

## OUR MISSION

The mission of the Georgia Mental Health Consumer Network is to promote recovery and wellness through education, employment, empowerment, peer support, and self-help, and to unite as one voice to support the priorities set each year at our annual statewide conference.

## OUR PRIORITIES

The priorities of the Georgia Mental Health Consumer Network are determined each year at the Annual Summer Conference, when our peers vote to determine what GMHCN should be focused on in its advocacy, trainings, and services. Please visit our website to see our current priorities.

## OUR GOALS

Host an annual peer conference that promotes recovery and wellness, and identifies the top priorities of peers receiving behavioral health services statewide.

Promote employment with emphasis on quality jobs that foster true independence.

Offer training opportunities for peers, including the Certified Peer Specialist Project and Whole Health and Wellness Coaching.

Support the development of new peer leaders through the Georgia Peer Support Institute.

Support peer access to housing and transportation.

Support the expansion of Recovery Through the Arts and the Double Trouble in Recovery program.

Promote peer supports and wellness, including the Peer Support, Wellness, and Respite Centers.

## GEORGIA MENTAL HEALTH CONSUMER NETWORK

From Georgia's very first gathering of consumers of behavioral health services in the fall of 1990, where 30 peers from across the state each contributed one dollar to begin publishing a newsletter that would be an independent voice for Georgia's behavioral health community, the fundamentals of the Georgia Mental Health Consumer Network were formed: Our voices matter, and we can improve the quality of life for ourselves and our peers.

Over 25 years later, GMHCN has become a national model for developing and implementing innovative peer support services that enable people living with behavioral health challenges to be part of a dynamic peer workforce that reaches every corner of the state. Through continuing advocacy, education, and outreach programs, GMHCN has made significant progress in reducing stigma, and empowering individuals to lead self-directed lives of purpose, meaning, and productivity.

The Georgia Mental Health Consumer Network is led and governed by peers in recovery from behavioral health challenges. Our priorities are established by peers at our annual conference, first held in 1993 with over 700 attendees from Georgia's behavioral health community. To learn more about the work we do, or join us in our efforts, please visit our website or give us a call. We are here for you, and we are here for Georgia.



1990 Lakeside Parkway, Suite 100  
Tucker, Georgia 30084

Toll Free 800-297-6146

Phone 404-687-9487

Email [office@gmhc.org](mailto:office@gmhc.org)

[www.gmhc.org](http://www.gmhc.org)



SERVING GEORGIA'S  
BEHAVIORAL HEALTH COMMUNITY  
SINCE 1991



## PEER SUPPORTS

Peer supports are at the heart of the work of the Georgia Mental Health Consumer Network. We believe that support provided by people with lived experience recovering from mental health concerns is fundamental to a recovery-oriented system of care. Individuals, families, and communities benefit from having accessible resources of strength and hope to draw upon when facing a mental health challenge.

One in five American adults experience a behavioral health challenge each year, while nearly one in 25 Americans live with a serious mental illness. So chances are, you or someone you know has experience recovering from or living with a behavioral health concern, and they can use that experience to support others. The trainings provided by the Georgia Mental Health Consumer Network empower individuals to support others indirectly by sharing their stories publicly to reduce stigma, advocate for more and better behavioral health services, and be voices of hope in our communities. Our trainings also provide people with the skills to directly provide services to people that will assist them in identifying and reaching personal goals.

**WE**  
CAN AND DO  
**RECOVER**

## GEORGIA MENTAL HEALTH CONSUMER NETWORK INITIATIVES

**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 perspective of lived experience as well as the behavioral health service providers they work for.

**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 weekly basis.

**Georgia Peer Support Institute (GPSI):** GPSI is a three day 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.

**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.

**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.

**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 provider sites.

**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 in developing resources and supports so their recovery in the community can be successful.

**Ready for Reentry:** Ready for Reentry is the community-based model of forensic peer support developed by GMHCN that provides special training to Georgia Certified Peer Specialists with lived experience in the criminal justice system to enable them to support returning citizens transitioning from correctional facilities back into their communities.

**RESPECT Institute of Georgia:** The RESPECT Institute of Georgia teaches peers to tell their recovery stories in a meaningful and effective way. These impactful stories are shared with members of the community, as well as with policy makers all over the state.

**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, CPS-MHs, CPS-ADs, CPSPs, and CPS-Ys are shown how to support the creation of a behavioral health system that works from a trauma informed perspective.

**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.

**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.