

City Of Philadelphia
Department of Behavioral Health
and Mental Retardation Services
Recovery –Resiliency-Self-Determination

A Guide for Day Programs **“Resources for People In Recovery”**

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The Journey To Recovery
Where To Turn?
What Else Can I Do?



Hope and Support
For
Reclaiming Our Lives

Message To People In Recovery From Mental Health and Substance Abuse

The Philadelphia Department of Behavioral Health is committed to assisting not only providers of service but also to directly support the recovering people in Philadelphia. In the past trainings and resources were addressed primarily to staff of agencies. As part of our system transformation, DBH has begun to develop trainings and resources that are open to, and dedicated to, people in recovery. This brochure is intended for the use of people in recovery to be aware of key resources that might assist you in your recovery journey.

Philadelphia Recovery Definition:

“Recovery is the process of pursuing a fulfilling and contributing life regardless of the difficulties one has faced. It involves not only the restoration but continued enhancement of a positive identity and personally meaningful connections and roles in ones community. Recovery is facilitated by relationships and environments that provide hope, empowerment, choices and opportunities that promote people reaching their full potential as individuals and community members.

-Philadelphia Recovery Advisory Committee, 2006

Educational Opportunities

Philadelphia Peer Leadership Academy (PPLA):

PPLA is a leadership class, held in the evenings, for people who are in recovery from mental health and/or substance use problems or who have been deeply impacted by family members who have had these illnesses. Specifically, PPLA is designed to promote the leadership skills of those people in recovery who have an earnest desire to help continue to shape and refine the behavioral health care system, as part of the ongoing system transformation movement. Participation in PPLA is limited to those individuals outlined above, who are either nominated or recommended to apply, either by virtue of their demonstrated interest in leadership or their native leadership talent. Applications are carefully screened and candidates are interviewed by a team which includes DBH/MRS staff, Peers, and staff from PRO-ACT and MHASP. Candidates are selected based on their stated commitment to recovery, their motivation, and their interest in the recovery transformation movement.

For more information, contact:

Wendy Williams-Blackson at 215-685-5468 or
wendy.williams-blackson@phila.gov

Support/Self Help Groups

Certified Peer Specialists Support Group:

Closed Meeting For Certified Peer Specialists Only
Meetings held: Every third Thursday of the month,
Time: 3:00pm-5:00pm
Location: Project Home, 1515 Fairmount Avenue
Contact: Michelle Davis 215-685-5464

Depression Bipolar Support Alliance (DBSA), contact:

Denis Hazam 215-552-8737 or
Ron Berman 610-604-0727

Double Trouble in Recovery

www.doubletroubleinrecovery.org
718-373-2684

Pink & Blues (LGBT)

Contact: Mark Davis, 215-546-0300 ext. 3301

Schizophrenics Anonymous

www.nsfoundation.org
800-482-9534 ext.109

American Self-Help Group Clearinghouse

<http://mentalhelp.net/selfhelp>

National Mental Health Consumers' Self-Help Clearinghouse

1211 Chestnut Street, Suite 1100
Philadelphia, PA 19107
www.mhselfhelp.org

National Alliance on Mental Health (NAMI)

<http://philadelphia.nami.org>

Philadelphia Recovery Community Center

1701 W. Lehigh Avenue
Philadelphia, PA 19132
215-223-7700

Visit us on the web at:

www.philly.networkofcare.org

Recovery Resources and Opportunities

Tell Your Story! Identify the Heroism and Dignity in your own Recovery Journey!

Story-Telling Training: Recognizing that the stories of people in recovery are a critical tool in moving the transformation forward, DBH/MRS has been offering monthly storytelling training for people in recovery. As a result of this effort, a number of people have gained additional comfort and confidence in sharing their stories with diverse groups. These participants are now sharing their story at the Recovery Foundations trainings and at other venues throughout the system. This training has provided an entry point to other opportunities for participants. This powerful initiative has also resulted in requests from providers who want to have storytelling sessions within their organizations.

For additional information please contact:

Ervia Gutierrez at 215-685-4866 or email: ervia.gutierrez@phila.gov

Family Member Storytelling Training: This is a wellness and recovery oriented training which recognizes that the stories of Family members and key supporters are a critical tool in moving Systems Transformation forward. Therefore, the Department of Behavioral Health/Mental Retardation Services, in conjunction with the Philadelphia Compact, are sponsoring free trainings especially for family members and key supporters of children and/or adults who have received mental health (MH) and/or substance abuse (D&A) services in the city of Philadelphia.

For additional information please contact:

Jazmin Banks at 215-685-4989 or e-mail: Jazmin.Banks@phila.gov

Learn About Recovery Principles, Skills and Programs!

Recovery Foundations Training: This is a training for all of the DBHMRS stakeholders including providers, people in recovery, family, advocates and DBH/MRS staff. The purpose of this training is to provide a theoretical foundation of Recovery Principles as well as give people specific tools for increasing the Recovery orientation in their daily activities.

