



“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

Summer 2008

Volume 3 Number 3

**IMPORTANT DATES**

- June 20, 2008 – Scholarship Deadline for Dothan, AL.
- July 25 & 26, 2008 – Technical Assistance Training in Dothan, AL.
- August 11–15, 2008 – Certified Peer Specialist (CPS) Training.

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**The Alabama Recovery Conference was Packed with Activities**

The sixteenth Annual Recovery Conference was held April 29 through May 1, 2008 at the Shocco Springs Retreat Center. Commissioner John Houston was awarded the prestigious Hope Award for his lifetime service and commitment to mental health.

The Alabama Minority Consumer Council presented the Kathy Sawyer Award to WINGS President Nancy Jester, and three WINGS Board members (Ann Jenkins, Sara Parfait, and Vickey Pierson) received the RESPECT Award.

Two successful consumers gave keynote addresses at the Conference. Joseph Rogers of the National Mental Health Consum-

ers’ Self-Help Clearinghouse and Clint Rayner, Chief of the Office of Consumer and Family Affairs of the Florida Department of Children and Families, both inspired attendees with their presentations on recovery, advocacy, and self-empowerment.



Joseph Rogers addressing conference attendees on Advocacy and Rights.

Of course, our favorite annual events such as the talent show, the watermelon social, the candlelight vigil, and the dance were all well received. And WINGS sponsored a new event this year. The Meet and Greet was held outside of the Bagley Center on the first day.

Most of us are counting the days until next year’s conference.

**Thank You:**  
Ann Jenkins, Adele Morgan, & Zoe Newby have worked extra hard planning our upcoming training session in Dothan.

**Congratulations RESPECT Award Winners**

- |                          |               |                 |
|--------------------------|---------------|-----------------|
| Margaret & Gene Arbogast | Ann Jenkins   | Sara Parfait    |
| Barry Brunner            | Ed Joyner     | Vickey Pierson  |
| Elizabeth Burbey         | Lakshmikantha | Sally Proctor   |
| Ann Carswell             | Kumbla        | Toshi Shoulders |
| Paula Collins            | Jay MacGuire  | Greg Swanner    |
| Josie & Rudy Galindo     | Earl Mitchell | Timothy Tartt   |
| Jackie Holmes            | Lucy Murphy   |                 |



From the Director,  
Ronald Hunt

How often do we practice our tools of recovery? We may be symptom free, living independently, and even working. But is our behavior an example for others to follow? Or do we do the opposite, like gossiping or comparing ourselves to others? Do we embrace our peers'

successes and not judge their shortcomings? Or do we focus primarily upon our own personal needs?

Recovery is a personal process that leads to a better life. However, it also helps other people learn to mature and thrive. Recovery and growth begin within an individual, but eventually lead outward in service to others. You cannot "fix" another person, but you can help them become more self-aware.

Life is about making choices. There are times when I am not proud of my behavior, but I do believe that recovery begins with respect. If your behavior is not respectful, then are you practicing the tools of recovery?

## “Heroes in the Fight”

*Heroes in the Fight* is a recognition partnership program established by Eli Lilly and Company. This program celebrates dignity, courage, hope, and recovery in the ongoing treatment of mental health by recognizing “heroes” who provide exemplary care and support to consumers and family members. If you know of a psychiatrist, mental health provider, community supporter, media professional, or treatment team who exemplifies qualities that far exceed his or her professional responsibilities, then nominate him or her (or more than one) as a *Hero in the Fight*. The deadline for nominations is August 27, 2008. Those chosen, will be recognized at Mental Health America’s annual banquet meeting September 23, 2008.

Because of privacy regulations, nomination forms will not be mailed this year. The nomination form is available online at [www.heroesinthefight.org](http://www.heroesinthefight.org). You may also obtain a nomination form from any WINGS, MHA, NAMI, or DMH/MR office.

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 cost \$20.00.

**Congratulations:**  
The Following People  
Won Wal-Mart Gift  
Cards at the Recovery  
Conference:  
**Charles (\$15),  
Jo Ann (\$25),  
Jason (\$35), and  
Idella (\$75).**

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 _____

## Peter Ashenden and Ann E. Spehar of DBSA will discuss Recovery, Hope, and Fundraising Techniques July 25 & 26, 2008 in Dothan.

