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Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover

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Lessons Learned by Statewide Consumer-run Organizations:

California, Tennessee, and Wisconsin

DEPARTMENT OF HEALTH & HUMAN SERVICES • USA

Lessons Learned by Statewide Consumer-run Organizations

Presented by

Sally Zinman, Anthony Fox, William Parke-Sutherland, and Daniel Fisher

Sponsored by

National Coalition for Mental Health Recovery

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Bio of Moderator

Daniel B. Fisher is a person with lived experience, is CEO of the National Empowerment Center, is President of the Board of the National Coalition for Mental Health Recovery, which he helped organize, is a board-certified psychiatrist and holds a Ph.D. in biochemistry. His recovery and work in the field were recognized by his selection as a member of the White House Commission on Mental Health. He has helped develop and disseminate Emotional CPR.

Bios of Presenters

William Parke-Sutherland is the Executive Director of Grassroots Empowerment Project (GEP). William also serves as a member of the Wisconsin Council on Mental Health's Legislative and Policy Committee and on the board of directors for Cornucopia, a peer-run arts and wellness center in Madison.

Bios of Presenters

Anthony Fox was appointed Chief Executive Officer of Tennessee Mental Health Consumers' Association in July 2003. During his career he has founded and/or co-founded several new programs including one of the nation's only all-consumer owned and operated Medicaid Delivered Peer Specialist programs and the Beer-Van Gogh Center of Excellence, a consumer owned and operated housing and mental health service delivery model. Seen as an expert in his field, Mr. Fox has been interviewed by local and national media outlets including USA Today, Tennessean, Nashville Medical News, WBIR TV-10, NPR and others.

Bios of Presenters

Sally Zinman is the ED of the California Association of Mental Health Peer Run Organizations (CAMHPRO.) She founded programs in Florida that were among the first client-run drop-in centers and supportive housing projects in the country; founded the Berkeley Drop In Center where she served as executive director for 12 years; and co founded the California Network of Mental Health Clients, where she served as executive director for 10 years. Sally co-edited and wrote articles for *Reaching Across I and II*. Both books have been used throughout the country for understanding and starting self-help programs.

Learning Objectives

Participants will learn how to:

- **Establish a strong mission statement with goals and objectives**
- **Build a strong board**
- **Establish strong, inclusive leadership**
- **Build a strong membership, with ongoing feedback to/from the board**
- **Train the grassroots to advocate passionately and knowledgeably about critical issues**
- **Develop and carry out fund raising strategies**

Lessons Learned by Statewide Consumer-run Organizations

Mission Statement:

- **To create opportunities for people seeking mental health, recovery,**
- **and wellness to exercise power in their lives.**

By William Parke Sutherland

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GEP: Our Values

As persons seeking mental health, recovery, and wellness we believe that:

- **Choice, dignity, respect, and personal power are necessary for wellness**
- **Each of us has a right to define recovery and wellness**
- **For many of us, healing and wellness includes recovery from substance abuse or addiction.**
- **Wholeness encompasses all aspects of life relevant to the individual who is seeking recovery and wellness**

GEP: Our Values

- Pain, isolation and trauma can be transformed into healing, connection and resilience
- Each of us has the right to choose how to define our experience
- Peer support can inspire hope and provide powerful support to people on their pathways to recovery and wellness
- Our civil and human rights should not be threatened due to stigma, bias, distortion or social discrimination
- Peer-led recovery and wellness organizations should lead in a collaborative transformation of the mental health system and challenging social discrimination
- Treatment and services should be safe, healing and based on our strengths and wholeness

GEP: Sources of Income:

- SAMHSA: Statewide Networking Grant for Re-entry
- Wisconsin DMH: Self Help Centers, Peer-run Respite, Warmline
- Optum Managed Care: Peer Support
- Community Shares
- Private Donors

GEP: Activities

- **Grassroots Wellness Peer-run respite**
  - Peer Run Respites are homelike, non-medical crisis alternatives for people with mental health and/or substance use challenges who need and want peer support. They are designed to aid in an individual's recovery and avert crises and avoid hospitalization.
- **Reentry Peer Specialists (RPS) for Formerly Incarcerated Citizens (a developing program)**
  - RPS supports reentry and community integration of formerly incarcerated peers through the development of a reentry peer specialist model in Wisconsin. We are collaboratively developing the training for to up to 75 individuals at no cost.
- **United We Stand: Google group of 400 peers**
  - Listserv for information distribution and discussion of current issues, advocacy, support, and other topics.

