

# Catalog of Programs and Services



1211 Chestnut Street, 11th Floor • Philadelphia, PA 19107-4122 • ph 610.292.9922 ext.114 • fax 610.202.0388 • toll free 1.800.688.4226 ext. 265

[www.mhrecovery.org](http://www.mhrecovery.org)

[recovery@hasp.org](mailto:recovery@hasp.org)

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<http://www.mhrecovery.org>.**

# Introduction

**The President’s New Freedom Commission on Mental Health posed a fundamental challenge to the behavioral health system in the United States when it concluded “...that the system is not oriented to the single most important goal of the people it serves – the hope of recovery.” Taking this provocative challenge one step further, the Commission also stated that “more individuals could recover from even the most serious mental illnesses if they had treatment and supports that are tailored to their needs” (President’s New Freedom Commission, 2003).**

**The Commission’s embrace of the vision of recovery was a turning point in history of behavioral health services in America. There is now a mandate to actively engage consumers of behavioral health services (consumers) in defining, designing, and participating in their own treatment and support plans. This mandate also validates the goal of consumers living meaningful, productive, and independent lives in the community of their choice.**

**The Institute for Recovery and Community Integration (the Institute) was founded by consumers and consumer supporters to turn the mandate of the President’s Commission into operational reality on the ground.**

**The Institute is changing the way states and local communities throughout America think about, plan for, and carry out behavioral health services.**

**The Institute is helping state and local behavioral health systems, behavioral health agencies, human service agencies, and consumer/consumer-supporter organizations to put the philosophic principles of recovery, peer support, and community integration into practice at the systemic level.**

**The faculty of the Institute, supported by the leading academic, professional, and consumer experts in the field, works with the key stakeholders to develop a plan that addresses the unique conditions of each individual organization. The Institute offers a menu of training and technical assistance programs and services that can be customized to serve the specific needs of each system or agency.**

## Our Philosophy

The work of the Institute is rooted in a set of passionate beliefs: that people can and do recover from mental illness and addiction; that all people—including consumers of behavioral health services—must have opportunities to participate fully in the communities of their choice; that peers helping peers is integral to the recovery process; and that we must transform our systems of care into systems of hope.

## Our Foundation

The 1999 Surgeon General's Report and the recent President's New Freedom Commission on Mental Health (2003) affirm for what consumers of behavioral health services and allied researchers have been declaring for years: recovery is possible, recovery is the goal. Specifically, the Surgeon General's Report recommends that all behavioral systems adopt a recovery focus or a recovery orientation. The New Freedom Commission recommends that consumers be fully involved in orienting the system toward recovery. Further, the mandate of the Olmstead decision (*Olmstead v. L.C. & E.W.*, U.S. Supreme Court, 1999) brings people with psychiatric disability into the scope of disability rights and requires states to plan to eliminate segregation and barriers to full participation in community life.

The Institute's programs and services are designed to help systems begin that process toward recovery, peer support, and community integration.

## Our Mission

The mission of The Institute is to introduce and advance the principles of mental health recovery, peer support, and community integration as catalysts for transforming individual lives and for transforming local, state, and national mental health systems. The Institute seeks to establish hope, personal responsibility, education, self-advocacy, and support as the foundations of mental health treatment that emphasizes hope, affirmation, participation, and productivity for consumers of mental health services in a culturally competent manner.

# About Us

The Institute is a project of the Mental Health Association of Southeastern Pennsylvania (MHASP).

**MHASP ([www.mhasp.org](http://www.mhasp.org)) is a non-profit organization that was founded in 1951. For over 50 years, MHASP has been organizing, educating, and advocating for the rights of people with mental illness. MHASP is one of the nation's leading organizations conducting mental health advocacy, education, and service programs. MHASP has been a pioneer in developing and promoting consumer-operated services. Consumers of mental health services and family members are involved as board members, staff, core volunteers, and key constituents in this innovative agency.**

**The Institute ([www.mhrecovery.org](http://www.mhrecovery.org)) was founded by MHASP in 2004. The Institute began at the local level by partnering with the Montgomery County, Pennsylvania Mental Health/Mental Retardation/Drug and Alcohol Program to implement a model Certified Peer Specialist (CPS) Program. Through this program, current and former behavioral health consumers were trained and certified to function as providers of peer behavioral health services. Based on the success in Montgomery County, the Pennsylvania Office of Mental Health and Substance Abuse Services contracted with the Institute to develop and implement a state-wide CPS program. The Institute is now providing technical assistance on CPS programs to behavioral health systems and agencies across the United States. The Institute is also one of the national centers of excellence for delivering training and technical assistance to organizations implementing Mary Ellen Copeland's Wellness Action Recovery Plan (WRAP). WRAP is a nationally recognized self-help program. The Institute has provided WRAP training to hundreds of local behavioral health systems, behavioral health agencies, human service agencies, consumer and consumer-supporter organizations.**