A Limited Number of Scholarships are Available for Lodging & Meals. Scholarship recipients must provide their own transportation, including the cost of gasoline.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address 1

\_\_\_\_\_  
Address 2

\_\_\_\_\_  
City State Zip Code

\_\_\_\_\_  
County of Residence

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
E-mail

PLEASE ANSWER THE FOLLOWING QUESTIONS to be considered for a scholarship. The deadline to apply is June 20, 2008. Mail your essays along with this application to:

CONTACT: Wings Across Alabama  
P.O. Box 211286  
Montgomery, AL 36121

### Essay Questions

- What does "Wellness" mean to you?
- What tools do you use to remain in recovery?
- How can you assist others establish and maintain wellness and recovery in their daily lives?

### CPS Training: Aug. 11–15

The Alabama Department of Mental Health has scheduled the third Certified Peer Specialist (CPS) training for August 11–15, 2008 at the Shocco Springs Retreat Center near Talladega, AL. If you are a consumer in recovery with a high school diploma or GED, you may qualify for this training. As a peer specialist, you must be willing to share your personal experiences with mental illness publicly and have good written and oral communication skills. Presently, Alabama has 44 certified peer specialists. Call 1-800-832-0952 for more information.

#### Thanks to those who Give so Much:

Bill & Lindsey Barclift  
Ronald Hunt  
Ann Jenkins  
Nancy Jester  
Sylvia Norton  
Steve Puckett  
Donetta Wilson

### Participants Are Excited About WRAP

Based upon responses to an evaluation mailed two weeks after the WRAP™ workshop in March, 85% thought WRAP™ was a useful recovery tool, and all respondents agreed that the WRAP™ facilitator training should be brought to Alabama. Sixty-two percent of respondents have already assisted another consumer develop a WRAP™ plan, and more than three-fourths of the respondents would like to become WRAP™ facilitators. The biggest challenge that we now face is finding the funding source to train everyone about WRAP™.



Member  
Spotlight:  
Steve Puckett

Steve Puckett is the Vice President of WINGS, and a very active volunteer in the area of mental health. He has successfully completed both the Certified Peer Specialist and the "In Our Own Voice" trainings. He is also a volunteer with UAB Day Treatment, as well as the 1920 Club. He is very proactive, having raised funds for both the membership meeting in January and the WRAP™ training in March.

Steve is the proud father of three successful children, one of whom graduated from veterinarian school this spring. His biggest challenge appears to be training a rambunctious Beagle named Lillie. He has such a big heart, he cannot tell Lillie "no."

**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**

Peter Ashenden & Ann E. Spehar of DBSA are coming to Dothan. Friday, July 25th will be about Recovery & Wellness. Saturday, July 26, 2008 will be about Non-Profit Fundraising and Development. Scholarships are available.

This technical assistance training weekend is being sponsored by The National Association of State Mental Health Program Directors' Office of Technical Assistance through a grant from the Substance Abuse and Mental Health Services Administration and the Center for Mental Health Services.

**“A Dialogue on Hope and Recovery,” an Organizational WRAP, and Fundraising**

Many of you may remember Peter Ashenden. He is the consumer/survivor who spoke in Birmingham about Board development, and helped us begin planning for WINGS future. He is returning to Alabama on July 25, 2008 to discuss hope, recovery, and wellness. In addition, on Saturday, July 26, Ann E. Spehar will help us sharpen our skills in the area of fundraising. There are so many worthwhile projects competing for limited funds. In order for WINGS to become more successful, we must learn to be more effective at articulating why we need money and how we will use it. If you reside in the Dothan area, please RSVP to reserve your space (1-888-946-4725 or 1-888-WINGSAL). For consumers in other areas, consider applying for a scholarship (See page 3 for more information). If selected, WINGS will provide your meals and hotel accommodations. Scholarship recipients will share a room with a member of the same sex. If needed, we will make every effort to assist you in finding transportation to Dothan.

We want to thank two businesses from Albertville, Alabama who have been very generous. Thank you Mac of Sun Foods and Sabrina of Shoney's.

Non-Profit Org.  
US Postage Paid  
Montgomery, AL  
Permit No. 257

The deadline for scholarship applications for Dothan is June 20th. Apply Today!

WINGS  
ACROSS ALABAMA  
P.O. Box 211286  
Montgomery, AL 36121-0286

