

# In Our Own Voice

## General Information

### What It Is:

- A **presentation** by consumers that creates awareness about what is involved in recovery from mental illness.
- A **powerful anti-stigma tool** to change hearts, minds, and attitudes about mental illness.
- An **opportunity for consumers** to gain self-confidence, self-esteem, and income while serving as role models for the community.
- **Living proof** that recovery from mental illness is an ongoing reality.

### The Presentation:

- **Hear from** people who have struggled with disorders such as depression, schizophrenia, bipolar disorder, and other severe mental illnesses.
- A **brief video** features consumers speaking about the topics of Dark Days, Acceptance, Treatment, Coping Skills, and Successes, Hopes, and Dreams.
- **Gain insight** into how people with serious mental illnesses cope with the realities of their disorders while reclaiming productive lives.
- **Ask questions** from the real experts -- the consumers are the ones who "have been there."
- A **Take Home Folder** is distributed to all attendees, which includes resources and an opportunity for program evaluation.

### The Audience:

- **Consumers**...in day programs, inpatient settings, support groups, and other community settings who can share, learn, and find hope for successful living.
- **Family and friends**...who may need further reassurance of the possibility of recovery for their loved ones.
- **Health care providers**...who desire strengthened communication with their clients and improved outcomes.
- **Law enforcement officials**...to increase awareness of and sensitivity to behaviors triggered by mental illness.
- **Faith communities**...to increase responsiveness to people with mental illnesses who may first turn to their spiritual community for guidance.
- **Students**...of various age levels, who wish to expand their knowledge of living with mental illness.
- **Any community or civic organization**...who may be interested in learning more about mental illnesses and recovery.

### Why Must We Have This Program?

- Raises awareness in communities about recovery from mental illness
- Empowers consumers by providing a path to recovery
- Presents the real face of mental illness
- Combats stigma by opening dialogue
- Provides supported employment opportunities for consumers
- Increases visibility of NAMI as a resource

For information on this program or when and where it is offered, please contact:  
NAMI at (850) 671-4445 or [www.namifl.org](http://www.namifl.org)

