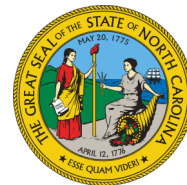


# FREE TRAINING



## COMMUNITY ENGAGEMENT AND EMPOWERMENT CLASSES

Division of Mental Health, Developmental Disabilities and Substance Abuse Services

The Community Engagement & Empowerment Team is pleased to offer no-cost training seminars for all Mental Health, Intellectual/Developmental Disabilities and Substance Use Disorders individuals, family members, and interested stakeholders to learn advocacy skills, recovery efforts and community outreach. All sessions are tailored to meet the needs of the group.

## TRAINING TOPICS

**Advocacy 101**— (All) Participants will study basic elements and will create action plans to effectively advocate for themselves and influence change by working to build a better system.

**Beyond Recovery**— (Mental Health [MH] and Substance Use [SUD] Focused) Participants will hear personal stories from peers with similar experiences, learn to interact and engage with community stakeholders who should learn more about recovery, and how to put outreach plans into action.

**Choice and Empowerment**— (Intellectual/Developmental Disabilities Focused) This session covers several topics by using teachable moments when faced with challenging situations. Participants will learn methods to help encourage self-reliance.

**Community Engagement**— (All) Participants will interact and learn ways to build and maintain networks, relationships, communication and leverage resources in the community.

**Mental Health and Substance Use Recovery**— (MH and SUD) This presentation covers a brief history of the recovery movement and accomplishments in North Carolina. Additionally, participants will learn about Recovery-Oriented Systems of Care and how people with lived experiences are making a difference as Peer Support Specialists.

**An Overview of Wellness**— (MH and SUD) This session teaches participants definitions of wellness, strategies to achieve and maintain wellness, and shares available resources individuals may access to enhance their wellness efforts.

**Reducing Stigma**— (MH) This session provides an open dialogue about stigma in society. Students will learn the meaning of stigma, how discrimination and stigma tie with each other and methods they can apply to eliminate stigma.

**Shift Happens**— (MH and SUD) Through the use of words, we will be able to educate communities that recovery is real. In this interactive session, participants in recovery and the general public will learn how the way they present themselves and talk about recovery makes a significant impact in their daily lives and community.

**Who You Gonna Call?**— (All) This class teaches individuals with MH/DD/SUD and anyone involved in their care how to access services and supports. A variety of topics will be covered including authorization appeals, resources assisting people with housing, finances and other supports. This class is for anyone who is interested in learning how to advocate and support for themselves or others receiving services.



## SIGN-UP!

GET STARTED!

Call: 919-268-7386

Email:

[CEandE.Staff@dhhs.nc.gov](mailto:CEandE.Staff@dhhs.nc.gov)

---

## MENTAL HEALTH FIRST AID TRAINING

---

Research has shown that people trained in Mental Health First Aid have greater confidence in providing help and more likely to advise people to seek professional help. More than 40,000 North Carolinians have taken the eight hour course on how to identify, understand and respond to signs of mental illness and substance use disorders. There are two types of training offered:

1. Adult Mental Health First Aid
2. Youth Mental Health First Aid

For more information and find a course near you, email [CEandE.Staff@dhhs.nc.gov](mailto:CEandE.Staff@dhhs.nc.gov). (\*A course fee applies to cover the cost of books\*)

---

## HAVE YOUR VOICE HEARD—JOIN A CFAC

---

Established by law, The Consumer Family Advisory Committees (CFAC) are self-governed groups representing the voice of the MH/DD/SUD community (NC §122C-170). The CE&E team works with CFACs to ensure your voice is heard.

There are two ways to serve as a CFAC member:

Local—Local CFAC's advises their local LME/MCO's Board of Directors on service needs and participate in improvement measures.

State—State CFAC advises the Secretary of North Carolina Department of Health and Human Services of North Carolina and the North Carolina General Assembly on MH/DD/SAS services and monitors the implementation of the State plan.

The CE&E team provides training on CFACs and orientation for new members. Email [CEandE.Staff@dhhs.nc.gov](mailto:CEandE.Staff@dhhs.nc.gov) or call 919-268-7386 for more information.

---

## OUR TEAM

---

<b>Suzanne Thompson, MBA/MHA</b> Team Lead	<b>919-268-7386</b>	<a href="mailto:Suzanne.thompson@dhhs.nc.gov">Suzanne.thompson@dhhs.nc.gov</a>
<b>Stacey Harward, BSW</b> Mental Health Program Coordinator	<b>919-604-6027</b>	<a href="mailto:Stacey.Harward@dhhs.nc.gov">Stacey.Harward@dhhs.nc.gov</a>
<b>Wes Rider, BSW</b> Mental Health Program Coordinator	<b>910-520-9027</b>	<a href="mailto:wes.rider@dhhs.nc.gov">wes.rider@dhhs.nc.gov</a>
<b>Chris Lewis, M.A.</b> Mental Health Program Coordinator	<b>919-715-3197</b>	<a href="mailto:Chris.J.Lewis@dhhs.nc.gov">Chris.J.Lewis@dhhs.nc.gov</a>