 W Aaron Drive, State College, 16803; 237-5731; 237-5731 M-F 8:30a-5 p; parentingplus@ccysb.com

- Parenting Plus offers assistance to parents who are struggling with the complexities of parenting newborns through 10 year olds. Parents learn behavior management and discipline strategies as well as healthy child development.

MidPenn Legal Services (3500 East College Avenue, Suite 1295, State College, PA 168001; 1-800-326-9177; M-F 8:30 a.m. to 4:30 p.m.)

- MidPenn provides free legal information, advice and/or representation in civil cases to income eligible residents of Centre County. The type of cases handled *may* include, but are not limited to: public benefits, domestic violence, eviction, mortgage foreclosure, custody, debt collection, employment, unemployment compensation, Supplemental Security Income and Social Security Disability.

Social Security Administration (SSA) (901 University Dr., Ste. 2, State College, 16801; 1-866-864-1516; M-F 9am-3:30pm; www.ssa.gov)

- SSA administers all Social Security benefit programs, which include Supplemental Security Income (SSI), Social Security Disability Income (SSDI), Social Security Retirement, and Social Security survivors' benefits. SSI and SSDI provide monthly income payments for individuals who are eligible. Applications for Medicare are handled through this office. Individuals eligible for SSI also are eligible for Medical Assistance (MA).

Centre Safe (formerly the Women's Resource Center) (140 W. Nittany Ave., **State College**, 16801; 24/7 rape/abuse hotline 234-5050 or 1-877-234-5050; TTY 272-0660. Information 234-5222, M-F 8am to 5pm. **Bellefonte**, 355-6477, MWF 8:30am to 4pm; www.centresafe.org)

- Centre Safe provides free and confidential services to victims of domestic violence, sexual assault, and stalking in Centre County. Services include individual or group counseling, advocacy, and referrals. Emergency housing is available at the Sylvia Stein Shelter for adults and children fleeing abuse.

Central Pa Community Action

- Bellefonte 109 W. Bishop St. Bellefonte Pa 16823; 814-355-7501 Mon.-Thur. 7:30-4:00 with a 1/2 hr. lunch around noon. Services include: Pa Workwear, various utility programs and Housing counseling for First Time Homebuyers.
- Millheim 103 Mill St Millheim Pa. 16854 814-349-5850 Mon.-Thur. 7:30-4:30 with an hour lunch from 12-1:00 Services include Food Bank, various utility programs and a Thrift store.
- Philipsburg 14 S. Front St. Philipsburg Pa. 16866 814-342-0404 Mon.-Fri. 8:00-4:30 with an hour lunch from 12-1. Services include Food Bank & various utility programs. The Philipsburg office also serves Clearfield Co. for a variety of programs.
- All offices can be reached directly or by calling 1-800-822-2610 www.cpcaa.net

Centre Helps (formerly Community Help Centre) (410 S. Fraser Street, State College, PA 16801. Crisis calls and assistance 24/7: Crisis line 235-1890 or any of the following numbers: **State College** 237-5855, **Bellefonte** 355-4831, **Millheim** 349-8715, **Philipsburg** 342-6165; toll free 1-800-494-2500. Walk-in hours M-F 9am to 5pm; <http://www.centrehelps.org>)

- Call the Centre Helps (formerly Community Help Centre) anytime at 235-1890 (or any of the numbers listed above) to speak with trained staff; emotional support and short-term crisis intervention counseling is offered 24/7, every day of the year. CHC also provides information and referral services for anyone who isn't sure where to turn for help. Other emergency services include: food bags when food banks and pantries are closed and referrals for emergency shelter. Drop-in hours are Monday through Friday from 9:00 am to 6:00 PM.

