

About the Speakers Bureau for Mental Health Awareness

The Speakers Bureau offers individuals in recovery from mental illness who are trained to speak about various mental health topics including:

- Mental Health Recovery
- Employment
- Housing
- Peer Support

How are the speakers trained?

- Speakers Bureau participants have completed a nine hour core training module on how to tell your story for education and advocacy.

In addition to the core Speakers Bureau training, participants completed additional specialized trainings developed by the Cumberland/Perry Employment Transformation Advisory committee and the Cumberland/Perry Mental Health Housing Initiative.

These specialized trainings provided the participants with information on how to tell their recovery stories in those specific topic areas.

Why is it important to hear from others in recovery?

- In any given year, an estimated 26% of Americans will experience a diagnosable mental health disorder. *(National Institute of Mental Health, 2010)*
- Hearing mental health recovery stories can provide hope and helps to inspire others to seek treatment, because they have evidence that recovery is possible.
- With early intervention, people typically experience a greater return to desired roles in life, including successfully living and working within the community.
- The stigma associated with mental illness is a great barrier, preventing people from seeking the help to provide them with the skills they need to manage their illness effectively.
- For many persons with a mental health challenge, employment, and involvement in community organizations can significantly improve their lives.

How do I request a speaker?

- The Cumberland/Perry Community Support Program offers the Speakers Bureau for Mental Health Awareness as a free service. The service is available to businesses and community organizations which are in or serve Cumberland and Perry Counties.

To arrange a speaker, please contact the Cumberland/Perry Community Support Program, and ask about the Speakers Bureau.

Contact Information:

717.254.6060
web: <http://www.cspcp.org>
email: cspcp@cspcp.org

Please contact the office at least two weeks in advance of the date to allow for arrangements to be made with the speaker.

The Speakers Bureau is a collaborative effort between:

- Cumberland/Perry Community Support Program
- National Alliance on Mental Illness PA: Cumberland & Perry Counties
- Cumberland/Perry Employment Transformation Advisory Committee
- Cumberland/Perry Mental Health Housing Initiative
- Cumberland/Perry Mental Health/Intellectual Developmental Disorders/Early Intervention Program

What are people saying about the speakers?

“Using the Speakers Bureau added a much needed perspective for my Supported Employment presentation. It allowed the audience to hear first hand how work can be a vital part of recovery.”

Annie Oiler,
NHS Stevens Center S.T.A.R. Center

What is CSP?

- The Cumberland/Perry Community Support Program (CSP) is a group of people in recovery from mental illness, family members, and professionals working together to help adults in recovery from serious mental illness live successfully in our community.

CSP is based on creating opportunities for people rather than fostering a life of dependency and disability.

CSP embraces the concept that people who are in recovery from mental illness

- should be treated with dignity & respect;
- have the same needs, hopes, rights, & responsibilities as other citizens;
- should have access to the opportunities and supports everyone needs, as well as to mental health services.

■ **Cumberland/Perry Community Support Program**

501 S. Hanover Street, 2nd Floor
Carlisle, PA 17013

717.254.6060

web: <http://www.cspcp.org>

email: cspcp@cspcp.org

first edition: 01/2011

Cumberland / Perry Community Support Program

Speakers Bureau for Mental Health Awareness

