

**Mini-Grants Open New Doors to Recovery**

Some of the most successful interventions to assist people in recovery from serious mental illness and/or substance use disorders come from people who are in recovery. The philosophy, *“helping others helps yourself”* is clearly evident in a highly successful Mini-grant Project begun in 1999. With a pilot grant from DMHAS, the Regional Consumer Advisory Council (RCAC) engaged a consultant to instruct their members in aspects and processes for grant funding. With that information in hand, the RCAC developed a proposal to provide mini-grants to adults in recovery. These mini-grants would fund recovery-enhancing projects that would help to develop skills and self-confidence. The North Central Regional Mental Health Board’s consumer planning council has continued to issue these highly popular grants for seven years.

**Grants Awarded**

- ✓ 75 mini-grants totaling \$119,000 funded to date
- ✓ \$17,000 in mini-grant funds released annually
- ✓ 56 mini-grants awarded to adults in recovery from psychiatric and/or substance use disorders
- ✓ 19 mini-grants awarded to adults in recovery from substance use disorders

**What do the Mini-Grants Fund?**

- 18 related to **creative expression**: writing, painting, dancing, acting
- 14 were **wellness-related**: peer support groups, relapse intervention committees, educative prevention forums, and research projects
- 12 were **technology-related**
- 11 were for **training and skill building**
- 8 were **work-related**: training or education to provide specific work skills
- 5 enhanced adults’ **social skills**: outings to cultural events, summer camp
- 4 provided **substance abuse prevention** forums
- 3 were **advocacy-related**



**“This project helped us get our lives back on track.”** Michelle P.

**“Being accepted by the National Association of State Mental Health Program Directors to exhibit nationally was a validation of our work.”** Dawn I.

**“These grants opened up possibilities where there were no possibilities.”** Julie H.

**“Some of us would never have had the chance to go to camp and learn boating and archery.”** Mike D.

**“Going to the Mark Twain Museum inspired me to read some of his books.”** Kathy M.

**“One of my peers shared with me that taking part in my project was one of the best weeks he had had in recovery all year long.”** Rob P.

**“Becoming a certified facilitator and establishing a local chapter of a nationally affiliated support group is a dream come true and a healing experience.”** Selina N.

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