



Mental Health Services

Centre County
CSP
Committee

A Guide to
Mental Health Services and
Supports

9th Edition
2022

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! It can help guide you thru this complex system. It is important to know that there is no wrong entry – any service provider listed in this handbook will be pleased to help you!

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

CONTENTS

<u>Crisis Information</u>	4
<u>Introduction</u>	8
<u>Medical Assistance</u>	9
<u>Managed Care</u>	10
Centre County Mental Health/Intellectual Disabilities/ <u>Early Intervention-Drug & Alcohol</u>	11
<u>Hospital & Medical Services</u>	16
<u>Hospital Admissions</u>	17
<u>Case Management Services</u>	20
<u>Outpatient Mental Health Services</u>	21
<u>Centre County Children’s Collaborative</u>	26
<u>Children & Adolescent Services</u>	29
<u>Adult Mental Health Services</u>	31
<u>Veteran Information</u>	36
<u>Employment Information</u>	40
<u>Housing Information</u>	44
<u>Centre County Transportation</u>	47
<u>Suicide Prevention Resources</u>	49
<u>Support Group Information</u>	51
<u>Centre County Government Human Service Agencies</u>	56
<u>Community Supports & Services</u>	58
<u>Community Support Program</u>	65
<u>PA Support and Referral (Warm)Line</u>	back cover



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. A Crisis Intervention Team (CIT)-trained officer can be requested and may be available to offer you further mental health support.

In Crisis? Call Centre County Crisis: 1-800-643-5432



Centre County Crisis Intervention Services

Center for Community Resources

Call: 1-800-643-5432

Text: #63288

Chat: ccrinfo.org

Website: ccrinfo.org

Walk In Center: 2100 E College Ave, Suite A
State College, PA 16801

Center for Community Resources provides 24/7/365 Crisis Intervention Services for Centre County. These services are available to anyone who telephones, walks in or requests the Crisis Team (mobile crisis) to come to their home, school or anywhere in the community. CCR offers crisis text and chat through their website. Centre County Crisis is an integrated point of contact for people who are struggling with an emotional response to life stressors. CCR works in collaboration with the mental health provider network and human service agencies to effectively respond to and assist with anyone seeking help.

The Centre County Walk-In Center is open 24 hours a day, 7 days per week, 365 days per year. CCR created a safe, welcoming environment to meet with people who are experiencing a mental health crisis. Crisis Intervention

Specialists offer supportive crisis counseling, assess for suicide risk, talk through treatment options, connect to community services/resources, provide mental health education and help further facilitate your recovery. The Walk-In Center offers a lending library on various mental health topics as well as a community resource center. All services and materials are available at no cost and everyone is welcome to visit at any time. The Walk-In Center offers different support groups throughout the year to help people connect and support each other. Please call or visit for more information on our support groups.

Centre County Crisis provides all levels of intervention in hopes of touching lives and providing help during a difficult time. If you or someone close to you is experiencing a mental health crisis, please call, text or chat. You will speak with someone that is compassionate, supportive and there to help; **YOU ARE NOT ALONE.** CCR is active in Centre County Suicide Prevention Efforts, offers training and education at no cost, and participates in CIT (Crisis Intervention Team) training program for emergency responders.

Centre County Crisis Services remain open and operational 24/7 during all COVID restrictions.

DON'T BE THE ONE; CALL OR TEXT SOMEONE

1-800-643-5432
#63288
Chat ccrinfo.org

**National Suicide Prevention Lifeline
988**

**1-800-273-8255 (TALK) *Press 1 for Veterans
Text 'PA' to 741-741**

Centre Helps

Call 1-800-494-2500 for 24/7/365 crisis support and
short-term counseling with trained staff
or (814) 235-1890 or (814) 237-5855 for support
with basic needs

Crisis Intervention Team (CIT) (For more information contact the CIT Coordinator at (814) 933-7101 or centrecountycit@gmail.com; <http://centrecountypa.gov/725/Centre-County-Crisis-Intervention-Team>)

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. Anyone is welcome to ask for a CIT Officer to respond; one may be available for you.



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/cmphone>)

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. They 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, 365 days a year 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 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.

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

Services are funded through Medicaid Waiver programs and Human Services Block Grant Funding. There are three different Medicaid Waiver programs with different funding limitations; enrollment in these programs is based upon service needs and availability of waiver opportunities. A waiver enrollee can transfer to a different waiver program dependent upon need and availability. Human Services Block Grant funding is available for those with a diagnosis of intellectual disability based upon need and the availability of funds.

Services include, but are not limited to:

- Employment services
- Day programming
- Transportation
- Respite
- Residential Services
- Home and Vehicle Accessibility Adaptations

In order to register for services in the ID/Autism service system in Centre County, call the MH/ID/EI-D&A office and ask to speak to the ID Program Specialist who will assist in gathering materials to make a determination of eligibility for services. Once eligibility is established, an intake meeting will be scheduled. At the intake meeting, an overview of the system, funding, services, and other available resources will be provided. A Supports Coordinator will be assigned after the intake meeting.