For more information, contact:

Shemiah Cooper at 215-685-5504 or e-mail: shemiah.cooper@phila.gov

First Friday Series: A variety of topics related to DBHMRS system wide transformation efforts. Presentations are done by national and local presenters and people in recovery share their knowledge. Each series is designed to provide an opportunity for dialogue and questions with other behavioral health providers. The goal is to foster an information sharing and networking community for participants.

For more information or to join the mailing list, contact:

Wendy Williams-Blackson at 215-685-5468 or wendy.williams-blackson@phila.gov

Taking Recovery to the Streets: Program to Educate Peers About Recovery: In support of the day system transformation, DBH/MRS is offering a training for people in recovery by people in recovery from mental health and addiction issues. The training is designed to introduce and expand the concept of recovery in an exciting format designed to help people in recovery empower themselves. Participants will discuss their definitions of recovery, explore wellness tools they can use and evaluate their resources.

To schedule a training for your program or organization, contact:

Wendy Williams-Blackson at 215-685-5468 or email at wendy.williams-blackson@phila.gov

Group Facilitation Skills Training: This training evolved directly from requests by people in recovery who were interested in starting self help groups in their area. This training provides group facilitation skills, information about the “nuts and bolts” of starting self-help groups, explores group dynamics, and provides connections to existing self help groups. This training is also designed to inform the system about the benefits of self-help groups and provides self-help group facilitators an opportunity to develop a natural learning and support community with each other.

For more information, contact:

Seble Menkir at 215-685-5498 or E-Mail at: Seble.Menkir@phila.gov

Education

Horizon House:

Provides Adult Education Services to Individuals in Recovery including General Education CLASSES, GED Preparatory Classes, College Preparatory Classes and National Career Readiness Certification

For more information, contact:

**J. E. Howard, Director of Educational Support Services
215.386.3838 ext.382, 215.386.4854 (FAX) or
Sheila Lambert, Administrative Assistant
215.386.8686 ext.386**

Mayors Office of Literacy:

Provides referrals for adult Philadelphians into adult basic education, GED, and English as a second language programs.

**Central Library of the Free Library of Philadelphia
1901 Vine Street
Philadelphia, PA 19103
215.686.5255**

General Equivalency Diploma (GED)

Learners interested in Preparatory Classes, call 215.686.5250

To take the test itself, there are three Philadelphia GED testing sites:

1. **Community College Of Philadelphia
215.751.8234**
2. **Temple University
215.204.8613**
3. **District 1199C
215.568.2220**

Employment

Certified Peer Specialist Initiative: Philadelphia has made a commitment to train and hire 100 certified peer specialists (CPS). To date 57 people have been certified as peer specialists and of those over half are employed. The next training application period will be in early 2008.

For more information, contact:

Michelle Davis at 215-685-5464 or e-mail at:Michelle.Davis@phila.gov

Career Link: Career Link connects businesses with qualified people, and people with training, jobs and careers.

990 Spring Garden Street
Philadelphia, PA 19123
215-560-5333

Office of Vocational Rehabilitation (OVR): OVR serves people who have disabilities that present a substantial impediment to employment. Services are provided to individuals to prepare for, enter into, engage in, or retain employment.

444 North 3rd Street
Philadelphia, PA 19123
215-560-1900/800-442-6381

Mayor's Office on Re-Entry: Connects ex-offenders to Labor and Industry employment opportunities. For more information, contact:

Bill Peebles
1739-41 South 54th Street
Philadelphia, PA 19143
215-685-3383

Others:

Liberty Resources
714 Market Street, Suite 100
Philadelphia, PA 19106
215-634-6628
Www.libertyresources.org

Project H.O.M.E.
1515 Fairmount Avenue
Philadelphia, PA 19130
215-232-7272
www.projecthome.org

Managing and Directing Your Own Recovery Process

WRAP Training: Wellness Recovery Action Plan (WRAP) training is an integral part of the DBHMRS Recovery-oriented system transformation, and it is one of the cornerstones of the Day Program Transformation. WRAP reflects and promotes Peer Culture/Peer Leadership, a DBH/MRS Recovery Transformation priority area, in that it was developed *by* people in recovery *for* people in recovery and everyone else to reduce distressing feelings and behaviors through a structured system of planned actions. Ultimately, this structured self-management system promotes wellness, increases personal empowerment, improves quality of life, and assists people in achieving their dreams.

For more information, contact:

Lisa Autry at 215-685-5471 or email : lisa.autry@phila.gov

Consumer Training Program "Train the Trainer": Wilma Townsend, nationally recognized recovery consultant, trained a cadre of people in recovery who are currently training their peers on developing their personalized recovery management plans.

For more information, contact:

Alysa Swede at 215-599-2150 x3216 or E-Mail at ASwede@pmhcc.org

Day Transformation Core Trainings on various topics: A series is currently being developed for 2009. People in recovery and program staff are both encouraged to attend. Information will be distributed to all agencies providing day services.

For more information, contact:

Wendy Williams Blackson at 215-685-5468 or E-Mail at Wendy.Williams-Blackson@phila.gov

Homeless Services

Homeless Outreach Hotline

If you are homeless or if you wish to help someone who is, call to get help from outreach workers.

