



“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

Winter 2008

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IMPORTANT DATES

- January 12, 2008 – Membership Meeting at the Center for Psychiatric Medicine Auditorium in Birmingham.
- March 12, 2008 – Deadline for RESPECT Award Nominations.
- March 21 & 22, 2008 – Organizational WRAP Session held in Birmingham.

Peter Ashenden will Facilitate a Meeting in Birmingham on January 12, 2008

WINGS will hold a membership meeting and consumer board development session Saturday, January 12, 2008 at the Center for Psychiatric Medicine (CPM) Auditorium on the UAB Hospital campus in Birmingham. All interested parties are invited to attend. We will be refining our mission and vision for our statewide consumer organization. We will also have a session about the responsibilities that Board membership entails. We hope you will attend.

Peter Ashenden is a consumer/survivor and the Executive Vice President for the Depression and Bipolar Support Alliance (DBSA). He was also the Executive Director of the Mental Health Empowerment Project (MHEP) for eleven years. Mr. Ashenden provides training to consumers/survivors and mental health professionals and has been active in starting many self-help groups. He is certified by Mary Ellen Copeland to train recipients of mental health services in the Wellness Recovery Action Plan, and he is a member of their Advisory Committee.

Local Needs have been Identified during Planning

The Alabama DMH/MR recently improved its planning process by actively engaging the input of stakeholders’ needs and desires. The Local Needs Assessment Meetings began on October ninth for Mental Illness, Mental Retardation, and Substance Abuse 310 Boards and recently ended on December nineteenth. Consumers, family members, advocates, providers and other stakeholders participated. Representatives were selected from each stakeholder category to participate in regional planning beginning in the first quarter of this year. Some of the issues identified include expansion of Consumer and Family Member Support Groups; Acute Mental Illness Care; Child/Adolescent Services; Substance Abuse/Co-occurring Services; Respite Care; Transportation; Socialization; Employment; Residential Services/Housing; and Case Management. Substance abuse treatment services for females were also cited as a need, along with increased anti-stigma education and information regarding treatment and support services. The recruitment and retention of staff was cited as a concern, along with a need for increased technology including telepsychiatry. These needs will be prioritized during regional planning, and goals and strategies will be developed from these priorities for submission to each DMH/MR Coordinating Sub-Committee.

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**From the Director,
Ronald Hunt**

This month, I thought we would use a photograph from the Alternatives 2007 Consumer Conference held in St. Louis, MO. Yes, that is the base of the Gateway Arch in the background. The Conference was spectacular, and I

learned a lot by networking with other consumer leaders. WINGS Vice President Steve Puckett also attended, as did long-time advocate Pamela Trammell and Mike Autrey from the Office of Consumer Relations.

This Conference definitely reinforced the belief that Alabama's consumer movement needs technical assistance on how to more effectively advance its agenda. Therefore, with the assistance of Alabama DMH/MR, we have secured funding from the National Technical Assistance Center to bring Peter Ashenden to Birmingham on Saturday, January 12, 2008. Peter will facilitate a strategic plan for WINGS, as well as instruct consumer leaders to become more effective leaders and Board members.

I hope you will reflect upon what you see Alabama's consumer movement achieving immediately, as well as five or more years down the road. Progress is incremental, and it is imperative that we develop attainable short-term goals that lead us to our ultimate vision of what we desire to accomplish as a statewide organization.

The Five Key Recovery Steps of WRAP include:

- **Hope** - People who experience mental health difficulties get well, stay well and go on to meet their life dreams and goals.
- **Personal Responsibility** - It's up to you, with the assistance of others, to take action and do what needs to be done to keep yourself well.
- **Education** - Learning all you can about what you are experiencing, so you can make good decisions about all aspects of your life.
- **Self Advocacy** - Effectively reaching out to others, so that you can get what it is that you need, want and deserve to support your wellness and recovery.
- **Support** - While working toward your wellness is up to you, receiving support from others, and giving support to others will help you feel better and enhance the quality of your life.

**Check Out Our Website:
www.wingsalabama.org**

Membership Application

Mail completed application to:

CONTACT: *Wings Across Alabama*
P.O. Box 211286 Montgomery, Al 36121
Phone: 1-888-WINGSAL
Phone: 334-395-7616 Fax: 334-395-7618
E-mail: 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.

