

## HOPES' History:

Community Support Program (CSP) committees offer a forum in Pennsylvania where consumers, family members, and professionals are united by a common set of beliefs and values and use their combined strengths to promote systems change. As a result, CSP Principles have helped to shape the way treatment services are delivered to consumers, improving the public's understanding that consumers and family members should be regarded as people first, and advocating for the implementation of quality evidence-based treatments that support and enhance the recovery of person with serious mental illness.

The cornerstone of the Community Support Program (CSP) is the integration of families, friends, professionals, and other natural supports into the lives of people with mental illness. Make a meaningful difference in the lives of consumers with serious mental illness and those with co-occurring substance use disorders by becoming involved with a local or regional CSP committee.

This philosophy was the foundation upon which the HOPES Drop-In Center was built. Several County DBHS employees saw the need to continue and strengthen the relationships that CSP was building among the local consumers. HOPES Drop-In Center was created using the CSP Principles. These Principles focused on consumer-centered, flexible, and culturally competent services which were designed to meet the needs of persons with mental illness.

Over the years, oversight of the program may have changed; however, the core principles still remain the driving force. HOPES Drop-In Center is now under the direction and oversight DBHS and provides a safe and nurturing environment free from prejudice and stigma where participants can increase their potential and enhance their mental health wellness and recovery.

## Funding:

Funding for the start-up and continued operations of the HOPES Drop-In Center is provided by:



If you are experiencing a crisis situation or a mental health emergency, please call:

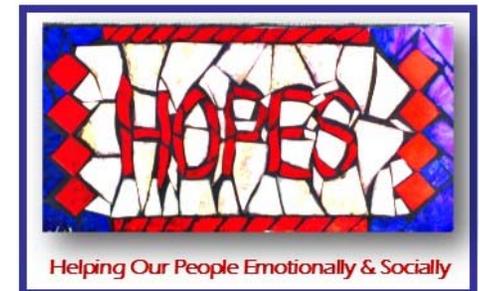
**24/7 Crisis Phone Line  
866-611-6467**

Owned and operated by CARE, Inc.

## HOPES Drop-In Center



**A gathering place for support  
along the road to recovery**



123 Railroad Street  
Bedford, PA 15522  
814-623-2898  
[www.hopesdropin.org](http://www.hopesdropin.org)

### Hours of Operation

Tuesday 11:00 am—3:30 pm  
Wednesday 11:00 am—3:00 pm  
Thursday 11:00 am—2:30 pm  
Unless otherwise stated on calendar

# What are we?

Located in Bedford Pennsylvania, Helping Our People Emotionally and Socially (HOPES) is a drop-in center designed to reach out to the adult mental health community. We provide a safe and welcoming environment for individuals facing the challenges of daily living.



# Goals:

It is the goal of HOPES to offer:

1. Education about mental illness
2. Support for each other
3. Information about available services
4. Recreational services
5. A friendly place to “hang-out”

# Activities:

- ◆ Individual and group peer support
- ◆ Workshops and learning opportunities
- ◆ Dances, dinners, and live music
- ◆ Tours of local historical locations and landmarks
- ◆ Local community events
- ◆ Self-help group meetings
- ◆ Social Support
- ◆ Assistance with living independently
- ◆ Technology education and training
- ◆ Consumer Speakers
- ◆ Individual Advocacy Partnerships
- ◆ Guest speaker presentations/workshops
- ◆ Practical employment services and vocational support
- ◆ Weekly/Monthly Socials and Regular Educational Outings
- ◆ Crafts
- ◆ Bingo, Table Games, and Video Games
- ◆ Corn Hole
- ◆ Pool



# Who can participate?

Anyone who identifies as having a mental health diagnosis, is experiencing or has experienced symptoms of a mental health illness is welcome to participate in the programs and activities that HOPES offers. Must be 18 years or older.

All supportive services at HOPES are self-directed and free of charge.

