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# Pennsylvania Mental Health Consumers' Association & Youth MOVE PA Training Catalog

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# What is the Pennsylvania Mental Health Consumers' Association (PMHCA)?

PMHCA is a state-wide member organization dedicated to the support of all people who seek aid for recovery from a mental illness at any stage in their journey.

We provide resources, referrals, and support to those receiving services or in recovery from a mental illness.

PMHCA also provides training to individuals in such areas as Mental Health Advance Directives, Peer Support, LGBTQI+ Issues, and other training.

## Our Mission

We advocate on issues directly related to mental health services in Pennsylvania while educating the public with the goal of eliminating stigma and discrimination surrounding mental illness. We listen to your concerns and bring your voices to places such as the Governor's Task Force for Suicide Prevention, at our Community Support Program and other meetings.

***ADVOCATE. EDUCATE. PROMOTE  
RECOVERY.***

# PMHCA's Brief History



The Pennsylvania Mental Health Consumers' Association was founded in 1986 by dedicated advocates who had experience in the mental health system and saw that it needed changing.

It began as a consumer-run organization with a staff of volunteers who devoted themselves to fight for the rights of people with mental illness. They fought to make sure those rights were recognized and afforded by mental health professionals while also working to end the stigma associated with mental illness.

In 1996 the volunteer staff received state funding to hire a full-time executive director. They were also provided office space in the Office of Mental Health inside the old Harrisburg State Hospital. The mental health consumer movement in Pennsylvania grew stronger and expanded as the national movement continued.

PMHCA purchased the building on Derry Street in Harrisburg and called it home for many years. Due to the I83 expansion, PMHCA moved in 2022 to Walnut Street to a space that included offices for employees and a meeting room space for trainings.

# Youth MOVE PA (YMPA)



Youth MOVE PA, a youth and young adult advocacy organization, has been located at PMHCA since 2017. Youth MOVE PA engages young adults, between the ages of 16 to 29, to become active in, and to have a seat at the table of public policy as it relates to youth in Pennsylvania. Youth MOVE PA represents, empowers, and encourages youth and their allies to unite in educating and providing support through advocacy to revolutionize the Commonwealth of Pennsylvania.

Youth MOVE PA works under the umbrella of PMHCA with the same goal: to be sure that people across the lifespan are included in this fight for positivity and stigma reduction surrounding people who have mental health diagnoses. We are a team and work together on many different projects, trainings, and events.

It is our vision that all young adults across the state of Pennsylvania will be active, respected and powerful forces of positive change in the delivery of social services and the design of social and public policy.

***In 2022, Youth MOVE PA was recognized as Chapter of the Year and their Program Director, Kevin Puskaric, was voted as professional of the Year!***

# Meet Our Staff



Dr. Kathy Quick  
Executive Director  
[kathy@pmhca.org](mailto:kathy@pmhca.org)

Tyler Eppley  
Director of Operations  
[tyler@pmhca.org](mailto:tyler@pmhca.org)

Ethan Frost  
Training and Education Director  
[ethan@pmhca.org](mailto:ethan@pmhca.org)

Zoe Small  
YMPA Community Outreach Coordinator  
[zoe@pmhca.org](mailto:zoe@pmhca.org)

Candijoy Myers  
Capacity & Advocacy Coordinator  
[candi@pmhca.org](mailto:candi@pmhca.org)

Tyanna Marge  
Administrative Support Coordinator  
[tyanna@pmhca.org](mailto:tyanna@pmhca.org)

Daniel Krupinsky  
SOS Training Specialist  
[dan@pmhca.org](mailto:dan@pmhca.org)

Morgan Barksdale  
SOS Training Specialist  
[morgan@pmhca.org](mailto:morgan@pmhca.org)

Steffanie Roach  
Virtual Drop In Facilitator  
[stef@pmhca.org](mailto:stef@pmhca.org)

Tristan Schnoke  
PMHCA Program Director  
[tristan@pmhca.org](mailto:tristan@pmhca.org)

Kevin Puskaric  
YMPA Program Director  
[kevin@pmhca.org](mailto:kevin@pmhca.org)

Kimberly Brown  
Administrative Support Director  
[kim@pmhca.org](mailto:kim@pmhca.org)

Christopher Lunsford  
C4C and Youth Care Coordinator  
[chris@pmhca.org](mailto:chris@pmhca.org)

Edward Cunningham  
SOS Project Coordinator  
[ed@pmhca.org](mailto:ed@pmhca.org)

