



# National Coalition for Mental Health Recovery

## Facts about federal programs that promote mental health recovery:

- **Evidence shows that people with serious mental health conditions CAN and DO recover**, with the proper combination of support from peers with lived experience of mental illness; good medical care; meaningful activities including education, volunteer work, and jobs; and decent, affordable housing. A psychiatric diagnosis does not need to be a life sentence to isolation, hopelessness and dysfunction. Source: The Vermont Longitudinal Study of Persons With Severe Mental Illness, II. Harding, C. *American Journal of Psychiatry* 144 (1987):727-734.
- **SAMHSA programs that promote the recovery of people with mental health conditions in the community are effective and essential.** SAMHSA offers small, competitive grants – totaling \$2.5 million – to 30 statewide mental health consumer networks, which are the backbone of the consumer recovery movement. SAMHSA also provides funding for five national technical assistance centers that help people diagnosed with serious mental illnesses decrease their dependence on social services, avoid psychiatric hospitalization, and live meaningful lives in the community. These programs must remain fully funded so that they can continue to promote recovery, foster the growth of peer support, and make certain that people with mental health conditions have a voice in the mental health system and are included in the public policy conversation.
- **With the help of these programs, people in recovery are making their communities healthier and stronger.** The statewide consumer networks and the national technical assistance centers that receive SAMHSA grants support thousands of peer-run programs across the country. They are staffed by people who are successfully recovering, who help their peers to achieve health and stability. They work tirelessly to help people with similar challenges to overcome isolation and fear, seek help and rebuild their lives.
- **People in recovery are contributing to exciting innovations in mental health policy and service provision:**
  - Mental health agencies have embraced our goal of recovery because it improves outcomes for the individual and for the taxpayer. As people recover, they are less likely to relapse and less dependent on costly services.
  - Mental health agencies and managed care organizations are employing certified peer support specialists —many trained by statewide consumer networks—to engage, encourage and mentor people receiving mental health treatment and services.
  - Peer-developed training programs for self-care, wellness and crisis support are being widely adopted.
  - Peer-run crisis respite centers are demonstrating that people experiencing crisis can receive 1:1 support and learn recovery skills in a small, home-like setting, avoiding costly hospitalization.

**SAMHSA grants to statewide consumer networks and national technical assistance centers have made all of this possible. Tell Congress to preserve these valuable programs and continue to fund them fully.**

[National Coalition for Mental Health Recovery](http://www.nationalcoalitionformentalhealthrecovery.org)

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