Interfaith Human Services (formerly Interfaith Mission) (2100C East College Ave., State College, 16801; 234-7731; Office Hours: Monday-Friday 9am-4pm; www.ihs-centrecounty.org)

Serving all of Centre County, Interfaith Human Services (IHS) provides emergency financial assistance on behalf of low-income residents. All services are provided by appointment only. Some programs require referrals. IHS' list of services is as follows:

- **Centre County Fuel Bank** provides emergency heating product assistance during the heating season.
- **Community Help and Improvement Program** (The C.H.I.P.) helps low-income homeowners with moderate repairs to improve energy efficiency and safety.
- **Emergency Assistance Support** makes payments on behalf of individuals to cover rent, security deposit, utility bills, and emergency medical needs.
- **Free Furniture and Appliance Recycling Program** offers gently-used furniture and free-standing electric appliances to eligible residents.
- **Helping Hands Money Management Program** guides households toward a sustainable budget by providing in-depth,

one-on-one education and goal-setting to meet current and future needs.

- **Representative Payee Program** assumes legal responsibility of an individual's resources to assure that basic needs are met. Ongoing education and case management are integral components of this program. IHS is an approved Social Security Administration Organizational Representative Payee.
- **Small Occasional Short-term Loan Program (S.O.S.)** offers a small 12-month loan to approved applicants to help with unexpected expenses.

Saint Vincent DePaul Society (1300 Benner Pike, State College, 16801; 867-3131; M-F 10am to 4pm, Sat. 10am to 1pm; www.svdpusa.org)

- SVDP helps families and individuals of all faiths meet their medical, dental, shelter, food, clothing, transportation and spiritual needs.

Salvation Army Corps (2603 E College Ave, Suite G, State College, 16801; 861-1785; M-F 9am-5pm; www.salvationarmystatecollege.org)

- This agency provides short-term financial assistance. Also, a case manager reviews the individual's budget to determine eligibility for other programs and make referrals.

Catholic Charities (213 E Bishop Street, PO Box 389, Bellefonte, PA 16823; 353-0502; M-F 9am-4pm; www.catholiccharitiesaj.org)

Catholic Charities serves any and all who seek aid for our professional assistance *without regard to religious affiliation*. We are committed to serving and comforting ALL people in need regardless of race, color, religious creed, ancestry, age, sex, national origin, handicap or disability. Services include:

- **Emergency Financial Assistance (EFA)** is available to alleviate an immediate financial crisis to ensure that basic needs are being met in the areas of: utility terminations, winter heating, evictions, emergency shelter, emergency medications, medical equipment, clothing, and other individualized needs.

Individuals can self-refer or be referred by another agency for assistance and there is no fee for this service.

- **Counseling Services** are provided in a caring, professional response to people who find themselves experiencing emotionally and spiritually challenging life situations including: depression, anxiety, and other mental health issues, death of a loved one, loss of a relationship or employment, marital and family conflicts, parenting issues, divorce and separation, abuse and neglect. All persons seeking counseling services are treated with sensitivity and respect, as well as a promise of confidentiality limited only by applicable federal and state laws and reporting requirements. There is a sliding-scale fee based on household gross annual income. No one will be turned away due to inability to pay.

COMMUNITY SUPPORT PROGRAM

The Community Support Program (CSP) initiative was undertaken by the National Institute of Mental Health in 1977. The aim of the program is to bring about effective community mental health care that would help people live successfully in the community and reach their fullest potential.

CSPs are coalitions of individuals who have experienced mental health issues and their family members, as well as professionals in the mental health field and any other interested individuals from the community. CSPs work together to present a voice in advocating, ensuring the proper array of services and supports are available and provided. The services should be individualized, person-centered, strength-based, empowering, and coordinated for individuals with mental illness so that they are able to live their lives to the fullest potential. Education is used to create awareness and understanding of individuals diagnosed with mental challenges and their individual needs.

CSP coalitions operate at the county level throughout Pennsylvania to identify needs for care in the community. The groups come together regionally to inform the State Office of Mental Health and Substance Services about those needs.

Since 2001, Centre County has maintained an active CSP. The public is welcome to attend meetings and participate in program activities. If you are interested in finding out more about CSP, please contact the MH/EI/ID-D&A office.

We hope that you have found this booklet to be helpful. If your organization would like to be included in the next edition, or you would like to be added to the CSP mailing list, please contact 355-6786.

We welcome new participants!