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

Centre County Early Intervention (EI) provides services to children ages birth to 3 years old who exhibit a developmental delay of 25% or greater (-1.5 standard deviations), a medical or mental health diagnosis, or the need for informed clinical opinion. Qualifying children may be eligible to receive physical therapy, occupational therapy, speech therapy, hearing therapy, vision therapy, and special instruction. In addition, each child is provided with a Service Coordinator who can be a resource and support for the child and family. All services are provided in families' homes or the community, are voluntary and provided at **no cost** regardless of family income. If you have any concerns about your child's development, call today to discuss a developmental evaluation.

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; (814) 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, dental and behavioral health 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; (814) 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; (814) 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 aged 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 is accessible 24 hours a day, 7 days a week, 365 days a year. Inpatient care can be accessed by:

- Calling the Centre County Crisis Line at 1-800-643-5432
- Calling 911 when urgently needed
- Going to the Emergency Department of Mount Nittany Medical Center
- Going 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): Centre County Crisis or the Emergency Department can evaluate the necessity for hospitalization and help find a facility to supply your care needs, as available. 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 65 for youth ages 14-18: Centre County Crisis or the Emergency Department 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 65, 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”, is unable to care for basic needs, has intent and shows an act of furtherance*. A petitioner is any responsible party who has observed or been told of an individual’s concerning behaviors within the past 30 days that warrants psychiatric evaluation.

The petitioner must attest to these actions/behaviors in written form, in what is referred to as a Petitioner’s 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 emergency examination. 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 – 90 days; 305 – 180 days). 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 in partnership with individuals to ensure that people receive services that facilitate their unique life paths and are linked with community resources that facilitate whole health 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 (CCMH) (page 11).

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 CCMH (page 11). Blended Case Management is billable through managed care if an individual is eligible for Medical Assistance (MA) (page 9) and can be accessed directly. Another funding source is through county funding for those who are not eligible for Medical Assistance (MA).

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 9) with Community Care Behavioral Health (CCBH) (page 10). If you have any questions concerning outpatient mental health services please contact Centre County Mental Health (CCMH) (page 11). CCMH 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+). **Para servicios en Espanol por favor contacte con CCBH: 1-866-229-3187**

**Denotes trauma therapy services

American Family Psychiatry

Population(s): adolescent and adult
251 Easterly Parkway, #201
State College, PA 16801
Phone: (814) 954-7251

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
(Main Office) 1633 Philipsburg Bigler Hwy.
Philipsburg, PA 16866

****TWO OUTPATIENT SITES ARE NOW AVAILABLE IN CENTRE COUNTY:**

1. Matternville – 3638 North Atherton Street, Port Matilda
2. Bellefonte – 3208 Benner Pike, Suite 9, Bellefonte

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

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

CenClear 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 Certified Peer Support Specialists (CPSs) who have shared experiences in the mental health system. The goal of 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.

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/>

****Charlie Health - Virtual ONLY**

Population(s): Adolescent and Young Adult, ages 11-30
Home Office: 270 Walker Dr, Suite 314E, State College, PA 16801
Phone: PA Admissions: (610) 890-7204
Fax: (406) 720-7793
Website: www.CharlieHealth.com

-For questions or help with admissions, please contact Ana Rodriguez-Craig, Outreach Director, at (814) 325-1739.

****Crossroads Counseling, Inc.**

Population(s): adolescents and adult; Co-Occurring (MH and D&A licensed)

444 E. College Ave.

State College, PA 16801

Phone: (814) 231-0940 Website:

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

Deerfield Behavioral Health

Population(s): adults

Highland Office Center

270 Walker Dr., Suite 104E

State College, PA 16801

Phone: (814) 723-5545

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

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/>

****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

1200 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/>

****Joyful Growth Counseling Services, LLC**

Population(s): children, adolescents, young adults

1315 S. Allen Street, Suite 107

State College, PA 16801

Phone: (814) 470-2127

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

****McGinnis Counseling & Consulting**

Population(s): adolescent and adult

PO Box 465

Lemont, PA 16851

Phone: (814) 862-9969

Website: <http://statecollegeneurotherapy.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/>

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/>

Teresa Welch, Licensed Psychologist, LLC

Population(s): adolescent and adult

965 Green Street

Bellefonte, PA 16823

Phone: (814) 357-7755

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

CENTRE COUNTY CHILDREN’S COLLABORATIVE

Centre County Children’s Collaborative Meetings unite the education and mental health systems to ensure that students, youth, and families have access to and utilize mental health services/supports. Collaborative meetings are held routinely to educate one another on systems, system’s needs, current landscape of services, gaps that exist, enhancements that are needed and to increase opportunities for new service implementation thru the insight that is provided by the collaborative meetings.