**It's Time to Pay
Your 2008
Annual Dues.
Those Who Join
Or Renew by
April 2008 will Be
Entered into a
Drawing for a
Door Prize.**

Membership Form—Check One	<u>Dues</u>	Name
<input type="checkbox"/> Consumer on Disability	\$2.00	_____
<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 _____
Total \$ _____		Signature _____

Kathy Muscari of CONTAC will be facilitating an Organizational WRAP Session March 21 & 22 in Birmingham

Essay Application for WRAP Training

Name

Address 1

Address 2

City State Zip Code

County of Residence

Phone Number

E-mail

_____ I need transportation assistance for
_____ this event.

PLEASE ANSWER THE FOLLOWING QUESTIONS to be considered for the WRAP Session. Please note: if you have already written an essay, please call us at 1-888-WINGSAL (1-888-946-4725). Mail your essay along with this application to:

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

Essay Questions

- Why would you like to become an advocate for others?
- How would you like to be serving others in five years ?
- What services would you change and why?

**We would like to welcome our two newest Board members:
Sara Parfait of Jacksonville, AL & Ann Jenkins of Boaz, AL**



Member Spotlight: Allison Mosher

Allison Mosher grew up in Alabama, graduated from Auburn University, and has worked for the UAB React Team as a peer support specialist. She is currently taking on two new challenges. She will be working for the Center of Excellence

as it evaluates the effectiveness of the certified peer support and supportive housing programs that DMH/MR is presently implementing. She will also be coordinating NAMI-Alabama's "In Our Own Voice" (IOOV) program that trains consumers to reduce stigma by telling their recovery stories. In a typical IOOV program, two consumers will each give a three minute presentation of their story before a 12 minute video is played. Then, the two consumers will take questions from the audience. The objective is to create interaction between the audience and the consumers. The first training is set for February, so interested consumers are encouraged to contact NAMI-Alabama (800-626-4199) or Allison at UAB (205-996-6683).

A First Class of Peer Specialists have been Certified

The first class of peer specialists have become certified. Twenty-three of the twenty-eight participants passed the exam. The graduates can now apply for certified peer specialist positions at Community Mental Health Centers across the state. Wings is excited about this new opportunity for consumers to plant the seed of recovery for others.

Much Gratitude to our Donors:

The Cholesterol Club (Norman Jetmundsen, Jr.; Phillip Reddick; Heyward Hosch, III; Catlin Cade, IV; Donald Menendez; & Thomas Brander)
Jacqueline Feldman, MD
Guy Mitchell of Mitchell Industries
Steve Puckett
Sam Sharp of Sharp Realty

Nominations for the RESPECT Award are Due by March 12, 2008. If you need more information, contact the Office of Consumer Relations at 1-800-832-0952.

There was an error on the Flyer mailed for the Membership Meeting January 12. The address is 1713 Sixth AVENUE (not Street).

1-888-WINGSAL or 334-395-7616
Fax: 334-395-7618

Montgomery, AL 36121-0286

P.O. Box 211286



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.

Apply for the Organizational WRAP

WINGS has fifteen openings for consumers that want to become more active as leaders of the consumer movement in Alabama. Interested parties should be willing to utilize the wellness skills they learn to educate, reduce stigma, and advocate for the rights of other consumers. An application for this training is available on page three of this newsletter. If selected, WINGS will provide your hotel accommodations with two double beds for the night of March 21, 2008, but participants will have a roommate of the same sex. We will also provide all meals beginning with lunch on Friday, March 21 and ending with lunch on Saturday, March 22. *If you are interested and transportation is a problem, complete the application and request transportation assistance.* We will see if there are other members in your area that you can carpool with.

Although it is not mandatory, the selection committee will consider participation in the Consumer Board Development Session that will be held in Birmingham on January 12, 2008. We believe that consumers interested in statewide consumer networking should make every attempt to participate in the strategic planning and leadership training that Peter Ashenden is providing on January 12, 2008.

Consumer Meeting
& Board Development
Session

January 12, 2008

UAB Center for
Psychiatric Medicine
Auditorium.

1713 Sixth Avenue S.
Birmingham, AL.

Registration begins at
9:30 am.

Lunch will be provided.