

The Pipeline

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Volume 3 2017

Upcoming Events

GMHCN Board Meetings

Face to Face

Macon, GA
May 11, 2017

St. Simon's Island, GA
August 21, 2017

Conference Calls

July 13, 2017

Board Retreat

Cordele, GA
October 19 and 20, 2017

CPS Trainings

Augusta, GA
June 12 - 22, 2017

Albany, GA
September 11 - 21, 2017

Savannah, GA
October 16 - 26, 2017

Atlanta, GA
December 4 - 14, 2017

Georgia Peer Support Institute

Helen, GA
May 9 - 11, 2017

St. Simon's Island, GA
November 8 - 10, 2017

Psychiatric Rehabilitation Association Annual Conference

Atlanta, GA
June 24 - 26 2017

Alternatives Annual Conference

Boston Park Plaza
Boston, MA
August 18 - 21, 2017

GMHCN Annual Conference

St. Simon's Island, GA
August 22-24, 2017

Georgia School of Addictions

Savannah, GA
August 28 - September 1, 2017

Georgia Consumer Council Memorial Service

Milledgeville, GA
October 1, 2017

Ken Whiddon Memorial Golf Tournament Benefits GMHCN



On May 27th the second annual Ken Whiddon Memorial Golf tournament to benefit the Georgia Mental Health Consumer Network will be held. Ken was one of the original founders of the Georgia Mental Health Consumer Network and was a leading advocate for those of us with behavioral health challenges for many years. Ken lived with bipolar disorder and spent many years trying to pave his road to recovery. His time spent inside the state run hospitals of the old mental health system of Georgia made him believe there must be a better way.

Surviving on Social Security – Disability payments he managed to return to work and then to college. After furthering his education he became the deputy director of a local mental health center in Glynn County and then went on to be the Executive Director at the region 2 field office. In an effort to better serve peers with disabilities he founded his own company AmericanWork, Inc. in 1999 which focused on the “I Can Work” that exists as a kangaroo phrase within the title of his new company. Ken believed that work was such a fundamental part of a peers identity and recovery. He said, “When you meet someone, they always ask, ‘What’s your name,’ and then, ‘What do you do?’ Work is such an important part of who you are.”

AmericanWork, Inc went on to employee over 400 hundred people while helping thousands on their road to recovery from behavioral health challenges. He passed away in January 2015, but his legacy and dedication to helping others with behavioral health challenges continues to be carried on by people like Jay Willis and Robert Howell.

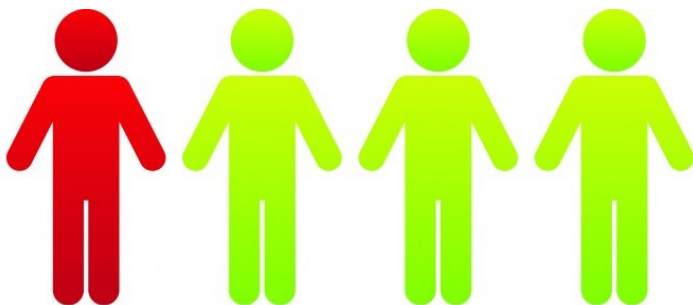
They started this event last year as a way to honor Ken and to give back to those with Behavioral Health Challenges. Robert says “the most important lesson Ken taught me over the 15 years of being my boss and close personal friend, is to spend every day of your life helping all of the people you can. Even though you have a mental illness you can make a huge impact on others and there recovery.”

Donations for the Ken Whiddon Memorial Fund can be made on the Georgia Mental Health Consumer Network website or mailed to GMHCN at 246 Sycamore St. Ste. 260 Decatur, GA 30030. If you are interested in participating in the tournament call Robert Howell (229) 343-0269 or Jay Willis at (912) 223-3509. The cost is 50.00 per person for a two man team.

