

Advancing Peer Support & Lived Experience Leadership

2021 UPWARD SPIRAL SUMMER SUMMIT



To bring together and strengthen the peer support workforce in CT and beyond. This includes Recovery Support Specialists, Recovery Coaches, Peer Navigators, advocates, activists, and other people working in roles using their lived experience.

AUG 25TH VIRTUAL @1PM - 3PM

Nurturing the Self in Peer Support Roles: Wellness, Creativity, Soul Work, Education & Expression

Featuring Mitzy Sky, Kelvin Young & Linda Lentini

Linda Lentini refuses to label or use titles unless needed, we are all part of the same human race. She directs a program called **Healing From Within (HFW)** at Toivo that works on integrating mind-body practices into psychiatric in-patient settings. She started her journey at Advocacy



Unlimited as a fierce advocate for change in the mental health, addiction and judicial systems. Today she supports those exchanges by focusing on stress resiliency practices to support individuals in releasing past traumas and living a life filled with choice. Although HFW was designed for people who cannot leave a restrictive setting, many of us have experienced similar uncertainty and high levels of stress with what feels like no end in sight during the pandemic. Many of the HFW and other practices Linda offers are designed to improve our stress response system and avoid staying in a fight/flight/freeze response. We can learn to support our inner strength as we build our stress resiliency. We can all continue to empower ourselves to be the strongest person we can be, even during challenging times.

FUTURE WEBINAR DATES:
Save the Dates for our last 2 Peer Support Webinars!

9/8 @ 1-3pm
9/29 @ 1-3pm



Mitzy Sky shares her journey through writing, spoken-word, storytelling, and videography. She's consciously unlearning messages that hindered her from living wholeheartedly. Her poem In This Moment was published in We Are the Change-Makers – Poems Supporting Drop the

Disorder, edited by Jo Watson and published by PCCS Books. She is a contributor in the anthology Imagining Monsters and the American Journal for Psychiatric Rehabilitation (AJPR) – IRCC Special Issue Boundary Crossings: Systems, Communities, and Expertise published by University of Nebraska Press (UNP). She has contributed to the online magazines The Good Men Project and Mad in America. She developed the Compassionate Activism program at Advocacy Unlimited, created the Beyond the Story project, and is a Blogger/Vlogger at www.mitzysky.com. Her focus is on letting go of internalized oppression to move from shame to presence beyond labels and becoming aware of the power in unlearning defeating language towards self and others to experience peace within.

Kelvin Young is a Recovery Coach, Recovery Support Specialist, certified Sound Healer and Owner of Kelvin Young LLC. He is also a Community Health Worker at Intercommunity HealthCare in Hartford, CT. Kelvin is a founding member of Toivo, a DMHAS funded, peer-run holistic healing center in Hartford, CT. He also has been inducted into the CT Hall of Change in September 2020 which is designed to recognize formerly incarcerated men and women who have made substantial contributions to CT communities since their release. Kelvin was also featured in a powerful documentary on trauma, addiction and recovery called "Uprooting Addiction and is the author of "Finding Freedom Behind Bars: A Journey of Self-Discovery & Healing" where he shares his story of addiction, incarceration and 3 keys that have helped him move forward without turning back to self-destructive ways of coping or simply giving up. Today, he coaches and publicly speaks on addiction recovery to people from all walks of life. Kelvin also facilitates private and group sound healing sessions at different locations throughout the United States. He is passionate about holding space for people to heal themselves and is known for his warm, loving, and down-to-earth way of connecting with people.



Questions/Accommodations needed, contact Cheri Bragg (860) 426-4534
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