Centre County Children’s Team Meetings are a partnership between Centre County Youth Service Bureau (CCYSB) and Centre County Mental Health (CCMH) that was formed in conjunction with the Children’s Collaborative and as needed for individual and family follow-up. Team meetings are utilized to ensure that youth and families are linked with and receiving the services and supports they need. Referrals for a team meeting are requested through the Program Specialist at CCMH. The referral is reviewed with CCYSB who schedules and facilitates the meeting. During the meeting, individual and family strengths, areas of need, and natural supports are discussed while a unique plan is developed. The individual

plan is shared with all team members. Follow-up meetings are scheduled as needed.

Centre County Children’s Advisory Board meets quarterly to update, evaluate, and develop next steps for the children’s service-delivery system. The public is welcome to join any of the above meetings; please contact CCMH or CCYSB for more information.

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

When CASSP began in Pennsylvania more than 20 years ago, funding was provided to each county to possess a coordinator to help develop an infrastructure for an effective children’s mental health system at the county level. Over time, CASSP has evolved uniquely within counties, but the philosophy remains strong. The core principles of CASSP are:

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.

Intensive Behavioral Health Services (IBHS) support children, youth, and young adults with mental, emotional, and behavioral health needs. IBHS offers a wide array of services that meet the needs of these individuals in their homes, schools, and communities. IBHS has three categories of service: 1) Individual services which provide services to one child; 2) Applied Behavior Analysis (ABA) which is a specific behavioral approach to services; and 3) Group services which are most often provided to multiple children at a specific place. Evidence-based treatment (EBT) can be delivered through individual services, ABA services, and group services.

Individuals ***MUST*** have Medical Assistance (MA) (page 9) through DHS or Community Care to access this service. If you are in need of this service, please choose a provider below 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>

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 is accessible directly if an individual has Medical Assistance (MA) (page 9) with Community Care (page 10) by calling one of the providers below. If you do not have MA, please contact CCMH at (814) 355-6786 (page 11), press zero (0), and ask to speak MH 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 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 made available through Community Care (page 10), private insurance or through contracts with each school district and the PHP Provider.

Therapeutic Foster Care (TFC)/Community Residential Rehabilitation (CRR) Host Home and Residential Treatment Facility (RTF) are not located in Centre County, but are in the continuum of services. For more information on these services, please call Centre County Mental Health at (814) 355-6786, press zero (0), and ask to speak with the Children’s Program Specialist or contact Community Care if you have Medical Assistance.

ADULT MENTAL HEALTH SERVICES

Along with Case Management (page 20) and Outpatient Services (page 21), 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 9) with Community Care (page 10) they can contact the providers directly to access each service. For individuals who do not have MA with Community Care, please contact Centre County Mental Health (page 11) at (814) 355-6786, press zero (0), and ask to speak with MH 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). Services develop, enhance and help retain psychiatric stability, social competencies, personal adjustment and/or independent living competencies so that they can experience more success and satisfaction in the living, learning, working, socializing or wellness environment of their choice and can function as independently as possible. These interventions are more successful with concurrent clinical treatment coordination.

Community Services Group (CSG) (site-based and mobile)

1040 Benner Pike, #3
State College, PA 16801
Phone: (814) 272-0331

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

Skills Central (site-based and mobile)

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.skillsocentralpa.org/public/services/mobile_psychiatric_rehabilitation.php

Clubhouse (Certified by the International Center for Clubhouse Development)

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**.

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

Skills

2603 E. College Ave., Suite C

State College, PA 16801

Phone: (570) 772-1215

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 programs, volunteer work, education pursuits or paid employment. *As the CRR program is a county-funded service, individuals must be open with Centre County Mental Health (page 11).*

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.

MAKE THE CONNECTION

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 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 Centre Safe at (814) 234-5050. They can provide free and confidential services, emergency housing, and assistance with housing searches.

If you are at risk of homeless or facing eviction, call the Centre County Office of Adult Services at (814) 355-6768.

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.*) For more information, contact the Centre County Office of Adult

Services at 814-355-6768. Referrals for this program must come from a participating agency, but Adult Services' staff can provide further guidance and resources.

Out of the Cold Centre County

Guest Registration: (814) 852-8864

The overnight shelter is open from 8 PM to 7:30 AM every day, year-round. The day shelter and resource center is open 9 AM-2PM, 5 days a week from May-October. During the winter months and inclement weather, day shelter hours are extended as possible. The overnight host site typically rotates every two weeks between hosting congregations in the State College area. The day shelter and resource center are located at 318 South Atherton Street in State College. This is a low-barrier, emergency shelter for adults over the age of 18.