Call for Proposals for the 26th Annual Statewide Conference

The Georgia Mental Health Consumer Network is starting to plan for the 26th Annual Statewide Conference to be held August 22 - 24, 2017 at St. Simons Island, GA. The theme for this year's conference will be centered around "Picturing & Realizing A Life of Recovery, Resiliency, and Respect." If you have an idea or concept for a workshop related to this theme and/or Wellness and Recovery, please send us your name, name(s) of presenters (a maximum of two people per workshop will receive scholarships to attend the conference), a proposed title for the workshop and a brief description of what the workshop would be about. Workshops should be limited to 50 minutes and will be presented twice during the conference.

All proposals must be submitted by June 16, 2017 and will be considered by the planning committee. Please email your proposal to Catherine Knight at office@gmhcn.org or mail it to her attention at GMHCN, 246 Sycamore St., Suite 260, Decatur, GA 30030.



One in four people has a **mental illness**.
You can be the **one** that helps.

COMING DOWN THE PIPELINE

- There are lots of great opportunities for peers to work with GMHCN and other organizations. Check them out on the CPS Jobs page of our website at www.gmhcn.org
- Remember we love to see your artistic expressions of recovery. Submit them to nick@gmhcn.org with the subject line "Artistic Expression"
- The University of Pennsylvania is continuing to conduct ongoing surveys into the relationships peers have with their loved ones. It is anonymous and you can enter into a drawing for a \$50 gift card. The survey can be found at <http://bit.ly/1VOQJGs>
- Be sure to check the "What's New" section of the GMHCN homepage for regular updates about upcoming events and news.

Donations in Memoriam

The following people and organizations have made donations to the Ken Whid-
don Memorial fund either directly or
through the 2nd Annual Memorial Golf
Tournament:

- Hilliard Insurance Agency
- Elizabeth Ausley Wade
- Rock Bottom Seafood & Grill
- Chicken Trax
- Home Service Center
- Richard L. Waters, CPA, PC
- Pelham Paint & Body Shop, Inc.
- CSA Farms
- Mitchell County Chrysler
- Family Bank
- Moye's Pharmacy
- Warren Keith Kearns Sr.
- John H. Birdsong, Jr.
- Willis-Jamerson-Braswell Funeral Home
- Hodges Jewelry Company
- Pelham Banking Company
- C.E. Buddy Thomas



May is Mental Health Awareness Month

Since 1949 Mental Health Awareness Month has been observed every May. It was started 68 years ago by Mental Health America and focuses on the importance of maintaining mental health. Recently there has been an increased focus reducing stigma surrounding mental health diagnoses. Be on the lookout for Mental Health Awareness Month activities in your area hosted by both Mental Health America and other organizations.

**Georgia Mental Health
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Mental Health Gets The Royal Treatment

There are few families in the world quite as famous as the British royal family. Among them perhaps no one apart from the Queen herself carries as much pop-culture weight as the trio of William, Kate and Harry. Carrying on the torch of their late mother, Princess Diana, William and Harry have tried to make causes that are dear to their hearts receive the attention they deserve. Fortunately, they have decided to shed light on mental health, recovery and reducing stigma. While the majority of their on-the-ground work has been in their native United Kingdom there is little doubt that the global footprint of the royal family spans the globe.

Through the Royal Foundation and in conjunction with other partner organizations the royals have started a campaign called Heads Together. Through various outlets such awareness events and sponsored polls being published the trio have tried to shed a light on the importance of maintaining mental health. They have also brought along celebrity friends. During an April FaceTime event Prince William talked to Lady Gaga about their own experiences with mental health and stigma. This opened Prince Harry up to talk about his experiences with various trauma and his recovery from it as well as how the royal family has dealt with it both publically and privately. In a recent statement the royals said, “when you realize that mental health problems affect your friends, neighbors, children and spouses, the walls of judgment and prejudice around these issues begin to fall...and we all know that you cannot resolve a mental health issue by staying silent.”