For more information contact:

Project Home
1515 Fairmount Avenue
Philadelphia, PA 19130
215-232-1984 or 1-877-222-1984

Emergency Shelter

For single families needing a place to live:

- Single men, go to 1360 Ridge Avenue
- Single women, go to 1430 Cherry Street
- Mothers and families, go to 1430 Cherry Street

Domestic Violence

For emergency shelter, transitional housing, referral and legal representation, contact

**National Domestic Violence HOTLINE
1-800-799-7233, or**

**Philadelphia Domestic Violence HOTLINE
1-866-723-3014 or 1-866-SAFE-014**

Medical Insurance:

For information on getting medical assistance, including medical assistance for workers with disabilities (MAWD), contact your local county assistance office or call the Department of Public Welfare Help Line at 800-692-7462.

To inquire about behavioral health services, contact Community Behavioral Health (CBH) at 1-888-545-2600 or 215-413-3100.

Main Heading

Secondary Heading

The purpose of a catalog is to sell products or services to a targeted audience, or to advertise upcoming classes or events. Catalogs can be a great way to market your products or services, and also build your organization's identity.

Secondary Heading

First, determine the audience of the catalog. This could be anyone who might benefit from the products or services it contains. Next, establish how much time and money you can spend on your catalog. These factors will help determine the length of the catalog and how frequently you publish it. It's recommended that you publish your catalog at least quarterly so that it's considered a consistent source of information. Your customers or employees will look forward to its arrival.

Also consider how you want to print your catalog. You can print it on a desktop printer, at a copy shop, or at a commercial printing service. In addition to your budget, the complexity of the publication—including whether you print it as a black and white or a color publication—will help determine the best method for printing your publication.

Before you print your catalog, consider how you will bind your pages. The number of pages, how the reader will use it, and whether you mail it will help you determine the type of binding. For example, if you have only a few pages and your catalog is meant to be held, you might consider folding the pages and stapling the spine. Larger catalogs that are meant to be folded flat work best with a plastic binding with punched holes, while larger publications meant to be held like a book are best served by gluing the pages, or "perfect binding."

Emergency Adult Crisis Centers If you or any of your peers are feeling in crisis, check your WRAP plan, identify what you decided to do, talk to your recovery coach or peer specialist and/or seek assistance from your agency for crisis prevention. You may also want to contact you a crisis response center.

Einstein Medical Center

215.951.8300

1 Penn Boulevard

(Germantown Community Center)

Larkspur

215.831.4616

4641 Roosevelt Boulevard

(Friends Hospital)

Mercy Hospital

215.749.9525

501 S. 54th Street

Pennsylvania Hospital

215.829.5249

8th and Locust Street

(Hall Mercer CMH/MRC)

Temple/Episcopal Hospital

215.707.2577

100 East Lehigh Avenue



Emergency Services

Crisis/Suicide Counseling Hotline

215.686.4420

Mental Health Delegates

215.685.6440

LEGAL SERVICES

Community Legal Services

1424 Chestnut Street

215-981-3700

Walk-in: Mon-Fri 9am-12pm

Landlord problems: Mon & Wed 9am-12pm

Public housing/Sect.8: Tues & Thurs 9am-12pm OR

3638 N. Broad Street

215-227-2400

Walk-in: Mon, W, Fri 9am-12pm

HIV/AIDS SERVICES

Jonathan Lax Center

1233 Locust Street 5th floor

215-790-1788

Hours by Appointment: Mon-Fri 9am- 5pm

Youth Services

Covenant House (Ages 21 and under)

24-Hour Hotline 1-800-999-9999

Crisis Center: 31-34 East Armat Street

215-951-5411

CENTER FOR RUNAWAY YOUTH

Youth Emergency Center

1526 Fairmount Avenue

215-787-0633

Community Integration: Participation in community activities has been positively correlated with recovery and should constitute a foremost objective for every transformed day program. Providers are expected to encourage and assist program participants to explore and engage in a broad spectrum of rewarding community based activities and affirming relationships. This will necessarily involve the routine deployment of program personnel, including peer specialists, into the community to support recovering persons in their efforts to achieve goals related to a variety of life domains.

For ideas, consider:

- Artists in Recovery
- Recreation Centers/Libraries
- phillyfunguide.com
- www.mhrecovery.org
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LGBT Services

Trans-health Information Project (TIP)
1207 Chestnut Street, 5th Floor
215-851-1822
Educational workshops, group support

Drop-In at Washington West Project
1201 Locust Street
Tues 7-11pm
HIV testing, counseling, workshops, healthcare information and referrals

Mazzoni Center
1201 Chestnut Street, 3rd floor
215-563-0668
Hours by appointment: Mon 1pm-7pm, Tues 9am-7pm, Wed-Fri 9am-5pm
Medical care, counseling, HIV testing, trans health services, support groups

Attic Youth Center (Ages 13-23)
215-545-4331
255 S. 16th Street
Mon-Tues 11am-6:30pm; Wed-Thurs 1pm-8:30pm; Fri 12:30-8pm
HIV testing, individual counseling, social activities, and safe environment for youth

Philadelphia FIGHT Project Teach

The William Way Community Center

Mayor's Liaison to the LGBT Community