



**In Our Own Voice**

*In Our Own Voice* is a unique informational outreach program developed by the National Alliance on Mental Illness (NAMI) that offers insight into recovery for people with mental illness. The program is offered across the country, including Connecticut. Two trained presenters give personal testimony about their journeys with mental illness in the hour-long presentations.

The mere fact that people in recovery are giving the presentations in the personal education component of this program helps reduce stigma and the myths surrounding mental illness. Through education, the program offers hope and changes attitudes.

A study of *In Our Own Voice* completed by Dr. Otto Wahl from the University of Hartford and Dr. Amy Wood of George Mason University concluded with evidence that there is a *significant decrease in stigma* against mental illness among audience members after seeing the presentation.

**IN OUR OWN VOICE Presentation Topics**

**Dark Days:** Presenters reveal feelings and experiences that occur during the darkest moments of mental illness.

**Acceptance:** Presenters explain how acceptance, which is essential to recovery, is achieved.

**Treatment:** There are many ways to walk the path to recovery. Presenters explain what treatment plan worked for them.

**Coping:** Presenters share their coping skills, (e.g. leisure activities and rest, exercise, spiritual activities, healthy friendships, community involvement, self awareness and acceptance).

**Successes, Hopes and Dreams:** A key component of recovery is setting goals while pursuing personal dreams and plans for the future. Presenters share their own personal successes, hopes, dreams and plans.

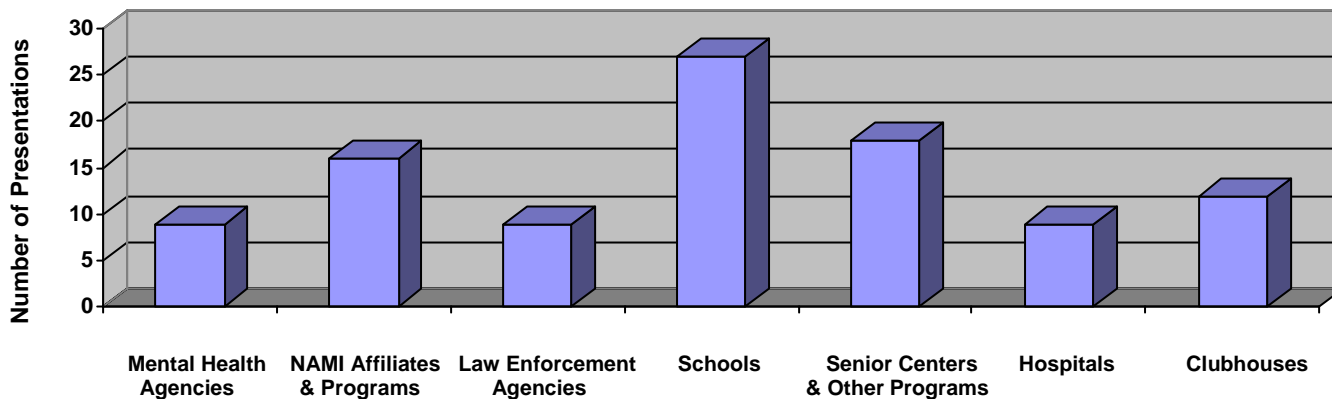


**Target Audiences:**

- Consumers & families
- Service providers
- Educators & High school and college students
- Law enforcement personnel
- Faith communities
- People wanting to learn about mental illness.

- More than 100 presentations
- 2,122 attendees

**In Our Own Voice Presentations in CT July 2005-June 2006**



Anyone interested in learning more about the *In Our Own Voice* program, scheduling a presentation or becoming a presenter can call NAMI-CT at 1-800-215-3021. The next scheduled training will be December 2006.