**In addition to advancing CPS and WRAP, the Institute has provided numerous other programs and services related to recovery, peer support, and community integration to a wide range of agencies and organizations over the last several years.**

# Our Partners

The Institute's partnerships with three nationally acclaimed centers to ensure that its programs and services are based on the highest professional standards, best practices, and cutting-edge research in the fields of recovery, peer support, and community integration.

## The National Mental Health Consumers' Self-Help Clearinghouse

The National Mental Health Consumers' Self-Help Clearinghouse ([www.mhselfhelp.org](http://www.mhselfhelp.org)), the nation's first national consumer technical assistance center, has played a major role in the development of the mental health consumer movement since 1986. The Clearinghouse fosters consumer empowerment through its website, up-to-date news and information announcements, a directory of consumer-driven services, electronic and printed publications, training packages, and individual and onsite consultation.

## The UPenn Collaborative on Community Integration

The UPENN Collaborative on Community Integration ([www.upennrrtc.org](http://www.upennrrtc.org)), based at the University of Pennsylvania, is funded by the National Institute on Disability and Rehabilitation Research (NIDRR) to conduct research, education, and technical assistance. It is the first project of its kind to focus on the community integration of people with psychiatric disabilities. The UPENN Collaborative is breaking down the barriers that prevent consumers from living active, equal lives in their communities.

## The Copeland Center for Wellness and Recovery

The Copeland Center for Wellness and Recovery ([www.copelandcenter.com](http://www.copelandcenter.com)) is one of the most highly regarded centers promoting personal, organizational, and community wellness and empowerment. The Copeland Center provides training, certification, and technical assistance for individuals and organizations operating training programs for Mary Ellen Copeland's world-famous Wellness Action Recovery Plan (WRAP).

*Further, the Institute also partners with a consumer-operated organization in Western PA.*

The **Peer Support & Advocacy Network (PSAN)** is a 100% (behavioral health) consumer-operated, non-profit, holistic, and multicultural agency. Our goal is to assist consumers to empower themselves through voluntary, strengths-based, choice-driven programming, advocacy, information and referral, access to community resources, and informal activities. Respect, empathy, and encouragement are our guiding principles.

## **Programs and Services**

### **Who are our customers?**

The Institute offers programs and services that can be purchased by both *systems and organizations*, such as state behavioral health systems, local behavioral health systems, behavioral health agencies, human service agencies, and consumer and/or consumer-supporter organizations. Our programs and services are designed to transform the fundamental way that behavioral health services are delivered. We help to create the methodologies and train the personnel for providing ongoing recovery and community integration services to individual consumers.

Institute programs and services cannot be purchased directly by individuals. (See How Individual Consumers Can Access Programs/Services.)

### **Systems Transformation Toward Recovery, Peer Support, and Community Integration**

Recovery is not a product that can be purchased off a shelf or downloaded from the Internet. Recovery is a deeply personal journey that involves the restoration of hope, self-direction, self-respect, empowerment, responsibility, resiliency, and holistic health (SAMHSA National Consensus Conference on Mental Health Recovery and Mental Health Systems Transformation, 2004).

Similarly, transforming a state or local behavioral health system, behavioral health agency, human service agency, or consumer/supporter organization into a recovery-oriented institution is not a singular product. Rather, transformation is a collaborative process that involves multiple stakeholders, that honestly examines the current state of the recovery environment, creates a vision for the future, and develops a plan to make that vision a reality.

As the national behavioral health system shifts toward recovery-oriented approaches and funding is increasingly tied to the ability of an organization to demonstrate their own recovery expertise, there is a natural tendency for agencies to look for a quick and easy model to assemble. Systems, agencies, and organizations are often more interested in specific training products rather than a process of system transformation. For example, the Institute is receiving a flood of requests for training Certified Peer Specialists, since new funding streams are opening up that require the utilization of Peer Specialists in the field.