Mandie Burgess-Gonzalez  
SOS Training Specialist  
[mandie@pmhca.org](mailto:mandie@pmhca.org)

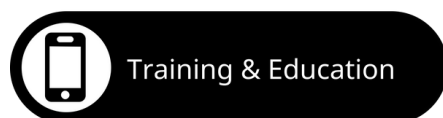
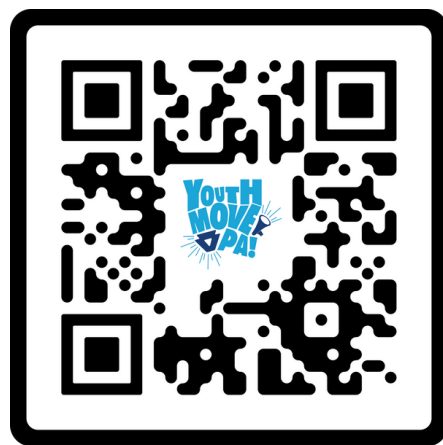
Dr. Amy Sagen  
Special Projects Coordinator  
[amy@pmhca.org](mailto:amy@pmhca.org)

Matthew Fink  
Virtual Drop In Facilitator  
[matt@pmhca.org](mailto:matt@pmhca.org)



# 18 Hour Trainings

To download our Training Catalog,  
please scan one of the QR Codes  
below:



# Peer Support within the Criminal Justice

## System: Forensic Peer Support:

Peer Support within the Criminal Justice System (FPS) offers a person-centered, strength-based support system offered to individuals with mental health and/or co-occurring challenges becomes involved in the justice system. This curriculum is structured based on the Sequential Intercept Model with initial contact with law enforcement all the way through re-entry into the community after release from incarceration. **This is a nationally and internationally recognized training that PMHCA offers.** Certification is provided.

*Prerequisite:* Must have lived experience in the criminal justice system.

### What does a Forensic Peer do?

- Support people during their involvement during the criminal justice system
- Promote recovery principles including self-advocacy
- Advocate for recipients of behavioral health care when they are unable to advocate for themselves
- Educate all stakeholders in the Criminal Justice System about Mental Health Recovery
- Inspire hope through shared lived experiences

# Peer Support Within the Criminal Justice System,

## Training of Trainers:

This three day training prepares individuals to facilitate the Peer Support Within the Criminal Justice System training. Individuals will review the Sequential Intercept Model while learning facilitation skills to be able to successfully teach the Forensic Peer Support material.

***Prerequisite:*** Must have lived experience in the criminal justice system AND have completed the Peer Support Within the Criminal Justice System training. Certification is provided.

## Learning Objectives:

- Identify personal strengths and skill development regarding the process and content of facilitating the Peer Support within Criminal Justice System, 3 day training curriculum.
- Review skill set for trainers who facilitate learning experiences for others
- Identify specific skills/resources needed by those facilitating the forensic peer support training curriculum.
- Prepare and teach a small part of the Peer Support within the Criminal Justice System, 3-day curriculum.



# Trauma Sensitive Peer: Continuing Our Journey:

As Certified Peer Professionals, we continue our healing and recovery journey every day and this workshop allows for more growth and understanding of trauma, how it applies to us as humans, how we can apply it to our professional life, and why any of that is important. Certificate of attendance is provided.

## Learning Objectives:

- Practice sharing a personal story in a way that is sensitive to the person receiving the story
- Practice receiving a person's story that may be difficult to hear in a kind and compassionate manner
  - Learn how to control body responses and verbal responses that may be harmful
  - Learn how to receive a person's story so it does not become part of vicarious trauma for the peer professional



## Youth and Young Adult Peer Training:

This 3-day training allows for education, conversation, and skill building that focuses on working directly with the youth and young adult population as well as enhancing the knowledge attendees may already have about peer empowered story sharing and relationship building with the peers they work with. Certificate of attendance is provided.

### Learning Objectives:

- Engaging youth and young adult peers – supporting change and establishing boundaries through an ethical/professional relationship
- Defining effective youth engagement and building rapport
- Understanding trauma in early childhood development and Adverse Childhood Experiences (ACES)
- Increasing resiliency and purpose when working with youth and young adults (self-esteem)
  - Learning the difference/What to do – What is an emergency? What is a crisis?
- Understanding how to navigate the system of care
  - Prioritizing the importance of self-care
  - Sharing and illustrating your recovery story

# Wellness Recovery Action Planning

## (WRAP) Seminar I:

The Wellness Recovery Action Plan or WRAP is a self-designed prevention and wellness tool that you can use to get well and stay well. WRAP is for anyone, most age groups, any time, and for any of life's challenges. WRAP is listed in the National Registry of Evidence-Based Programs and Practices. Certification is provided.

