



**FOR IMMEDIATE RELEASE**

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***Cumberland-Perry Mental Health Office Announces  
Annual Mental Illness Awareness Week Activities***

**Carlisle, PA**— Today, the Cumberland-Perry Mental Health Office announced community events scheduled in recognition of Mental Illness Awareness Week (MIAW), October 2-8, 2016. MIAW is an annual nationwide initiative to educate and increase awareness about mental illness and the hope of recovery. The following events are planned in Cumberland and Perry Counties:

**4th Annual Candlelight Vigil** - On Sunday, October 2nd, at 6:30 pm the 4th annual Candlelight Vigil will be held at the Perry County Court House Lawn, across from 2 E Main Street, New Bloomfield, PA. The evening will begin with some light jazz from “By the Way,” followed by stories of hope and healing from mental illness. The public is invited to gather at 6:00 pm to enjoy this special music performance. The evening will conclude with the lighting of candles as a reminder of the hope of recovery.

**Special Presentation on “Moral Injury”** - On Tuesday, October 4th at 7:00 pm, the Community Support Program will host Rev. Peter Bauer, a Military Chaplain, Pastor, Therapist, Licensed Clinical Social Worker, and Professor at the University of Texas. ***Rev. Bauer will speak on the topic of Moral Injury: The Psychological and Spiritual Injuries That Occur As A Result Of War and/or Violence.*** The presentation will be held at the First United Church of Christ, 30 North Pitt Street, Carlisle, PA.

“Trauma and violence are widespread, harmful, and costly public health concerns. They have no boundaries with regard to age, gender, socioeconomic status, race, ethnicity, or sexual orientation. Trauma is a common experience for adults and children in American communities, and it is especially common in the lives of people with mental and substance use disorders. For this reason, the need to address trauma is increasingly seen as an important part of effective

behavioral health care. In a 2008 study by RAND, 18.5% of returning veterans reported symptoms consistent with post-traumatic stress disorder (PTSD) or depression.

Research has shown that traumatic experiences are associated with both behavioral health and chronic physical health conditions, especially those traumatic events that occur during childhood. Substance use (such as smoking, excessive alcohol use, and taking drugs), mental health problems (such as depression, anxiety, or PTSD), and other risky behaviors (such as self-injury and risky sexual encounters) have been linked with traumatic experiences. Because these behavioral health concerns can present challenges in relationships, careers, and other aspects of life, it is important to understand the nature and impact of trauma, and to explore healing.” (Substance Abuse and Mental Health Services Administration) (SAMHSA)

We hope you will plan to join us for this interesting conversation because “Hope starts with you.” Use the hashtag **#HopeStartsWithYou** in your social media messages to share the message and raise awareness of mental illness and the hope of recovery.

For more information about Mental Illness Awareness Week activities or Mental Health Services in Cumberland and Perry Counties, please call the Cumberland-Perry Mental Health Office at (717) 240.6320 or visit online at [www.ccpa.net/mh.idd](http://www.ccpa.net/mh.idd).

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