We obviously want business – and we are more than capable of providing specific programs and services that meet your needs – but we also want you to succeed. We want your system, agency, or organization to be one of the models for the new recovery movement. We can help you achieve that goal. We'll work with you to develop a customized approach.

## Certified Peer Specialist (CPS) Program

- **Transforming the Environment**

*Contact the Institute for a free consultation to discuss a service plan and fee structure for a comprehensive environmental transformation package.*

The Institute's Certified Peer Specialist (CPS) Program is distinguished by the comprehensive use of training and collaborative technical assistance for all stakeholders. The training of Peer Specialists is only one part of what we do – the easy part!

If you contract with the Institute, we will begin by providing intensive technical assistance to administrators and providers around issues of recovery, peer support, and peer specialist services. Our goal is to help transform the culture of the provider system into one that values and supports peer specialist services. Without such system transformation, peer specialists cannot be effective – indeed, they may never even be hired.

There are numerous talented people in recovery from psychiatric disorders who have the potential to help others achieve recovery. Finding and training them is a natural and easy process. Transforming the provider culture is the most challenging part, and that's where we concentrate our efforts in working through the critical steps outlined below.

### **Transforming the Environment: 13 Steps For Developing & Implementing a Certified Peer Specialist (CPS) Program**

- 1. Develop Planning Teams:** We will help you convene a diverse and representative group of stakeholders.
- 2. Assess Strengths of the System and Barriers to Change:** We will facilitate a thorough and honest analysis of your current system.
- 3. Develop Timeline for Overall Project:** We will guide you in setting a demanding but realistic time frame for achieving your long term goals.
- 4. Develop Educational and/or Training schedule:** We will assist you in putting together an achievable program calendar for all Peer Specialist related trainings.
- 5. Start Meeting:** We will coach you through the start-up process of collaboration and help you establish a healthy group dynamic within your Planning Team.
- 6. Bring in Technical Assistance:** We will connect you with experienced consultants, speakers, and role models who will give specialized guidance to your organization.

- 7. Collaborate:** We will mentor you through the complexities of ongoing strategic and cooperative work across roles, disciplines, and constituencies.
- 8. Develop Job Descriptions:** We will help you articulate well-defined employment roles that build on the specific strengths of your organization and maximize the effectiveness of Peer Specialists and their supervisors.
- 9. Develop Application Process:** We will guide you toward clear and fair procedures for recruiting and hiring that are consistent with your organization's existing personnel policies.
- 10. Advertise Positions:** We will help you develop effective and cost-efficient advertising to attract excellent job candidates.
- 11. Additional Trainings:** We will help you develop a plan for continued education in order to support the ongoing transformation of the environment.
- 12. Professional Development Meetings:** We will help you develop a plan for ongoing CPS professional support, resource sharing and networking.
- 13. Supervisors Development Meetings:** We will help you develop a plan for CPS job supervisors' professional support, resources sharing and networking.

At the conclusion of this 13-step process, a state or local behavioral health system, and their partners, will have developed the philosophic foundation, collaborative team of stakeholders, organizational capacity, qualified staff people, and long-term vision to ensure that their Certified Peer Specialist program will be a success.

- **Certified Peer Specialist Training Course**

10 day session, minimum 15 participants – maximum 20 participants
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The Certified Peer Specialist Program curriculum focuses on the principles and philosophy of recovery. The course facilitates learning by relating each session of the training encounter to the participants' personal experience of recovery, and provides practice in the core skills of peer-to-peer support. The curriculum is presented within a three-part framework, which emphasizes:

### 1. Principles of Recovery and Peer Support

The content of the CPS training course is centered on the principles of the recovery model of behavioral health and on the core values and practices that should guide peer-to-peer mental health support. By relating all of these concepts to the participants' personal experiences, this interactive course ensures an enduring understanding of recovery and peer support by participants, not just a rote or superficial grasp of course material.

## 2. Essential Skills of Peer Support

The training sessions progress so that participants learn to translate the *concepts* of recovery and peer support into the *specific skills and attitudes* required for success with peers. Skill development is an explicit focus, with time allotted for addressing several discreet competencies, such as active listening, group facilitation, personal sharing, problem solving, etc.

## 3. Experiential Group Process

Training sessions are designed for participants to learn in a variety of ways—primarily through direct, personal experience, rather than by lecture. The curriculum is implemented through dynamic and engaging methods, which include role-playing simulations of CPS practice situations, instructor feedback, individual reflection, and small and whole group dialogue and discussion.