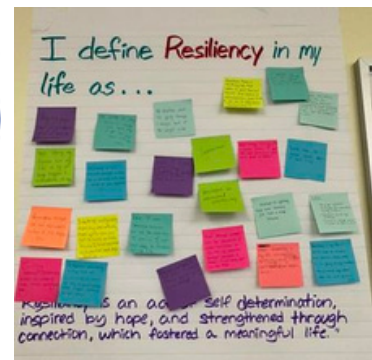
### Learning Objectives:

- Discover your own simple, safe wellness tools
- Develop a list of things to do every day to stay as well as possible
- Identify upsetting events, early warning signs, and signs that things have gotten much worse
- Understand wellness tools and develop action plans to respond at the proper times
  - Create a crisis plan
  - Create a post-crisis plan



# Peer Generation Youth Empowerment

Peer Generation Youth Empowerment® (PGYE) is owned and copyrighted by the Copeland Center. Together, Youth MOVE PA and the Copeland Center are striving to make this available to youth and youth peer supporters to address the statewide need of strengthening the youth peer support workforce. Peer Generation Youth Empowerment Training® is a youth driven and youth developed curriculum that offers an experiential introduction to youth peer support. The training focuses on strategies for resiliency and offers pathways for individuals to get in touch with their unique and authentic selves. Participants will experience an environment that is culturally grounded and focuses on practical ways to be inclusive toward the diversity of all communities and experiences. Individuals will be better equipped to practice peer support in real life situations that could be easily implemented. Personal sharing and mutual learning are at the core of this curriculum.



Questions about Peer Generation Youth Empowerment: Please contact Kevin Puskaric at [kevin@pmhca.org](mailto:kevin@pmhca.org)



# 3 Hour or Less Trainings & Workshops

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## “I Didn’t Die, But..” Workshop:

This workshop consists of the screening of the "I Didn't Die, But.." video and a community conversation. The video shares the perspective of suicide attempt survivors in an honest, raw, and emotional interview in an effort to inspire conversation about what works, what doesn't, and what can help those in need. After the video screening, we will facilitate a community conversation around suicide prevention that goes beyond counting statistics and encompasses community connections and healing. Certificate of attendance can be provided if requested.

## QPR - "Question, Persuade, Refer"

This suicide prevention curriculum can be added to the workshop in order to provide tools for attendees to help prevent suicide but is not required.



## Trauma Talk Workshop:

This workshop talks to attendees about what trauma is, how it can affect us throughout our lives, and what we can do about it. This presentation is a different concept than most trauma trainings and we believe this new language focusing on the “trauma closet” will help attendees retain more knowledge on all of the learning objectives. The concept of the “trauma closet” is a new way of visualizing what we do with our traumatic experiences and how to gain the tools needed to turn your “messy trauma closet” into an “organized trauma closet”. Facilitators share part of their personal story which will help participants feel more comfortable and not so alone. Certificate of attendance is provided.

### Learning Objectives:

- Learn about trauma, triggers, trauma responses, superpowers (coping skills), resilience, and post traumatic growth
- A personal trauma story will be presented to help attendees learn about many different types of trauma
- Attendees will learn about their triggers and how to manage them
- Help attendees to understand what the Flight, Fight, and Freeze responses are, why they happen, and how to handle them

## Trauma Talk for Families Workshop:

In this version of Trauma Talk, we take a look at the "trauma closet" and how generational trauma can effect our closets. The facilitators are mother and daughter who have both experienced trauma individually and as a family.

We talk about what generational trauma is, why it is important to your family, and how we can begin to heal individually and as a whole family. Certificate of attendance is provided.

### Learning Objectives:

- Learn how to recognize what generational trauma can look like in your family dynamic
- Understand how feelings of guilt and shame may come up during this internal exploration and explore ways to navigate that.
- Help parents understand where to start with addressing generational trauma within their family.
- Learn effective ways to support our children and understand how our reactions to our children are what promotes healing





## "Life Through My Lens" Workshop:

The "Life Through My Lens" Workshop was created to help people see that stigma reduction starts within. If we keep focusing on how others treat us and ignore the negative ways we talk to ourselves, stigma will always win. This workshop is focused on turning the dial toward helping ourselves by not taking that type of treatment from our own internal voice! To change how others see us, we must first change the lens through which we see ourselves. Certificate of attendance is provided.

