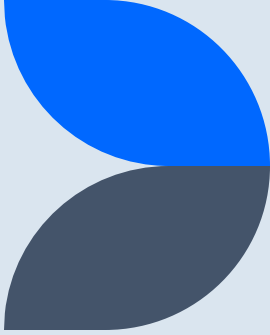




The Status of Mental Health Services in Pennsylvania: What do WE think?

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Executive Director, PMHCA**

Agenda



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and story

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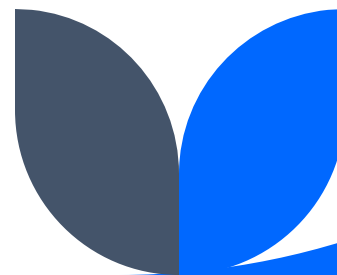
The power of our stories





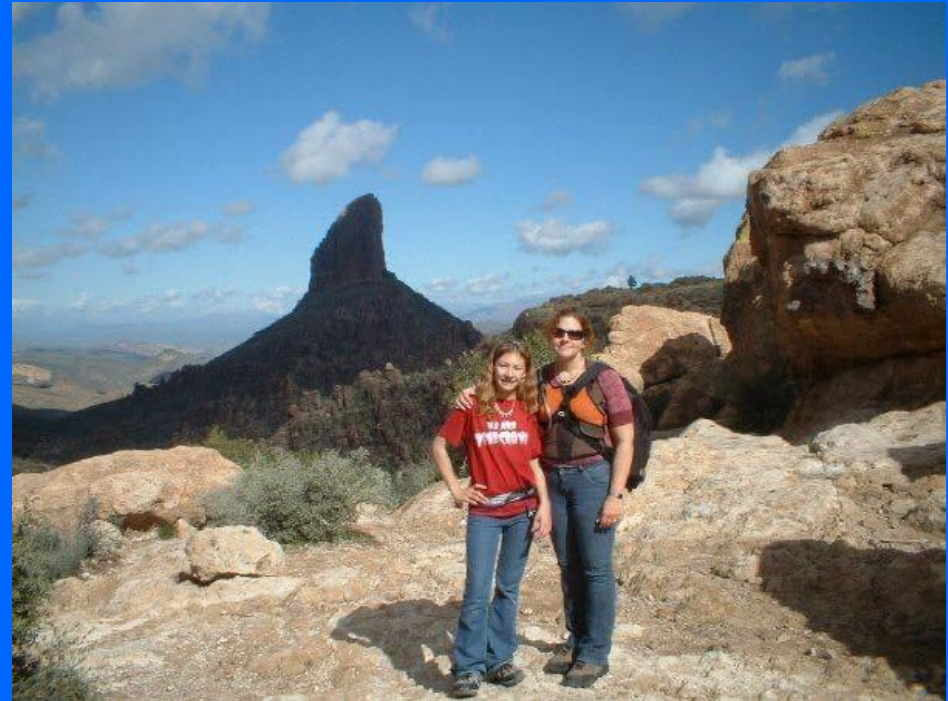
Then things changed...

Parenting with stress,
mental illness, domestic
violence, and addiction.



Turning the corner

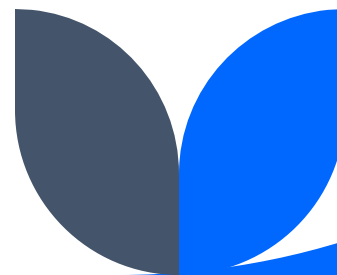
1. Unrecognized sobriety
2. Stress, work, toxic relationships
3. Zero healthy coping skills, zero self-esteem, zero healthy supports
4. Move to a whole other state where we do not know anyone? Sure! That's a GREAT idea!





Back to PA

Finding recovery



What/Who is PMHCA?



Founded in 1986 by passionate advocates with firsthand experience in the mental health system, the Pennsylvania Mental Health Consumers' Association (PMHCA) has been a beacon of change and support. We are dedicated to enhancing and sustaining behavioral health services across Pennsylvania through both systems advocacy and grassroots efforts. Our mission includes educating mental health professionals, peer professionals, and the public on crucial topics such as trauma awareness, reducing stigma around mental health and substance use, and promoting tools for mental wellness.

At PMHCA, we champion recovery by demonstrating that individuals can heal, learn, and grow despite living with a mental illness and/or substance use disorder. Our stories of resilience and fulfillment serve as powerful evidence that people can lead happy, meaningful lives and contribute positively to their communities. For nearly four decades, PMHCA has valued and promoted the use of lived experiences as a vital tool for advocacy, showcasing the journey from surviving to thriving.





Joining Forces

Let's Look at Numbers

A Mental Health America study from 2020 found a number of surprising statistics.

Pennsylvania ranked 18th in prevalence, indicating a lower rate of mental health and substance use disorders.

Metric	% Affected
Adults experiencing Mental Illness	Nearly 21%
Individuals with Substance Abuse Disorders	Over 15% in the past year
Untreated Mental Illness	Nearly 55%
Youth Substance Use Disorder	Over 6% (over 1.5 million)

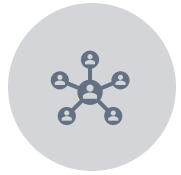
What do WE think about the state of mental health in PA?

PMHCA engaged in multiple listening sessions starting at our Recovery Conference in the Fall of last year and including several additional sessions through the beginning of this year.

Several key findings from these sessions included the need for access to services, a more inclusive service array, assistance with SDOH, and indicated several concerns regarding recovery-oriented services.



Why should you care?



Social workers are part of the system in so many ways...



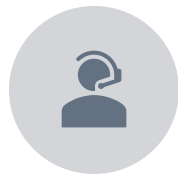
Codes of Ethics



Unhealthy coping skills



We work FOR our clients



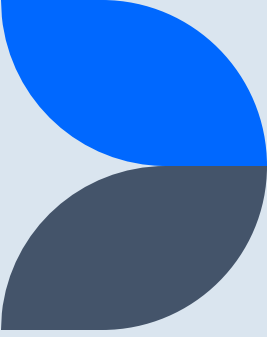
Customer-driven service



WE need to be well



What Can WE Do?



Advocate!

Educate!

**Promote
Recovery!**



YMPA Linktree

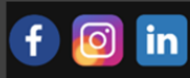


We are Social





We are Social





Thank you

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