By participating in the training, participants will:

- gain new knowledge and understanding;
- develop new skills;
- increase personal awareness;
- enhance personal recovery;
- receive CPS certification.

## 4. Certification Process:

Graduates of our Certified Peer Specialist Program attain skills and knowledge that are recognized at the federal level by the Center for Medicaid Services. The Institute's standards meet or exceed of the training requirements of all existing CPS curricula in the United States. The Institute's training program ensures that CPS graduates have a solid foundation to begin their Peer Specialist careers. Graduates are trained and prepared to inspire, empower, and support other peers in their recovery journey.

The Institute's curriculum and certification process has been reviewed and endorsed by Pro-Act, an addictions advocacy organization; Sherry Mead, a national leader in the Peer Support movement; and the University of Pennsylvania's Collaborative on Community Integration Program. In completing the CPS course, participants also meet the prerequisites set by the Copeland Center for becoming Certified WRAP facilitators.

If you represent an organization or state system seeking Medicaid approval for a Peer Specialist program, the Institute can provide technical assistance services to help you gain that approval.

## Certified Peer Specialist Supervisor's Training

Two day session, minimum 15 participants

The Certified Peer Specialist Supervisors Training is designed to equip supervisors of Peer Specialists with the knowledge and skills to operate a peer specialist service. Participants will learn theoretical, historical, and practical aspects of recovery and community integration as they relate to peer specialist services. Participants will also review Performance Management concepts and skills as effective tools for maximizing the impact of CPS programs. During this workshop, participants will:

- gain a thorough understanding and knowledge of recovery and peer support in a behavioral health service system;
- gain a thorough understanding and knowledge of the role of the Peer Specialist in a behavioral health system;
- gain and/or reinforce knowledge of Performance Management theory that can be applied to enhance work performance of Peer Specialists practicing in a behavioral health system.

Audience: All Peer Specialist Supervisors or potential supervisors

### • Ongoing Technical Assistance

In conjunction with the core trainings, the Institute also provides a broad array of technical assistance activities and support, which are available before, during, and after core trainings. We provide technical assistance to states, counties and other contracting organizations, provider agency staff (especially supervising staff), peer specialists, and other relevant stakeholders. Our technical assistance is designed to help lay the groundwork for the introduction of peer specialists into the workforce and to assist and support all relevant stakeholders once the training has occurred and employment begins. Examples of technical assistance include, but are not limited to, the following:

- facilitating planning work groups to implement recovery-based consumer-operated services;
- developing job descriptions for peer specialist positions;
- training to prepare existing staff to work with a more recovery-based approach;
- assisting with supervisory challenges.

Audience: Contracting organizations

## The Wellness Recovery Action Plan (WRAP)

The Wellness Recovery Action Plan, or WRAP as it is popularly known, is a self-management and recovery system developed by Mary Ellen Copeland and a group of people with mental health difficulties who were struggling to incorporate wellness tools and strategies into their lives. WRAP is designed to:

- decrease and prevent negative feelings and behavior;
- increase personal empowerment;
- improve quality of life;
- assist people in achieving their own life goals and dreams.

WRAP is being integrated into behavioral health programming in numerous places by state and local behavioral health systems, as well as by individual organizations and consumers themselves. WRAP is a structured system for monitoring distressing symptoms and challenges; and through planned responses, reducing, modifying or eliminating those symptoms or challenges. WRAP is not just a tool for mental health recovery; the program has also proven effective for dealing with chronic medical issues, making other important life changes, and successfully accomplishing personal goals in one's life.

- **Introduction to the Wellness Recovery Action Plan (WRAP)**

1 Day Session, minimum 15 participants
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This session reviews the key concepts for mental health recovery: hope, personal responsibility, education, self-advocacy, and support. Then it walks participants through the different components of WRAP: Wellness Toolbox, Daily Maintenance List, Triggers, Early Warning Signs, When Things Are Breaking Down, Crisis and Post Crisis Plans. This training is interactive, with facilitators encouraging group participation throughout the day. Individual participants will also have the opportunity to begin the development of their own WRAP. Participants receive a copy of Mary Ellen Copeland's book, *Wellness Recovery Action Plan* (Peach Press, 1997).

Audience: All stakeholder groups (consumers, family members, provider staff, administrative staff).

- **Developing a Wellness Recovery Action Plan (WRAP)**

2 Day Session, minimum 15 participants, maximum 25 participants

This session reviews the key concepts for mental health recovery (hope, personal responsibility, education, self-advocacy, and support) in more depth than the one day session.