### Learning Objectives:

- What is stigma?
- What is self-stigma?
- How can we change the conversation around self-stigma?
  - Learn about the "Life Through My Lens Campaign"

#LIFETHROUGHMYLENS



# Against the Backdrop of an Epidemic

## Workshop:

An interactive workshop to change how we see stigma around addiction and how we can change our personal perspectives.

### Learning Objectives:

- What are the stigmas associated with substance use?
  - How does stigma affect me internally?

How do we change the conversation surrounding substance use?

- What can be done to fight the stigmas that exist?
  - What role do I play in that fight?



## “Stand Against Stigma” Workshop:

The "Stand Against Stigma" Workshop is all about how youth and young adults can help do exactly that: Stand Against Stigma. What is stigma, how can we combat the stigmas we experience, and how can we help to educate those who are creating stigma about what they could be doing and saying differently to be more inclusive.

Certificate of attendance is provided.

### Learning Objectives:

- Learn what “stigma” means
- How can stigma be damaging to ourselves?
- What can be done to fight the stigmas that exist?
  - What role do I play in that fight?



# Mental Health Advance Directive Training (MHAD):

This course is appropriate for anyone wanting an overview of MHADs including but not limited to persons in recovery, peers, MH professionals, community partners, case managers, hospital employees, provider agencies, etc. Certificate of attendance is provided.

## Learning Objectives:

- What is a mental health advance directive (MHAD)?
  - What types of directives are there?
  - What information goes in an MHAD?
    - What makes an MHAD valid?
    - Who should MHADs be given to?
- Do health care providers have to follow all instructions?



## Diversity, Equity, and Inclusion:

DEI has become a prominent subject of focus for businesses and programs across the country, often targeting hiring practices, company culture, and political policy... but what does it mean for us as individuals? In this interactive training, we forget the politics and break down the fundamentals of DEI. Participants will learn what DEI means, how it can positively impact our society, where Implicit Bias fits in, and most importantly: how true DEI is more than an initiative – It's a mindset! Certificate of attendance is provided.

### Learning Objectives:

- Develop a basic understanding of Diversity, Equity, and Inclusion
- Identify how the "DEI Mindset" can improve our society and ability to connect with others
- Define, recognize, and begin to heal from Implicit Bias
  - Find opportunities by busting down DEI barriers that youth face
- Discover how to have the conversation and change the world!



## **Adult Question\*Persuade\*Refer (QPR):**

This is a suicide prevention training where the participant learns to recognize warning signs of a suicide crisis and how to Question, Persuade, and Refer someone to help appropriately. Certification is provided.

### **Learning Objectives:**

- Recognize the warning signs of suicide
  - Know how to offer hope
- Know how to get help and save a life

## **Youth Question\*Persuade\*Refer (QPR):**

This is a suicide prevention training where the participant learns to recognize warning signs of a suicide crisis and how to Question, Persuade, and Refer someone to help appropriately. Youth MOVE PA provides this training to professionals and youth as an emergency mental health intervention for suicide. Certification is provided.

### **Learning Objectives:**

- Recognize the warning signs of suicide
  - Know how to offer hope
- Know how to get help and save a life

## Youth Engagement for Peer Specialists:

PaPSC, PMHCA, and Youth Move PA come together in partnership to offer this Youth Engagement Training for staff that serve the youth and young adult demographic across the Commonwealth of Pennsylvania. Empowering and encouraging all peers and their allies to unite in educating and providing supports through advocacy to revolutionize the Commonwealth of Pennsylvania. Certificate of attendance is provided.

### Learning Objectives:

- Define effective youth engagement and best practices
- Effective relationship building with youth and young adults
- How youth engagement and leadership skills can give youth and young adults the ability to learn important life skills through self-advocacy, inspiration, and empowerment



## Trauma 101:

Trauma 101 is an overview of Trauma-Informed Care.

Research shows that 67% of the population has experienced at least one Adverse Childhood Experience.

These trauma-based adversities are predictive of a multitude of toxic physical, mental and social outcomes throughout a person's lifetime. As a society and as individuals, we need to be better informed and prepared to prevent and address the traumatic impact of childhood adversities. In this multi-media, interactive workshop, professionals work together to build a powerful image that helps them appreciate the complex nature of trauma and its aftermath. Certification is provided.

