

Qualifications of Participants

Participants must:

- ◆ be consumers of mental health, addictions and/or other social services
- ◆ be reliable & punctual
- ◆ have an interest in volunteering with a mental health, addictions or social service agency
- ◆ be able to speak on behalf of all consumers
- ◆ be willing to attend regular meetings and training sessions
- ◆ have good communication skills & work well with others
- ◆ be able to maintain confidentiality

Mental Health Rights Coalition believes strongly in making training programs available to anyone with lived experience free of charge.

Agencies who use this training service are asked to contribute to the cost of the program.

Individuals wishing to contribute all or part of the cost are welcome to do so.

Course Value \$500 per person.



Voices Of Experience



Mental Health Rights Coalition
In partnership with
Hamilton Addiction Mental Health Collaborative

WHAT'S IN IT FOR YOU?

- ◆ Empower yourself
- ◆ Increase self esteem
- ◆ Have an influence
- ◆ Meet new people
- ◆ Help your community
- ◆ Receive training to include on your resume
- ◆ Certificate training course valued at \$500

Mental Health Rights Coalition
In partnership with
Hamilton Addiction Mental Health Collaborative



Coordinator: Peggy Guiler-Delahunt
c/o Mental Health Rights Coalition,
20 Jackson St. W. #206 Hamilton, ON L8M 1K2
Phone: 905-545-2525
Fax: 905-545-0211
E-mail: mhrcprograms@bellnet.ca
Website: www.mentalhealthrights.ca/voe.html



Empowering service users to have a voice

We Provide The Training, You Provide The Voice



Voices of Experience began as a joint project of Mental Health Rights Coalition and Good Shepherd.

The purpose of the project is to increase the level of consumer input in the Mental Health, Addictions and other social service agencies which serve them. At the same time the project is aimed at helping the agencies adjust to consumer involvement and realize their full potential by including the consumer voice.

How It Works

The project is guided by a steering committee made up of consumers and representatives from mental health and addictions agencies. This committee is a standing sub committee reporting to the Mental Health Rights Coalition Board of Directors.

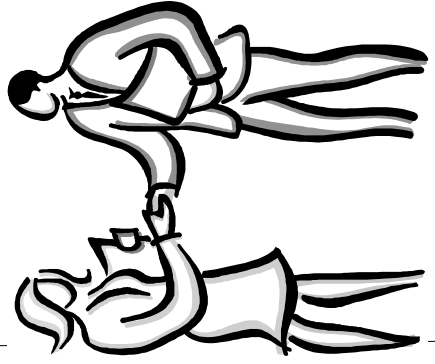
Potential participants will receive 18 hours of training course to prepare them to sit on Boards or Steering Committees within the community. The Steering Committee is made up of experienced consumers who are available to mentor participants and support agencies.

Once placed on a Board of Directors or Steering Committee, agencies are asked to provide a \$15 honorarium/expense fee per meeting to the consumer members.

Benefits

The act of becoming involved and working toward change leads to renewed self respect and a sense of empowerment. The knowledge that you really can make a difference, not only in your own life, but in the lives of others, is invaluable.

In a survey by the District Health Council, agencies reported a significant gain from having consumers involved.



They gave examples of increased staff knowledge, better communication and a higher level of consumer comfort.

Many agencies stated that the personal experience of consumers helped them to become more effective and better able to meet the needs of their clients.

Participants will receive a training course where they will learn the basics of being a member of a Board of Directors or a Steering Committee, Robert's Rules of Order, Board of Directors and Steering Committee responsibilities, and the structure of Boards and Committees.