All sections of WRAP development (Wellness Toolbox, Daily Maintenance List, Triggers, Early Warning Signs, When Things Are Breaking Down, Crisis and Post Crisis Plans are thoroughly explored. Additionally, this workshop presents other important topics in mental health recovery, including but not limited to, self-esteem, peer support, work related issues, trauma, living space, and lifestyle. This training is also very interactive, with the facilitators encouraging group participation throughout the day. Individual participants will have the opportunity to begin the development of their own WRAP. Participants receive a copy of Mary Ellen Copeland's book, *Wellness Recover Action Plan* (Peach Press, 1997). This two-day session is the training prerequisite for attending the WRAP Facilitator Training described below.

Audience: Consumers, though it is open to all stakeholder groups.

- **Wellness Recovery Action Plan Facilitator Training (WRAP)**

5 Day Training, limited to 18 participants

The WRAP Facilitator Training program is an intensive five day training designed for individuals who have experienced the Mental Health Recovery Education Curriculum designed by Mary Ellen Copeland, and who have developed and are using a Wellness Recovery Action Plan in their own lives (the two day session above meets the training pre-requisite). This program teaches consumers the skills necessary to become Copeland Mental Health Recovery Education Curriculum and WRAP Group facilitators.

The WRAP Facilitator Training program focuses on all aspects of successful preparation for implementing the Copeland Mental Health Recovery Education curriculum and WRAP groups. Training participants receive the Mental Health Recovery Education Curriculum Manual (including WRAP) developed by Mary Ellen Copeland, as well as a CD-ROM of teaching materials in the form of Power Point presentations and overhead projection slides. Individual participants will complete a brief application to certify they meet the prerequisite training and experience criteria.

**Note:** This criterion is the standard set by Mary Ellen Copeland for WRAP group facilitation.

Audience: Consumers, though it is open to all stakeholder groups. (2- day session above meets the training prerequisite)

- **Ongoing Technical Assistance is available**

## RECOVERY & COMMUNITY INTEGRATION

The 1999 Surgeon General's Report and the recent President's New Freedom Commission on Mental Health (2003) affirm what consumers of mental health services and the research have been declaring for years – recovery is possible, recovery is the goal. Specifically, the Surgeon General's Report recommends that all mental health systems adopt a recovery orientation and the New Freedom Commission recommends that consumers be fully involved in orienting the system toward recovery. Understanding the concept of recovery, how it has developed over the years, how the mental health system can be transformed, and the importance of collaboration are important for all stakeholder groups. These recovery workshops are designed to help begin that process.

- **Introduction to Recovery and Community Integration**

Half day session, minimum 15 participants

This half day session traces the development of recovery and community integration in the mental health system and introduces participants to the principles of recovery as envisioned by national consumer leaders. The workshop identifies obstacles that prevent people from being full members of their communities and outlines supports to enhance community integration. Additionally, the training highlights some of the system changes necessary to transform current mental health programming toward greater community integration with a recovery orientation.

Audience: All stakeholder groups (consumers, family members, provider staff, administrative staff).

- **Developing Practical Approaches to Recovery and Community Integration**

Full day session, minimum 15 participants

This full day session traces the development of recovery and community integration in the mental health system and introduces participants to the principles of recovery as envisioned by national consumer leaders. It highlights some of the system changes necessary to transform current mental health programming toward greater community integration with a recovery orientation. Additionally, it presents an example of a recovery process, outlines domains of community integration, and provides participants the opportunity to share their own ideas and experiences of recovery and community integration.

Audience: All stakeholder groups (consumers, family members, provider staff, administrative staff).

## Continuing Education Topics

Examples of continuing education topics may include the following (some topics may be continued in more than one session):

**Topic:** Navigating Ethics and Boundaries in Peer Specialist Services

**Session Objective:** Participants in this workshop will

- Identify current situations and anticipated ethical and boundary concerns
- Understand how to manage ethical and boundary conflicts professionally without compromising the peer support relationship
- Demonstrate skill in ethical decision making and establishing appropriate boundaries through roll plays

**Topic:** Navigating the Workplace

**Session Objective:** Participants in this workshop will

- Understand and assess aspects of workplace culture
- Identify implicit and explicit rules in the workplace environment
- Demonstrate effective communication skills for workplace conflicts through roll plays
- Gain new tools to stay well and be effective in your job

