

ALTERNATIVES 2007

OCTOBER 10-14, 2007

Hilton at the Ballpark
St. Louis, Missouri



The National Mental Health Consumers' Self-Help Clearinghouse announces that **Alternatives 2007**, the national mental health conference organized by and for mental health consumers and survivors, will be in St. Louis, Missouri, at the Hilton Hotel at the Ballpark (October 10-14, 2007).

THIS YEAR'S THEME WILL BE ...
SPANNING THE RECOVERY MOVEMENT:
CONSUMER CONTROL AND CHOICE.

The St. Louis Arch is a national monument that symbolizes our accomplishments in the past and our great hope for the future. With its structurally sound architecture and precise mathematical construction, it stands as a testament to the ability of the human mind to overcome tremendous obstacles and emerge with beauty and wonder. It spans the horizon as a tribute to those

who have gone before and as a sign of what is to come. The recovery movement symbolizes both the triumph of the past and the anticipation of the future. The movement stands as a reminder for consumers, survivors, and ex-patients that we can emerge with beauty and wonder. Both those who have gone before and those who will follow after are witnesses to the expansive power and promise of innovative change.

The Alternatives Conference is a place to remember the fire of the early movement and to dream together about the thrill of what's next. We invite everyone to consider becoming a presenter; first-time presenters are especially welcome. Learning from each other is a clear example of self-help, mutual support, and the principles of recovery in action!

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services | www.samhsa.gov



TOPICAL AREAS FOR WORKSHOPS & INSTITUTES

Each Alternatives Conference offers in-depth technical assistance on consumer/survivor-delivered services and self-help/recovery methods. The Alternatives 2007 Advisory Committee, which includes consumer/survivor leaders from across the nation, is seeking proposals for presentations in the following areas, although proposals need not be limited to the following subjects:

ADVOCACY AND ACTIVISM ... Advocacy – from the Latin “ad” (to) and “vocare” (voice) – is the act of pleading or arguing in favor of something, such as a cause, idea or policy. Activism means vigorous action or involvement as a means of achieving goals. **INCLUDES PRESENTATIONS ON ...** Self-advocacy; mutual support; promoting and protecting rights; communication and public/press relations; addressing discrimination and stigma; leadership; legislative and judicial issues such as the Americans with Disabilities Act, the Fair Housing Act, and the *Olmstead* Decision; criminal justice; advance directives; and more.

RECOVERY AND RELATIONSHIPS ... According to the consensus statement adopted by the Substance Abuse and Mental Health Services Administration, “Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.” Recovery involves self-direction, empowerment, peer support, respect, responsibility and hope. It is individualized and person-centered, holistic, non-linear and strengths-based. Relationships are key to a meaningful life, and therefore to recovery. **INCLUDES PRESENTATIONS ON ...** *The dynamics of relationships; parenting and recovery; self-determination; community integration; and diversity issues, including cultural competence, rural/urban issues, outreach to minority groups in the consumer/survivor movement, GLBTIQ (gay, lesbian, bisexual, transgender, intersex, questioning) issues, and effective methods for promoting inclusion; and more.*

BEYOND ILLNESS ... People diagnosed with mental illnesses are two and a half times as likely as the general population to have significant physical health problems, which can hinder recovery, have a negative impact on quality of life, and create financial difficulties. We need to move beyond illness to incorporate the concept of wellness into our lives. **INCLUDES PRESENTATIONS ON ...** *Physical health issues; holistic/alternative healing approaches, such as yoga, meditation and exercise; technology, such as Internet approaches to wellness and communication, and other technological tools that promote wellness; creativity and the arts, such as journaling, poetry, humor, storytelling, dance, music, drama, and the visual arts; and more.*

SYSTEMS TRANSFORMATION ... Systems transformation involves changing legislation, policy, practices, and community attitudes in ways that will benefit people with disabilities as a group within society. We must join forces to transform the behavioral health services system – which is “in shambles,” according to the 2003 report of the President’s New Freedom Commission on Mental Health – and the other systems that serve people diagnosed with behavioral health disorders, as well as society as a whole. **INCLUDES PRESENTATIONS ON ...** *Consumers as providers/ consumer-operated services and consumers as change agents; evidence-based practice issues; education and training by and for peers; consumers who work in the human services field as peer coaches, peer supporters, peer mentors, peer specialists and peer advocates; state offices of consumer affairs; research methodology; program evaluation; and more.*

COMMUNITY LEVERAGING ... By coming together to act in common self-interest and in pursuit of a common agenda, we can build a base of concerned people and mobilize these community members to act. By hard work and learning to speak with one voice, we can leverage our power to influence people, events and policy. **INCLUDES PRESENTATIONS ON ...** *Employment rights and resources; the economics of mental illness; community organizing; serving on boards and committees; collaboration without cooptation; educational rights; and more.*

TALKING ABOUT TRAUMA ... Trauma is an experience that is emotionally painful, distressful, or shocking, and which may result in lasting mental and physical effects. Research indicates that many people diagnosed with behavioral health disorders have experienced traumatic events, such as child abuse, sexual assault, military combat, domestic violence, and others. Trauma can increase vulnerability to mental illness and substance abuse. **INCLUDES PRESENTATIONS ON ...** *Self-help and peer-support approaches to healing trauma; trauma-informed practices toward wellness; understanding self-harm as a response to trauma; and more.*

SELECTION CRITERIA:

Presentations emphasizing participatory involvement of attendees, handouts, and ability to replicate ideas will be given priority consideration. Reviewers will evaluate proposals according to the following:

- Relevance of the presentation to the conference theme and suggested subject areas.
- Expertise and experience of presenters.
- Opportunities for participants to develop new skills and/or replicate a successful program.
- Indication that the lead presenter is a consumer/survivor.
- Clear outline of the purpose and learning objectives of the presentation.
- Opportunities for engaging attendees.

2007 APPLICATION FOR WORKSHOPS & INSTITUTES

Also available at WWW.ALTERNATIVES2007.ORG

I understand that all presenters must pay the full conference registration fee and are also responsible for all travel and lodging expenses.

TITLE OF PRESENTATION ... exactly as it should be printed in conference materials:

(please indicate format) 75-MINUTE WORKSHOP 3-HOUR INSTITUTE

topical area of workshop (see list): _____

lead presenter (consumer / survivor): _____

address: _____

city / state / zip: _____

phone: _____ fax: _____ e-mail: _____

HAVE YOU PRESENTED AT AN ALTERNATIVES CONFERENCE PREVIOUSLY?

NO YES ... please specify topic(s) and year(s) _____

Please list any other conventions or gatherings at which you have presented this topic:

co-presenter(s)	phone	e-mail
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

DOES YOUR PRESENTATION REQUIRE AUDIO / VISUAL EQUIPMENT?

NO YES ... (please specify): slide projector overhead projector / screen flip chart

Due to budget constraints, Alternatives 2007 cannot supply LCD projectors or laptop computers; however, presenters are welcome to bring their own.

PROPOSALS MUST BE RECEIVED BY APRIL 30, 2007.

APPLY BY E-MAIL ...

or **MAIL TWO (2) COPIES** of:

- Completed application form.
- 50-word abstract of presentation.
- One-page outline of presentation (include learning goals and objectives).
- Brief biography (no more than 50 words) for each presenter.

MAIL Alternatives 2007 Presentation Proposals
Horizon Meetings, P.O. Box 500209, Austin TX 78750

E-MAIL psasser@horizonmeetings.com

QUESTIONS Paula Sasser-Bigan (800-776-1286 ext. 104)