

Recovering Together, July 2004

*A joint publication of the Peer-to-Peer Resource Center
and the Support, Technical Assistance, and Resource (STAR) Center*

Welcome to the first issue of **Recovering Together**, a newsletter focused on self-help and recovery for people with mental illness! The newsletter is published electronically four times per year.

Both the Peer-to-Peer Resource Center and STAR Center are National Consumer/Consumer Supporter Technical Assistance Centers funded by the Center for Mental Health Services/Substance Abuse Mental Health Services Administration, U. S. Department of Health and Human Services. The Peer-to-Peer Resource Center promotes the value of peer support and training/employment of consumers as peer specialists. The STAR Center **promotes self-help and recovery in culturally diverse communities**. provides support, technical assistance, and resources to help improve and increase the capacity of consumer operated programs to meet the needs of persons living with mental illnesses from diverse communities.

What are Consumer/Consumer Supporter Technical Assistance Centers?

The National Consumer/Consumer Supporter Technical Assistance Centers have been established to provide consumers and their supporters with skills necessary to foster self-help/self-management approaches, and to assist with the improvement of state and local level mental health service systems. These five national centers promote development and growth of consumer-operated programs at the state and local levels. They also offer hands-on assistance and information to promote consumer self-help approaches and recovery-oriented programs and disseminate information regarding mental illness and related conditions, services, and practice.

Contact these centers to find out how they can help you:

- **Consumer Organization and Networking Technical Assistance Center (CONTAC)**
Postal address: P.O. Box 11000
Charleston, WV 25301
Telephone: (888) 825-8324 (toll-free) or (304) 345-7312
<http://www.contac.org>
- **National Consumer Supporter Technical Assistance Center (NCSTAC)**
Postal address: P.O. Box 16810
Alexandria, VA 22302-0810
Telephone: (800) 969-6642 (toll-free) or (703) 684-7722
<http://www.nmha.org>

- **National Mental Health Consumers' Self-Help Clearinghouse**
1211 Chestnut Street, Suite 1100
Philadelphia, PA 19107
Telephone: (800) 553-4539 (toll-free) or (215) 751-1810
<http://www.mhselfhelp.org>
- **Peer-to-Peer Resource Center**
730 North Franklin Street, Suite 501
Chicago, IL 60610
Telephone: (800) 826-3632 (toll-free) or (312) 642-0049
<http://www.peersupport.org>
- **Support, Technical Assistance, and Resource (STAR) Center**
2107 Wilson Blvd, Suite 300
Arlington, Virginia 22201-3042
Telephone: (866) 537-STAR (7827) 229-6264 or (703) 516-7996
<http://www.nami.org>
<http://www.consumerstar.org>

Help share the word about peer-to-peer training!

The Peer-to-Peer Resource Center was established because we believe that the support of peers is essential to wellness and recovery for people with mental illness. We are working to bring peer support the recognition it deserves, and to prepare peers to be an integral part of recovery-oriented mental health service delivery systems nationwide.

The Peer-to-Peer Resource Center maintains a comprehensive and growing **listing of existing and emerging peer training programs and initiatives from across the U.S.** These initiatives include training programs for peer specialists, coaches, or mentors, and other programs and initiatives that train mental health consumers to offer specialized assistance to their peers in their recovery and provide peer support. To view the current list, click [here](#).

Do you run a peer training program? Know about such a program?

Please take a moment to use this easy-to-complete [form](#) to inform us about organized efforts in your state to train and involve mental health consumers in providing peer support. *(Please note: we are not looking for referrals to mutual aid or support groups.)*

Many thanks in advance for your help. If you have questions about this request or the Peer-to-Peer Resource Center, please do not hesitate to contact the center at peersupport@DBSAlliance.org

New Recovery Tool!

Do you want to find a place to live? Make friends? Go to school? *This is Your Life: Creating Your Self-Directed Life Plan* is a new tool available to help you figure out what you want out of life and how to get there. You can use this workbook to set and achieve your own personal goals. Click [here](#) to see the workbook (note: you must have access to Adobe Acrobat to view this file).

The workbook was developed by the National Research Training Center on Psychiatric Disability of the University of Illinois at Chicago.

Plan Now to Attend Alternatives 2004!

Achieving the Promise of Recovery: New Freedom, New Power, New Hope is the theme for Alternatives 2004, a conference for mental health consumers/survivors. Alternatives 2004 will take place October 13-17, 2004 at the Marriott Denver City Center in Denver, Colorado. The conference will feature:

- **Workshops and Institutes** on topics important to the consumer/survivor movement, including presentations on these topic areas: recovery, self-determination, diversity issues, consumers as providers & consumer-operated programs, discrimination & stigma, and community integration
- **National speakers** including A. Kathryn Power, M.Ed. (invited), Director, Substance Abuse and Mental Health Services Administration's Center for Mental Health Services; and Peter Ashenden, consumer/survivor leader and executive director of the Mental Health Empowerment Project in New York State
- An **Arts Showcase, Exhibit Hall, Caucus Space** for networking and discussing emerging and important issues with peers, and more!

Click here to see a conference overview, register on line, and get tips on how to obtain funding to attend: <http://www.mhselfhelp.org/alt2004.html>.

Do you want to receive this newsletter?

We respect each person's privacy. If you do not wish to receive this newsletter in the future, please send an e-mail message to peersupport@DBSAlliance.org* **go to the STAR Center web site at http: and click on the Recovering Together icon at left. Then click on the unsubscribe button, and your address will be removed from the mailing list.** **UBSTITUTE STAR CTR E-MAIL HERE**, and your address will be removed from the mailing list.

Know someone else who would like to receive **Recovering Together**? Interested individuals may send an e-mail message to peersupport@DBSAlliance.org* **SUBSTITUTE STAR CTR E-MAIL HERE** and type the word **Subscribe** in the subject heading.

The Peer-to-Peer Resource Center and STAR Center are funded under cooperative agreements with the Center for Mental Health Services, U.S. Department of Health and Human Services.