



367 Russell Road, Newington, Connecticut 06111

North Central Regional Mental Health Board

Cordially Invites You
To
Two Events

Wednesday, June 25, 2008

The Colonnade Banquet & Conference Center
2941 Main Street
Glastonbury, CT 06033

Educational Presentation

Free and Open to the Public



“A Day in The Life” Breaking a Deafening Silence Consumers Interview Consumers

Judith Shaw
Project Director
North Central Regional Mental
Health Board



NCRMHB Annual Dinner



In recognition of people in recovery,
family members, concerned citizens
and providers working to improve
mental health services

6:30 p.m. Dinner

Reservation Form Attached

Educational Presentation

“A Day in the Life”

Breaking a Deafening Silence Consumers Interview Consumers

“What is your typical day like and what has helped you get to where you are today? “What would you like your ideal day to be like?” “What challenges stand in your way, and what concerns you most about your future?”

Join the NCRMHB for a unique and special presentation to hear how people of diverse cultures and backgrounds who suffer from mental illness and/or addiction in our communities answer these questions about their lives. The silence surrounding the pain and profound struggles of people with mental illness is lifted as we listen to the words and themes gleaned from interviews. Through the interviewers' presentation of a “A Day in the Life”, the audience will come to know in rich descriptive language the hopes, defeats, agony and accomplishments of people who receive services through the DMHAS system.

In this first of a kind study, our team of eight interviewers, who are in recovery themselves, will tell what they have learned as they conducted eighty-eight interviews at Local Mental Health Authorities in our area. The project began in April 2007 and continues to strengthen and evolve. Interviewers were taught about interview and oral narrative process by Larry Davidson, Ph.D., of Yale Program for Recovery and Community Health. Judith Shaw, a person in recovery, is the Project Director.

Through our consumer-driven project we aspire to offer new frameworks for thinking about people in recovery, family members, friends, neighbors, and mental health providers in a new balanced perspective of possibility. We want to understand resistance to change, the difficulty of transition, and the obstacles working within the mental health system, as well as the humanness, achievements, talents, and hopes of people who may or may not refer to themselves as people in recovery. We must listen to the pain but also the possibilities of building life-long confidence and hope.



Regional Mental Health Board & Catchment Area Councils

CREATED BY STATE STATUTES

Five Regional Mental Health Boards (RMHBs) were created by Connecticut's General Assembly in 1974. Their mandate is described in General Statutes (Sec. 17a-478-484). RMHBs work through local Catchment Area Councils (CACs) to ensure grass roots involvement in identifying needs and monitoring services provided by the Connecticut Department of Mental Health and Addiction Services (DMHAS). **The RMHB model created by legislators over thirty years ago is important today and remains innovative for 2008 as reflected in requirements for citizen involvement on new federally and state funded programs.**

REPRESENT ALL CONSTITUENTS

Members of CACs and RMHBs are selected to represent all constituent groups - consumers of services, family members of consumers, town representatives, and private and public providers of mental health and other community services. CACs and RMHBs examine issues from the varied perspectives of these constituent groups. Mental health issues are not isolated issues, but involve questions of general health, public safety, criminal justice, education, housing, and employment. **The RMHB model is important today to bring consensus among numerous and varied interest groups concerning a wide range of issues affecting individuals with mental illness.**

RESPOND TO LOCAL NEEDS

Each town in Connecticut appoints a resident to serve on a CAC to represent its needs and identify problems experienced in their town. There is no other state service where citizens from every town are actively involved on a regular basis to monitor the quality of state services provided in their town. CACs and RMHBs serve respectively as town and regional quality assurance units. **This examination and resolution of local service issues is important today as consumers and communities attempt to have a voice in the only services available to them.**

EVALUATE STATE SERVICES

Through regular contact with consumers, formal evaluations, and special studies, members identify service gaps and deficiencies. Their evaluations have resulted in DMHAS decisions to increase funding where service needs were identified, as well as to reduce or eliminate funding where programs were not effectively serving consumers. **This kind of public scrutiny is especially important today to help public officials assess the impact in their communities of rapidly changing models of care and funding levels.**

Directions to Colonnade Banquet & Conference Center

2941 Main Street
Glastonbury, CT 06033



From Rt.15 or Rt.9:

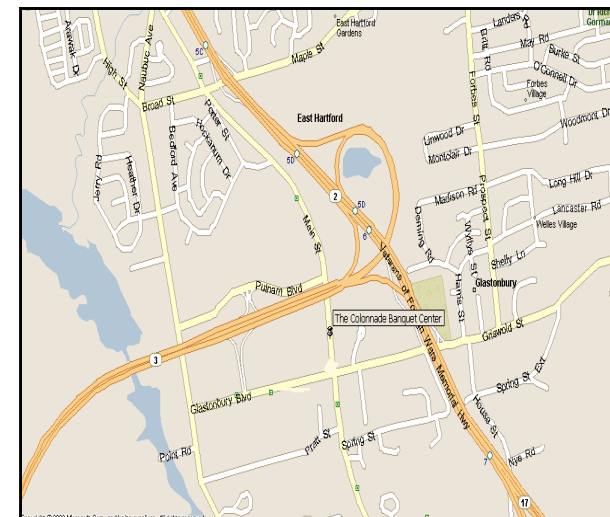
Take I-91 North (follow directions below)

From I-91:

Take Exit 25 North, continue across the Connecticut River. Take the first exit (Main Street / Glastonbury), turn left at the end of ramp. Take a left at next light onto Main Street. The Colonnade is on the far side of the 2nd building on the left and is across the street from Friendly's Ice Cream.

From I-84 & Route 2:

Take Exit 55 to Route 2 East to Exit 5D. This puts you onto Route 3. Take the first exit (Main Street / Glastonbury). Bear right before the first light, then turn right at your next light onto Main Street. Drive under the underpass, the Colonnade is the 3rd building on the right and is across the street from Friendly's Ice Cream.



Reservation Form

Please return by Wednesday, June 11, 2008.

I will attend:

◆ Educational Presentation at 5:30 p.m.

**“A Day in the Life”
Breaking a Deafening Silence
Consumers Interview Consumers**

_____ Yes _____ No
_____ Number Attending
(no charge)

◆ Annual Dinner at 6:30 p.m.

_____ Yes _____ No
_____ Number Attending

Sautéed Chicken Marsala

_____ CAC Member \$ 22.00
_____ Non-Member \$ 24.00

Vegan Ravioli with Wild Mushroom Sauce

_____ CAC Member \$ 22.00
_____ Non-Member \$ 24.00

Tilapia with Mango Sauce

_____ CAC Member \$ 22.00
_____ Non-Member \$ 24.00

\$ _____ Total Enclosed

Please call the Regional Board office if a reduced rate is requested.

Name _____

Address _____

City _____

Telephone _____

Make checks payable to:
NCRMHB, 367 Russell Rd, Newington, CT 06111

**For Information, call (860) 667-6388
Email: Info@ncrmhb.org
Website: www.ncrmhb.org**