



Community Network Services Synopsis of the Stomp Out Stigma Presentation

Objectives

To Encourage and Support Recovery By:

- 1) Increasing knowledge and awareness of stigma/discrimination and recovery as it relates to mental health issues.
- 2) Exploring the perceptions and attitudes about mental illness that are currently held by the attendees as they hear recovery stories of hope told to them by people who have personal experience with mental health challenges.
- 3) Encouraging participants to use their newly acquired knowledge to become advocates on mental health issues in their community.

Course Description-CNS Anti-Stigma Program Presents “Recovery In Action”

Providing mental health education and awareness has been the priority of the CNS Anti-Stigma program for many years. “Stomp Out Stigma” is one of several programs that the CNS Community Educators use to convey their message of hope and recovery.

Other programs that were added to the curriculum included “Recovery, It’s A Journey and Not A Destination”, “Money, Meaning and Moving Forward, Making Work, Work for You”, and “Fighting Stigma Through Peer-Led Community Education”.

As we examine all that the CNS Anti-Stigma Program does, we could see that most of our endeavors can be summed up in one idea-**Recovery, promoting and celebrating Recovery.**

Assorted Workshop Topics for “Recovery In Action” include but are not limited to:

What is stigma?
What is good mental health?
Myths/Facts about mental illness
You’re in good company –Showcasing many famous people who have faced challenges with mental illness and/or substance abuse
Personal stories of hope and recovery
Mental Health 101
Recovery is a Journey, Not a Destination
A Closer Look at Recovery Principles
Mental Health First Aid

Speakers Bios:

The Community Network Services' Anti-Stigma Program Team consists of Malkia Maisha Newman, Kimberly Rider and Amy Yashinsky. The program was originally created with a grant from the Michigan Department of Community Health in 2005.

Malkia brought customer service and retail management experience to the program. Serving in her community for many years, Malkia is a Board Member on the Oakland County Community Mental Health Authority Board.

Kimberly has marketing and clerical experience and enjoys public speaking. She is currently working towards completing her Bachelors degree in nursing.

As the Coordinator of Community Education, Amy oversees the Family Psychoeducation program as well as provides education to the community on mental health and related topics.

Accomplishments:

The CNS Anti-Stigma Program has received honors locally and nationally for advocacy.

The Eli Lilly Reintegration Award 2nd Place, Advocacy 2006

Michigan Dept. of Community Health Recipient Rights Advocacy Award 2006

Oakland Co. Community Mental Health Authority, Stigma Buster Award 2007

Mental Illness Research Assoc. (MIRA) Milestone Award 2008

Alliance on Mental Illness (AMI) of Oakland Co., Michael Curtis Award 2008

SAMSHA Voice Awards, Honorable Mention, Documentary Film 2008

To date the program has reached over 17,000 people all over the state of Michigan and the country with their message of hope and recovery.