### Learning Objectives:

- Gain basic overview of trauma, brain basics
- Gain basic overview of triggers and trauma responses
- Understand complex nature of trauma and how it can affect us





## Trauma for Youth and Young Adults:

Has anyone ever talked to you about trauma? Trauma impacts every single person in some way or another. Often, adults do not discuss trauma, it's impact throughout the lifespan, and how to support oneself or a friend with youth and young adults. This training speaks directly to youth and young adults about the difficult topic of trauma in a way that is easily understood, in a plain language, and in a supportive, safe environment. Dialogue and discussion are encouraged to promote as much learning as possible! Certificate of attendance is provided.

### Learning Objectives:

- What is trauma?
- How can unresolved trauma impact you now?
- How can unresolved trauma impact you as an adult?
  - What can a person do to resolve their trauma?
- How can you help a friend who may be struggling?



# Transitioning Into The Adult

## System/Transitioning & Aging Out:

Successful planning for transitional age youth should begin well before the youth reaches transitional age and would benefit from involving multiple parties and agencies, this process may be especially complex for some. Effective communication and collaboration between agencies are essential. This training talks to youth about barriers they may experience during their transition into the adult system, ways to overcome those barriers, and how to pre-plan for this complex transition. Certificate of attendance is provided.

### Learning Objectives:

- Identify barriers and challenges youth may experience when transitioning into the adult system
  - Discuss interrelated domains including education, employment, housing, budgeting, and family formation
  - How to plan ahead for this transition to adulthood



# Social Media and It's Connection to Mental Health:

Youth MOVE PA's Social Media training is presented to help youth, young adults, and professionals understand the impact that social media can have on our mental health. In this training participants will learn how to practice social media wellness, learn tips for excessive social media use, and identify resources that can help reduce mental health conditions/risk factors. Certificate of attendance is provided.

## Learning Objectives:

- Learn statistics related to the impact of excessive social media use
  - Discuss mental health conditions/risk factors tied to social media use
- Explore tips & resources for teens and children related to excessive social media use
  - Learn how to make a positive impact on social media



## **A Guide for Etiquette:**

This training is to assist youth in understanding what etiquette is, why it is important, and how to use these skills in real life situations. Certificate of attendance is provided.

### **Learning Objectives:**

- Gain an understanding of what etiquette is
- Learn when to utilize manners and etiquette skills
- Learn why these skills are necessary in day-to-day activities

## **Communication and Active Listening:**

A look at developing youth and young adult communication skills and individual styles that each person can use in their professional and personal lives.

Certificate of attendance is provided.

### **Learning Objectives:**

- To assist youth in understanding the different communication styles people have
- Learn how to utilize different communication styles when needed
  - Learn about and practicing active listening
  - Inform how communication plays a large role in life
- Identify attendees' own communication style and how to use it effectively

## Training & Workshop Pricing:

18 Hours of Instruction Base Rate: \$7500

8 Hours of Instruction Base Rate: \$1250

3 Hours or Less of Instruction Base Rate: \$750

CONTACT US FOR DISCOUNTS FOR YOUR  
ORGANIZATION!

\*Travel for all in-person trainings & workshops will be billed on actual  
expense.

\*Pricing is based on 25 participants per class

## A La Carte Items:

*\*Per Person Cost*

Paper Manuals:

3 day Training: \$30 + shipping

1 day Training: \$15 + shipping

1/2 day Training: \$10 + shipping

Flash Drive Manuals: \$20

YMHFA Manual: \$20

YMHFA Participant Processing Guide: \$15

QPR Booklets or Online Access Code: \$5.00

Bracelets (Trauma Talk Only): \$5.00

## Join Us

Make a commitment to increase the voice of Pennsylvania Mental Health consumers by becoming a member of PMHCA. Join us as we make an impact and push for change within the mental health system in Pennsylvania. Consumer-run Organization pricing is determined by the annual budget of the organization. Membership is free, but donations are always appreciated!

**PMHCA Individual Membership:**

**FREE**

**Youth MOVE PA Membership:**

**FREE**

## Consumer-Run Organizations

Email Kim Brown for more information on Organization Membership.

Visit us at:

[www.pmhca.org](http://www.pmhca.org)

<https://youthmovepa.wildapricot.org>

Contact us at:

[pmhca@pmhca.org](mailto:pmhca@pmhca.org)

[ympa@youthmovepa.org](mailto:ympa@youthmovepa.org)

