

The Pipeline

Published 4 times per year by the Georgia Mental Health Consumer Network

Volume 2 2018

Upcoming Events

Mental Health Day at the Capital

Georgia Freight Depot
Atlanta, GA
January 23, 2018

CPS Trainings

Macon, GA
March 5-15, 2018

Augusta, GA
June 11-21, 2018

Columbus, GA
September 10-20, 2018

Savannah, GA
October 15-25, 2018

Atlanta, GA
December 10-20, 2018

Georgia Peer Support Institute

Unicoi State Park Lodge
Helen, GA
May 8-10, 2018

Epworth by the Sea
St. Simon's Island, GA
November 14-16, 2018

Mental Health America Conference

Washington, D.C.
June 14-16, 2018

Psychiatric Rehabilitation Association Wellness and Recovery Summit

Denver, CO
June 15-18, 2018

Alternatives Conference

Washington, D.C.
July 29-August 3, 2018

Georgia Mental Health Consumer Network Project Special Edition



Georgia
Mental Health
Consumer
Network

The Georgia Mental Health Consumer Network is made up of over 100 employees and thousands of peers throughout the state. One thing we often hear from peers that we meet in the community is “I didn’t know y’all did that.” With that question in mind we thought it would be great to put out to all of our Pipeline readers a brief overview of the many things we do at GMHCN to help promote recovery and wellness in the many communities throughout the state of Georgia and let everyone know who to contact to get more information or to participate.

Some of our projects work directly with peers in recovery, while others work within systems to build a solid foundation for recovery focused policies within the behavioral health arena and some do a little of both. The most important thing for the Georgia Mental Health Consumer Network as an organization is making sure every person who lives with behavioral health challenges has the opportunity for recovery to the fullest definition of that word to them. Recovery is feeling, doing, or being whatever you feel like it is to you.

With over 15 projects running, GMHCN tries to be in every part of the state advocating for, fostering and learning about recovery and wellness. Each one of our projects is overseen by the Executive Director of the Georgia Mental Health Consumer Network, Sherry Jenkins Tucker, CPS, and has either a project director or coordinator responsible for that project. We hope the information in this volume of The Pipeline will be a guidepost to what we do here at GMHCN. Contact information for each project will be listed for each one and more information is always available at our website www.gmhcn.org or by phone at (404) 687-9487.

Our Work With Peers

The projects below work directly with peers to support recovery and wellness

Wellness Recovery Action Plan (WRAP) Training: WRAP is a training facilitated for peers in recovery. WRAP is designed to give peers wellness tools and a plan for times of crisis to recover and maintain their wellness. Contact: office@gmhcn.org.

Double Trouble in Recovery (DTR): DTR is a program for peers who have dual concerns of mental health and addictive challenges. Meetings are facilitated by peers who also have dual concerns and can be found throughout the state held on a regular basis. Contact: Metro Atlanta - Gail at dtr@gmhcn.org ; everywhere else in Georgia - Gena at peermentoring@gmhcn.org.

Georgia Peer Support Institute (GPSI): GPSI is an immersion in peer support designed to teach the principles of recovery from behavioral health concerns and how to take an active role in one's recovery. Contact: Michelle@gmhcn.org.

Peer Support, Wellness & Respite Centers: There are five centers located throughout the state in Dekalb, Bartow, White, Colquitt, and Henry counties. Each center hosts a daily schedule of wellness activities to promote recovery as well as provides up to 7 days of respite for peers as an alternative to hospitalization while on their recovery journey. Additionally, each center has its own 24/7 Warmline for peers who want to access peer support over the phone. Information for each center can be found on our website or by calling our office. Contact: Roslind@gmhcn.org.

Peer Mentoring Project: The Peer Mentoring Project assists peers who are transitioning from psychiatric institutions into communities of their choice. Peer mentors throughout the state work with peers using their lived experience to help them develop resources and supports so their recovery in the community can be successful. Contact: Gena at peermentoring@gmhcn.org.

Forensic Peer Mentoring Project: The Forensic Peer Mentoring Project assists peers who are transitioning from correctional institutions into communities of their choice. Forensic Peer Mentors throughout the state work with peers using their lived experience to support them with developing resources and supports so their recovery can be successful. Contact: Gena at peermentoring@gmhcn.org.

Our Work With Peers and Systems

These projects work with peers with the hopes of impacting not only the peers, but also the behavioral health system -

Certified Peer Specialist Project (CPS): The CPS Project trains and certifies peers to work as Certified Peer Specialists. They then take their credential into the workplace where they have an impact on peers by fostering their recovery from the prospective of lived experience as well as the behavioral health service providers they work for. Contact: Sam or Mariam at cpsproject@gmhcn.org.

Trauma Informed Care Project (TIC): The TIC training begins with asking the question, what happened to you not what is wrong with you? In this training, CPSs, CPS-ADs, CPS-Ps, and CPS-Ys are shown how to support the creation of a behavioral health system that works from a trauma informed perspective. Contact: Brian@gmhcn.org

RESPECT Institute of Georgia: The RESPECT Institute teaches peers to tell their recovery story in a meaningful and effective way. They then coordinate with graduates of the RESPECT Institute who support them with telling their stories. These impactful stories are shared with members of the community, as well as with policy makers all over the state. Contact: Jen@gmhcn.org.

Georgia Consumer Council: The Georgia Consumer Council was born out of peers who wanted to see improvements in the behavioral health system of Georgia. They hold meetings twice a year to discuss the future and concerns of peers about their own recovery and the systems in which they seek recovery. The Council also holds an annual memorial service at Central State Hospital in Milledgeville to honor peers who have perished there. Contact: Michelle@gmhcn.org.

Whole Health & Wellness Coaching: Whole Health & Wellness Coaches (WHWC) are trained CPSs who are credentialed to support peers with their overall health and wellness through coaching. This is achieved by successfully completing Whole Health Action Management Training where the CPSs learn goal-setting and a better understanding that the mind is part of the body. WHWCs can provide Peer Support, Whole Health and Wellness Services Contact: Nigel@gmhcn.org.

Mental Health First Aid: MHFA is the help offered to a person experiencing a behavioral health crisis or developing a behavioral health crisis. Certified Peer Specialists are trained in the Consumer Delivered MHFA instructor model and then they offer MHFA courses in various community settings such as correctional facilities, churches, and peer centers. Contact: Lori@gmhcn.org.

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(Return Service Requested)

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Our Work With Systems

These projects work with systems to make a recovery focused impact on the behavioral health system -

Georgia Behavioral Health Planning and Advisory Council: This council is mandated by the federal government to review and comment on the allocation of federal block grant money and mental health services within the state, as well as to advocate for adults and youth with behavioral health diagnoses. GMHCN provides administrative support to the council.

Contact: Nigel@gmhc.org

Recovery Focused Change & Technical Assistance (RFT): The RFT project is an ongoing project that aims to facilitate a more recovery focused mindset for tier one behavioral health service providers. The goal is to have each service provider understand the impact and possibilities of recovery focused treatment to facilitate a lasting change. Contact:

Tatanisha@gmhc.org or Pam@gmhc.org

Recovery Community Organization (RCO): This partnership with the Georgia Council on Substance Abuse provides support to communities that would like to strengthen the message of hope and recovery in their communities. Each RCO is independently formed and governed by people in the recovery community. Contact: Brian@gmhc.org.