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 sponsoring 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 harnesses the power of creative expression and dialogue to spark conversations, build connections, and promote mental well-being among young people and their communities. The organization offers educational programs including, Mental Health First Aid, QPR Suicide Prevention Training for Gatekeepers, and Mind Matters: The power of mindfulness, hardiness, and positive mindset. Jana Marie Foundation also offers community awareness events including JAM Fest, a community mental wellness day held annually in May; An Evening of Hope, Healing, and Remembrance (suicide prevention day); Mokita(R) Dialogues; Stompers Project(R) and more.

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

Tides

- For more information about Tides, visit www.tidesprogram.org or please call Holly 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 the Mount Nittany Middle School. Tides is free to families but registration is required.

Anyone who considers a pet a beloved friend, companion, or family member knows the intense pain that accompanies the loss of that friend. Listed below are two websites that might be helpful during your grieving process:

- <https://pet-loss.net>
- <https://daybydaypetsupport.com>

Loss of a Spouse or Significant Other Support Groups

Centre Crossings Hospice Support Group

- Contact Scott Davidson at (814) 237-7400.
- This group is open to individuals grieving the loss of a loved one.
- Please join the supportive, non-judgmental and confidential atmosphere to help you reduce fear and isolation while expressing your thoughts and feelings about loss.
- 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.

Family Hospice Support Group

- Contact Judy Lankes or Carol Palmer at 1-800-445-6262
- **This Support Group is Currently On Hold:** 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 UPMC Home Health Office on 450 Windmere Drive in State College, PA 16801.

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. Paul's United Methodist Church and Wesley Foundation – Contact Renae Schunk at (814) 237-2163, ext. 152.

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
- 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.

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. Paul's United Methodist Church and Wesley Foundation – Contact Renae Schunk at (814) 237-2163, ext. 152.

Grieving in God's Embrace

- This is a six-week, faith-based program created to provide a safe and supportive place for individuals to focus on and process some of their grief due to loss
- Using Alan Wolfelt, Ph.D.'s Ten Essential Touchstones for Finding Hope and Healing Your Heart

as a guide, participants are encouraged to remember that God is with them as they journey through their grief

- This program will be facilitated by Jackie Naginey Hook and Zack Maser and will be held at the State College Presbyterian Church
- For more information, please contact Allison Maus at allisonscpc@gmail.com

Loss of a Child Support Groups

The Compassionate Friends

- You are not alone when a child dies
- The National Website provides support in the following ways: Chapter Locator, Private Facebook Group, On-line Support Community and “We Need Not Walk Alone” Magazine
- Grieving Support for Parents, Grandparents and Siblings
- For more information, go to www.compassionatefriends.org.

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

Grief and Loss Support Group

- This is a six-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 Jackie Naginey Hook, a spiritual director, celebrant and end of life doula and Jennifer Stubbs a former group participant.

Survivors of Suicide

For Survivors of Suicide Support Group:

Contact: Jana Marie Foundation (814) 954-5920 or visit <https://janamariefoundation.org/survivors>

This is a five-week group run by Evelyn Wald that is held twice a year for anyone who has experienced the loss of a loved one through suicide. Informal support sessions are held monthly.

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)

- 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; (814) 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 (140 W. Nittany Ave., **State College**, 16801; 24/7 rape/abuse hotline (814) 234-5050 or 1-877-234-5050; TTY 272-0660. Information (814) 234-5222, M-F 8am to 5pm. **Bellefonte**, (814) 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 Sylvania 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.cpsaa.net

Centre Helps (410 S. Fraser Street, State College, PA 16801. Crisis calls and assistance 24/7: **Crisis line toll free 1-800-494-2500** or (814) 235-1890 or any of the following numbers: **State College** (814) 237-5855, **Bellefonte** (814) 355-4831, **Millheim** (814) 349-8715, **Philipsburg** (814) 342-6165; toll free 1-800-494-2500. Walk-in hours M-F 9am to 5pm; <http://www.centrehelps.org>)

- Call Centre Helps anytime at (814) 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. Centre Helps operationally supports the PA Suicide Prevention Hotline.

- Centre Helps 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 (2100C East College Ave., State College, 16801; (814) 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; (814) 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; (814) 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; (814) 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. Each month, the local CSP's come together regionally to inform the State Office of Mental Health and Substance Services (OMHSAS) 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 (814) 355-6786.

We welcome new participants!



24/7 SUPPORT AND REFERRAL LINE

SUPPORT

Do you need a safe and non-judgmental place to talk about daily struggles, depression, or difficult emotions? We can help!

ASK

Do you need information on mental health resources in PA and how to get connected? We can help!

CONNECT

Are you looking to share your experiences or be connected to local resource? We can help!

1-855-284-2494 | TTY 724-631-5600

In partnership with the PA Department of Human Services