**Topic:** Enhancing the Values and Competencies for Peer Specialist

**Session Objective:** Participants in this workshop will

- Review the core values and competences of a peer specialist and complete a self assessment of their ability to put them into practice
- Understand aspects of Community Integration and develop personal performance plans to be catalyst for our peers participation in the community
- Demonstrate improved peer engagement strategies through role playing

**Topic:** Community Leadership

**Session Objective:** Participants in this workshop will

- Gain new advocacy skills to create positive change in their community
- Understand and utilize communication and problem solving skills for community, organizational or group challenges
- Learn how to conduct an effective meeting
- Be able to assess systems barriers to recovery and develop action plans for change

**Topic:** Group Facilitation

**Session Objective:** Participants in this workshop will

- Review the elements of group dynamics and identify personal examples in their work
- Identify personal strengths and challenges as a group facilitator
- Develop performance plans to enhance group facilitation skills
- Learn about different group process and goals and match the appropriate facilitator techniques
- Demonstrate new group facilitation skills through workshop role playing

**Topic:** Peer Support in Crisis

**Session Objective:** Participants in this workshop will

- Explore experiential lessons learned about crisis, recovery and peer support and how to best inspire peers in crisis
- Review, expand and enhance understanding of crisis planning
- Learn the theoretical and practical difference between peer support and clinical supports during crisis
- Differentiate a bad day from a crisis

**Topic:** The Role of the Family in Recovery and Peer Support

**Session Objective:** Participants in this workshop will

- Discuss experiential knowledge as peer specialists of the family's role in recovery
- Identify strategies to engage families in the recovery and peer support process
- Demonstrate ability to use experiential knowledge of recovery to support families in recovery.

**Other Topics available based on needs and/or requests.**

## **TESTIMONIALS from our Graduates**

**I left the training with the feeling that I am a foot soldier in a movement. A professional with a mission to empower those who face challenges daily. With the engagement expertise that I gained through the training and the pride that I feel as a CPS, I know that I will be able to have an impact on the systemic changes underway in Virginia.**

**Derrick Anthony Abney**

**... I found the class you taught life changing. It will make me a better MH professional and person. I came to you with a lot of formal education. Your crash course = all I learned in my six years at Gannon....**

**Brian M.**

**...definitely been life-altering influence...**

**E.F.**

**...This has truly been an enlightening and educational experience...**

**Pam**

**Thank you for making this training such a great learning experience....**

**Brenda**

**You have given me tools to help others feel freedom from mental illness and build their own future...**

**Tim**

**Excellent Job! Great training! It will help me both professionally and personally!**

**Russ**

**In the past I've had someone come along with a pill and they seem to think that makes everything better. From this experience, I really learned what peer support is and feel 100% confident I can care as much about a person as the two training facilitators did for me.**

**Elyse Hunt**

## How Individual Consumers Can Access our Programs & Services

As stated earlier, the Institute's programs and services are currently marketed to systems, agencies, and organizations - not to individuals. However, the Institute recognizes that individual consumers, as the ultimate recipients and beneficiaries, have a right to access our programs and services. Consumers are welcome and encouraged to contact the Institute to learn if any of our programs or services are being offered in their area. If they are not, we encourage consumers to be active self-advocates and contact their state behavioral health system, local behavioral health system, behavioral health agencies, human service agencies, and consumer and/or consumer-supporter organizations.

Consumers have a right to request and receive recovery and community integration services from these systems/organizations. Consumers can contact our partner organization, the National Mental Health Consumers' Self-Help Clearinghouse, to find out about what government, nonprofit, and private behavioral health institutions/organizations are operating in their area. The Clearinghouse will also assist consumers with developing self-advocacy strategies. To contact the Clearinghouse, visit their Web site at [www.mhselfhelp.org](http://www.mhselfhelp.org) or call them at this toll free telephone number: (800) 553-4539.

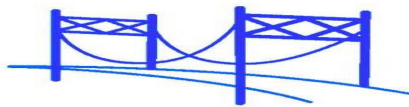


**UPENN COLLABORATIVE ON  
COMMUNITY INTEGRATION**  
The RRTC on Community Integration of Individuals with Psychiatric Disabilities



**National Mental Health  
Consumers' Self-Help Clearinghouse**

[www.mhselfhelp.org](http://www.mhselfhelp.org)



**Peer Support and Advocacy Network**

**Bridging the Gap of Understanding**

[www.peer-support.org](http://www.peer-support.org)

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