GEP: Activities

- **Empowerment Days at Sate Capital**
  - Annual gathering and training to address current issues identified by peers through listening sessions across the state.
- **Statewide Peer Network Peer Support Evaluation**
  - Collaboration with Statewide Family Network, Recovery Community Services Program, and Medical College of WI to evaluate peer support from peer's perspective.
- **PeerLINK**
  - Funded by Optum Health, Program offered in three counties to provide peer support to those at risk of hospitalization. Shown to reduce repeat hospitalizations.
- **Other Training Offered: eCPR** (Emotional CPR)**, TIA** (Trauma Informed Approach)**, CPS** (Certified Peer Specialist)**, WRAP** (Wellness Recovery Action Planning) **,**

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Tennessee Mental Health Consumers' Association

GIVING PEOPLE WITH MENTAL ILLNESS A REASON TO BELIEVE SINCE 1988

By Anthony Fox, CEO

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Mission Statement TMHCA:

- **To promote recovery and community through peer support, education, and advocacy for all mental health consumers in Tennessee.**

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Activities of TMHCA: PeerLINK

- **PeerLINK is designed to develop trusting relationships between a team of Certified Peer Recovery Specialists and an individual who is in need of immediate care or will soon be discharged from a treatment center. Services include peer mentoring, support, advocacy, and skill building through regular, individual contact and group sessions.**
- **Programs like PeerLINK is a type of peer support-structured program which has shown successful, long-term results and is extremely cost-effective within the mental and substance use disorder system.**

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Education & Support

- **The basic roots of our foundation is about teaching people to make informed choices about their health and making the public aware that through education and support of all stakeholders, people with mental illness can and will recover and have the opportunity to live a fulfilling life in the community.**

Public Policy

- **Public Policy gives TMHCA the opportunity to interact with key individuals to share ideas about change. It is an impactful tool to affect the bias and stigma associated with mental illness and an important opportunity to impact the service delivery model for mental health and addiction services.**

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Sources of Funding for TMHCA:

- United Healthcare Community Plan
- Blue Cross Blue Shield Tennessee
- Amerigroup Tennessee
- TN Department of MH and SA Services
- -Peer Center; P2P Education and Support
- -Peer Empowerment Project (via TN General Assembly)
- United States HUD
- Substance Abuse and Mental Health Services Administration
- Tennessee Housing Development Agency
- City of Memphis Tennessee
- Assisi Foundation of Memphis
- Plough Foundation Memphis
- Federal Home Loan Bank Cincinnati
- Several other small grants and awards

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By Sally Zinman, Executive Director

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Mission of CAMHPRO:

- **To transform communities and the mental health system throughout California to empower, support, and ensure the rights of consumers, eliminate stigma and advance self-determination for all those affected by mental health issues by championing the work of consumers and consumer-run organizations.**

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Sources of Funding for CAMHPRO:

- SAMHSA Statewide networking grant
- MHSA (Mental Health Services Act) funding from state of California
- Membership dues
- Individual donations

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CAMHPRO Training and Education:

- **Webinars: A collection of monthly webinars regarding peer certification SB614. They are facilitated by the CAMHPRO staff.**
- **Workshops/Forums: A collection of formal and informal face-to-face interactions with communities and organizations throughout California. The CAMHPRO staff visits different regions and counties and hold meetings with consumers to educate them on policy issues and plan advocacy efforts.**

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Annual Statewide CAMHPRO Conference:

- Goals of the Statewide Conferences
- Provide knowledge to behavioral health clients
- Provide advocacy skills and experience to behavioral health clients
- Mutually engage consumers and policy leaders with each other
- Enhance statewide and regional networking of clients
- Work on organizational issues at a membership meeting

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Activities of CAMHPRO:

- **Public Policy: As an organization that seeks to transform communities and the mental health system throughout California**
- **CAMHPRO supports public education and awareness that will empower, support, and ensure the rights of consumers,**
- **Eliminate stigma, and advance self-determination for all those affected by mental health issues by championing the work of consumers and consumer-run organizations.**

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- Sally Zinman - sallyzinman@gmail.com

Lessons Learned by Statewide Consumer-run Organizations

National Coalition for Mental Health Recovery

Summary
by Daniel Fisher, Chair Board
NCMHR

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