



Mission: To carry a message of recovery, empowerment, hope and healing to people with lived experience with mental health issues, trauma, and extreme states.

www.power2u.org

email: info4@power2u.org

Toll-free: 800-power2u (800-769-3728); 978-685-1494

Sharing innovative approaches to healing emotional distress and building inclusive communities

Who We Are

The National Empowerment Center (NEC) is a federally-funded consumer-run national technical assistance and resource center fostering recovery, self-determination, and community inclusion. We serve mental health consumer/survivors, peer-run service and advocacy organizations, family members, providers, and decision-makers.

Resources for Recovery

NEC offers programs and resources to help individuals find their voice through recovery awareness, self-help, peer support, self-determination, and leadership.

- NEC provides presentations, training, and workshops on recovery from emotional distress.
- NEC offers resource materials for consumers, family members, and providers about mental health recovery.
- NEC maintains an up-to-date website with information about personal recovery and transformation of the mental health system.
- **Hearing Voices that are Distressing:** A curriculum where participants wear headphones to simulate the experience of hearing voices. Useful to a wide variety of professionals, law enforcement, and anyone who wishes to better understand the experience of people who hear voices.

Statewide Organizing

NEC provides technical assistance to increase organizational capacity to meaningfully participate in transforming the mental health system in their states. These strategies promote a mental health system where service users are seen as equal partners in creating the infrastructure, setting policy, determining service priorities, and evaluation. Our work includes:

- Helping emerging leaders to “find their voice” through training, support, and mentorship.
- Providing materials, resources, and training curricula to help individuals to develop skills in civic participation, leadership, and advocacy.

NEC currently works with consumer-run organizations in South Dakota, Arkansas, Texas, and other states to:

- Build organizational infrastructure, capacity, and skills.
- Facilitate collaborative relationships with other stakeholders to support development of statewide consumer organizations.

Peer Run Crisis Alternatives

NEC is working to promote peer-run crisis alternatives, which can help people to avoid costly and often traumatizing emergency psychiatric room visits. They also help connect people to natural community supports that may prevent future crises. Such approaches include:

- **Peer-run warmlines:** provide a non-judgmental method of support that helps to ease isolation and distress.
- **Peer run-respite programs:** help people to move through emotional distress in a safe, non-coercive, and nurturing home-like environment.

NEC has created in-depth online resource center on crisis alternatives, including:

- A directory of all peer-run crisis respite programs and warmlines throughout the U.S.
- Resources on how to start a peer-run crisis alternative;
- Articles, studies, and other information on peer-run and other crisis alternatives.
- Videos featuring the work of peer-run alternatives throughout the nation.

Information Technology

NEC is working to share information with consumer-run organizations on how to better use information technology for advocacy and community-building. This includes:

- Using technology to better facilitate communication between individuals and organizations.
- Using social networking to share information, build community, and fundraise.
- Raising public awareness through new forms of media such as digital video, podcasting, and blogging.

The NEC Technical Assistance Center is funded in part by:

