



“One person can have a profound effect on another. And two people... well, two people can work miracles. They can change a whole town. They can change the whole world.”

- Diane Frovlov & Andrew Schneider

Autumn 2008

Volume 3 Number 4

### IMPORTANT DATES

- September 25 & 26—The Alabama Minority Consumer Council Conference in Birmingham, AL
- October 4—WINGS Annual Meeting in Montgomery, AL
- November 11, 2008—CMHR Anti-Stigma Event at ASU

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## WINGS has been Awarded a \$25,000 Anti-Stigma Grant from SAMHSA

In July, the Substance Abuse and Mental Health Service Administration’s Resource Center to Promote Acceptance, Dignity, and Social Inclusion Associated with Mental Health (the ADS Center) awarded eleven states grant funding to combat stigma associated with mental health diagnoses, particularly focusing upon 18 to 25 year old minorities. These grants are part of the Campaign for Mental Health Recovery (CMHR) that focuses upon “What a Difference a Friend Makes.” The concept is to educate young adults, so they will support their friends and peers who receive a mental health diagnosis. Eighteen to twenty-five year old adults have almost twice the incidence of serious psychological distress (SPD) as the general population,

but they are the group with the lowest rate of help-seeking behavior.

As one of the eleven states chosen to receive this grant, CONTACT: Wings Across Alabama will hold four education/entertainment events on college campuses. We will attempt to attract college students to these events by providing free entertainment which is interspersed with testimonies about mental health recovery. The first event is scheduled at Alabama State University November 11, 2008 at 7:00 pm in the Shuttlesworth Dining Hall. Stand-up comedy entertainment will be provided by Ced Delaney to attract 18 to 25 year old adults, and recovery testimonials will be provided. Call the office for more information: 1-888-946-4725.

### Other States that Received CMHR Grants

- Advocacy Unlimited, Inc., Wethersfield, CT
- Amistad, Inc., Portland, ME
- Tova’s Nutrition, Education, Sleep Therapy, Inc., Columbus, OH
- Consumers’ Satisfaction Services, Harrisburg, PA
- M-Power (Massachusetts People/Patients Organized for Wellness, Empowerment, and Rights), Roxbury, MA
- Oklahoma Mental Health Consumer Council, Oklahoma City, OK
- Iowa Advocates for Mental Health Recovery, Sioux City, IA
- West Virginia Mental Health Consumers Associations, Charleston, WV
- Mental Health Consumer Advocates of Rhode Island, Inc., Providence, RI
- Vermont Psychiatric Survivors, Rutland, VT

### Thank You:

Ann Jenkins, Yvonne Jones, Mary Dollberry, Adele Morgan, & Zoe Newby for your hard work in Dothan.



From the Director,  
Ronald Hunt

Although this is exciting, it is a venture into uncharted territory. Wings has not traditionally targeted college age adults nor minorities. We will be partnering with the Alabama Minority Consumer Council to reach African Americans and Native Americans. However, we also need to brainstorm ways to reach the Asian/Pacific Islander and Hispanic populations. All of these groups will benefit from anti-stigma education and information

Wings is embarking upon an exciting new initiative. We have received a \$25,000 grant to provide anti-stigma education to 18 to 25 year old adults. Specifically, we are seeking to reduce stigma surrounding mental health diagnoses in minority, college age adults.

If you know of people who would like to collaborate with us on this initiative, do not hesitate to contact WINGS at 1-888-946-4725 (1-888-WINGSAL).

### “Getting in Touch” by Denise F.

The most significant aspect that I learned from the Certified Peer Specialist training is getting in touch with your inner wisdom and helping others to get in touch with their own inner wisdom. That was a theme throughout the course. It was a five day extensive training filled with lectures, small groups and role-playing. It is a worthwhile course for any peer in the mental health field, be it consumer, survivor or ex-patient. It is a good chance to learn about becoming assertive, setting goals and envisioning a better future for yourself and others.

It is difficult to get in touch with your inner wisdom, but it is a good way to get to know yourself better. One way is by journaling and making lists - write down your strengths and weaknesses, your likes and dislikes and write out possible goals for your future. Most of us diagnosed with a mental illness need time to reflect. Visualize what you would like to see yourself doing 5 or 10 years down the line and set realistic goals to reach that potential.

**Check Out Our Website:**  
[www.wingsalabama.org](http://www.wingsalabama.org)

### Membership Application

Mail completed application to:

**Contact: *Wings Across Alabama***  
**PO Box 211286 Montgomery, AL 36121**

**Phone: 1-888-WINGSAL**

Phone: 334-395-7616 Fax: 334-395-7618

E-mail: [rghwings@bellsouth.net](mailto:rghwings@bellsouth.net)

### Become a Member of *WINGS*

We need your help to grow. You are an important part of our team. WINGS success depends upon combining the strength of consumers and other supporters throughout Alabama. Together, we are more effective, efficient, and powerful. We need everyone’s participation to achieve our mission. We invite you to become part of an organization that appreciates what you have to offer. Consumers on disability can join for \$2.00. Those not on disability can join for \$10.00, and non-consumers can join for \$20.00.

Membership Form—Check One	Dues	
<input type="checkbox"/> Consumer on Disability	\$2.00	Name _____
<input type="checkbox"/> Consumer Not on Disability	\$10.00	Address _____
<input type="checkbox"/> Non-Consumer	\$20.00	_____
<input type="checkbox"/> Organization	\$50.00	_____
<input type="checkbox"/> Donation	\$	Phone Number _____
<b>Total</b>	<b>\$</b> _____	Signature _____

The generosity of Sylvia Norton & Ann McCarty made our event in Dothan successful. Thank you for donating the money that was given in memory of Shanda Norton.

Contact: Wings Across Alabama  
 In Partnership with the  
 Alabama Minority Consumer Council and  
 the Alabama Department of Mental Health's  
 Office of Public Information will sponsor  
 the Campaign for Mental Health Recovery  
 (CMHR) at  
 Alabama State University  
 November 11, 2008 at 7:00 pm  
 in the Fred Shuttlesworth Dining Hall.



Comedy for a Cause...

Big laughs... Serious Topic...

The Comedy of Ced Delaney will highlight any evening targeted to 18 to 25 year old adults educating them on the important role they can have in their friends recovery from a mental health diagnosis... love and support. Entertainment will be interspersed with personal testimonials supporting the concept that recovery is real and friendship can work miracles.



Member  
 Spotlight:  
 Nancy Jester

Nancy Jester is a founding Board Member and the current President of

Contact: Wings Across Alabama. She serves the mental health community in many ways, including membership on the Alabama Department of Mental Health's Management Steering Committee, the Mental Illness Planning Council, and the Mental Illness Coordinating Subcommittee. She also leads the R.E.S.T.T. support group in Cullman and does ample volunteer work as a Peer Bridger with a local, private psychiatric unit. She is the President of NAMI-Cullman

Nancy was born in California. She is a mother and grandmother giving her love and respect in varied ways. She is a devout Roman Catholic, and finds that her faith sustains her with recovery. Thank you Nancy for all of your hard work and commitment.

## 12 Key Foundational Building Blocks of the Recovery Process

Developed by Ed Knight  
 and Ike Powell.

- **Symptom Control**—gaining the ability to manage symptoms.
- **Knowledge**—an understanding of our illness is critical.
- **Wellness Plan**—structured system to monitor symptoms & prevent relapse.
- **Hope**—a belief that recovery is possible.
- **Spirituality**—meaning, purpose, and faith can foster recovery.
- **Positive Self-Image**—seeing ourselves as people and not diagnoses.
- **Support Network**—friends, family, support group.
- **Personal Goals**—goals allow hopes and dreams that determine our path to recovery.
- **Economic Stability**—having basic needs and obligations met are essential for recovery.
- **Personal Responsibility**—making good decisions leads to mastery and control of one's life.
- **Physical Health**—affects mental health.
- **Choice**—recovery is different for each of us. Making choices is essential for recovery.

Thanks for your Donations:

Catlin Cade, IV  
 Burr Ferguson  
 Ronald Hunt  
 Phillip Reddick  
 Henri Siebels  
 Drew Wright

**MISSION STATEMENT :**  
**CONTACT: WINGS ACROSS ALABAMA IS A NON-PROFIT ORGANIZATION FOR CONSUMERS OF MENTAL HEALTH SERVICES WITH A DEDICATION TO MAKING POSITIVE CHANGE IN THE LIVES OF CONSUMERS THROUGH EDUCATION, ADVOCACY, TRAINING, SERVICES, AND TECHNICAL ASSISTANCE, AS WELL AS THROUGH BUILDING A STRONG NETWORK OF CONSUMERS ACROSS ALABAMA WITH THE RECOGNITION THAT INCLUSION, PEER SUPPORT, TRUE COMMUNITY INVOLVEMENT AND PARTICIPATION, SELF-EMPOWERMENT, AND QUALITY MENTAL HEALTH SERVICES ARE KEY INGREDIENTS TO RECOVERY.**

## The Technical Assistance Training in Dothan was a Success

Peter Ashenden and Ann E. Spehar provided technical assistance training to consumers in Dothan July 25 and 26, 2008. On Friday, approximately 150 clients/consumers from Spectracare (a/k/a Wiregrass Mental Health Center) attended the morning session. Mr. Ashenden has recently been promoted the Interim CEO/President of the Depression and Bipolar Support Alliance. He spoke on Hope and Recovery in the morning, and consumers really seemed to connect with his message. A brief introduction to his presentation is on page 3 explaining the Twelve Key Foundational Building Blocks of the Recovery Process.

After lunch, he provided an overview of the organization's mission and goals, and an appeal for a financial contribution.



*Peter Ashenden addressing the crowd.*

Ms. Spehar explained the role and importance of raising funds through a variety of methods: Events, Sponsorship, Appeal, In-Kind Donations, and Proposals. She also led us in role playing exercises in which we practiced our "elevator pitch." This is a 2 to 3 minute explanation of the organization's mission and goals, and an appeal for a financial contribution.

We want to again thank Sun Foods of Albertville, Alabama. Thank you Mac for continuing to donate food for our training events.

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"Comedy for a Cause"  
 will be held November 11, 2008  
 At Alabama State University.

P.O. Box 211286  
 Montgomery, AL 36121-0286

