


Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover




Promoting the Risk of Empowerment

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The Dignity of Risk



“Even if you are on the right track, you’ll get run over if you just sit there.”

—Will Rogers




A Bold New Approach



“...reliance on the cold mercy of custodial isolation will be supplanted by the open warmth of community...” – President John F. Kennedy in a special message to Congress about the state of mental health, February 5, 1963




Social Exclusion



“By any measure, it is clear that people with mental illnesses are on the margin, actually *not on the page at all*. Dying decades earlier than the general population is testament enough about how those with mental illnesses have been marginalized.”

— Paolo del Vecchio



Mental Health Is a National Priority



National Conference on Mental Health

Answering the call to launch a national conversation.

Learn more →

[www.mentalhealth.gov](http://www.mentalhealth.gov)



### What If...

- What if you were never given a chance to do well at something?
- What if the job you did was not useful?
- What if you never got to make a decision?
- What if the only risky thing you could do was act out?
- What if you worked and got paid \$.46 an hour?
- What if you had no privacy?
- What if you never got a chance?

— Linda Stengle, author of *Laying Community Foundations for Your Child with a Disability*



### Claiming Our Power



*"Let us celebrate the unbowed head, the heart that still dreams, the voice that refuses to be silent."*

— Judi Chamberlain

— Untitled by Tanya Ternkin ©



### A Pioneering Risk Taker



Dr. Dean Brooks, left, and Jack Nicholson in a scene from "One Flew Over the Cuckoo's Nest." —MGM, via Photofest



### The Freedom to Be Our Best Self

*"It's never too late to be what you might have been."*

—George Eliot



### My Story

*"I don't like standing near the edge of a platform when an express train is passing through... A second's action would end everything. A few drops of desperation."*

— Winston Churchill



### My Life's Passion



*"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."*

— Harriet Tubman





### Finding My Power



**SELF DETERMINATION  
AND  
EMPOWERMENT**

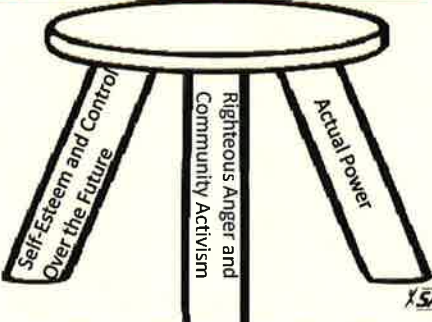



### Empowerment



“When you know yourself, you are empowered. When you accept yourself, you are invincible.”  
—Tina Lifford





### BU Empowerment Scale

### Physical Wellness


### The Importance of Choice




Common Antipsychotic Side Effects:

- Abnormal movements
- Diabetes
- Dry mouth
- Metabolic syndrome
- Neuroleptic malignant syndrome (NMS)
- Sexual side effects
- Sleep problems
- Stroke
- Sudden cardiac death
- Weight gain


<http://www.samhsa.gov/consumersurvivor/sdm/StateHere.html>



### A Life of Purpose



“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”  
—Anais Nin



### Spirit



"In every walk with nature one receives far more than he seeks." — John Muir

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### Working Definition of Trauma


Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being.

SAMHSA, 2013

**SAMHSA**

### Peers Can Change the World

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."



—Margaret Mead


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### Changing the Conversation



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### Myths about Mental Illness



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### Let's Talk About It



#### Myths & Facts

Get the facts. Use your knowledge to educate others. Reach out to help others.

[Learn more →](#)

[www.mentalhealth.gov](http://www.mentalhealth.gov)

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### Pillars of Health Reform

Prevention      Wellness      Integrated Care

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### Defining Recovery

health, mind, prosperity ... from his stroke. ... strain, etc ... the war.

▷ re-cov-er-able (-rəbəl) ad (RECOVER 1): recoverable d re-cover /,ri:'kʌvə(r)/ v (sth) put a new cover (with velvet)

re-cov-ery recovering (RECOVER 2) recovery of the missing recovery vehicle, is one

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

—SAMHSA, 2011

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### Four Dimensions of Recovery

Individuals and Families

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### Guiding Principles of Recovery

10 GUIDING PRINCIPLES OF RECOVERY

- Holistic
- Person-driven
- Many pathways
- Peer support
- Relational/social
- Strengths/responsibility
- Respect
- Culturally based
- Addresses trauma
- Hope

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### Our Greatest Accomplishment

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

—Ralph Waldo Emerson

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### Honoring Ourselves

"To go wrong in one's own way is better than to go right in someone else's."

—Fyodor Dostoevsky


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**For More Information**

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Questions & Answers 