



IN OUR OWN VOICE

Transitions-Mental Health Association

In Our Own Voice is a presentation format that equips individuals with mental illness to share their stories with others. This multi-media, interactive, public education program is intended for all audiences, including family members, health providers, law enforcement, faith communities, community or civic organizations and consumer groups.

Through example and discussion, participants gain insight into how people with chronic depression, schizophrenia and other serious, persistent and often disabling mental illnesses cope with the realities of their disorders while recovering and reclaiming productive and meaningful lives.

The videotape at the core of the program presents four individuals who have found combinations of treatment, support and activity that allow them to move forward with their lives, gaining independence and self-determination along the way.

The presentation also includes the stories of two panelists who can illustrate the recovery message with their own experiences. They speak of acceptance, medications and coping strategies that create the foundation for a meaningful, satisfying life. Group discussion throughout the presentation gives everyone an opportunity to share their experiences and learn from one another.

The program is a powerful advocacy tool and educational opportunity for all members of the community, including policy makers and opinion leaders.

In Our Own Voice is funded locally by the Mental Health Services Act.

Please call to schedule an *In Our Own Voice* presentation.

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