



Advocacy Unlimited

A HOLISTIC, PEER-LED APPROACH
DISCOVER YOUR FULL POTENTIAL

JULY 2022 NEWSLETTER

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CALL (860) 505-7581
EMAIL INFO@ADVOCACYUNLIMITED.ORG

**Our offices in New Britain,
and Wellness Center in
Hartford, are open for
in-person connection and
gathering.**



WE'D LOVE TO SEE YOU!



**Advocacy
Unlimited, Inc.**

114 West Main St.
Suite 201
New Britain, CT

9am-5pm
(860) 505-7581

advocacyunlimited.org



Join Rise Be

114 West Main St.
Suite 310
New Britain, CT

HOURS VARY
(855) 646-7366

joinrisebe.org



Toivo Center

1477 Park St.
Suite 102
Hartford, CT

9am-5pm
(860) 296-2338

toivocenter.org

THIS EDITION

Featured Article: Why complete a MAP interview? by Maggie Taylor and Michaela Fissel

Alternatives to Suicide Facilitator Training and other ATS News

Connect with a Community Bridger

Maastricht Approach Project - Voices and Paranoia

Join Rise Be: Emerging Adult Recovery initiative

Toivo: Holistic Stress Management Initiative

AU Peer Education

CT Hearing Voices Network - Groups!

Employment Opportunities

Advocacy Connections

Community Spotlight

Peer Community Resources

CT Community Resources

Contact Us

WHAT CAN BE GAINED FROM DOING A MAASTRICHT INTERVIEW

Origin of the Maastricht Approach

The Maastricht Approach is a questionnaire for working with people who hear voices and experience paranoia that was developed by Sandra Esher and Marius Romme in partnership with Voice Hearers in the United Kingdom. The approach "... was based on the premise that hearing voices is a normal human experience that has a personal meaning in relation with life history, which they seek to understand".

Reported Benefits

Learn skills to cope and negotiate with voices, to build a more positive relationship with the voices.

Gain control over voices is possible and increased clinical outcomes. (Mourgues, et. al., 2002^[1])



Artist: Oana Rinaldi

^[1] Mourgues, et. al. (2002). Measuring Voluntary Control Over Hallucinations: The Yale Control Over Perceptual Experiences (COPE) Scales. *Schizophrenia bulletin*, 48(3), 673–683.
<https://doi.org/10.1093/schbul/sbab144>

KEEP READING

ALTERNATIVES TO SUICIDE

WHAT IS ATS?

Alternatives to Suicide is a peer-run support group for people suffering with suicidal thoughts or actions, as well as for those who are affected by the suicidal thoughts or actions of others. This group is an open forum to talk about topics directly related to suicide or whatever else needs to be expressed. People are encouraged to come during times of crisis, as well as during times of strength.


FACILITATOR

TRAINING

Do you have lived experience
of Suicidal feelings, thoughts or attempts?
Would you like to use your experience
to support others in Peer-led groups?

**Alternatives to Suicide
Group Facilitator Training**

July 13th-15th
9am-5pm



It's free!

To RSVP email Jennifer Tirado at:
jtirado@toivocenter.org

In Person at the Toivo Center
1477 Park St Hartford, CT

Dates

July 13-15th
9-5PM

Address

Toivo Center
1477 Park Street, Suite 102
Hartford, CT 06106

RSVP

Email jtirado@toivocenter.org
or call (860) 549-2058

Free - In Person Training

Online & In Person Groups

In Person

Every Wednesday
5-6PM
114 W. Main Street, Suite 201
New Britain, Connecticut

Online

Every Monday
3:30-4:30PM
Email jtirado@toivocenter.org
or call (860) 549-2058
for Zoom information

VISIT WEBSITE

ADVOCACY UNLIMITED
114 W. MAIN ST. SUITE #201
NEW BRITAIN

**Navigating
the
Darkness Together**
An Alternatives to Suicide Group

We take a Harm Reduction approach to discussing the experience of having suicidal urges or attempts. It was developed by the Wildflower Alliance in MA in 2008. We welcome anyone in the community, who is 18+, with lived experience of suicidal attempts or urges. Our approach emphasizes respecting each other's experiences without judgement through mutual peer support.

EVERY WEDNESDAY AT 5PM

Scan the QR code to receive updates and learn more!!



For more info contact Jennifer Tirado @:
jtirado@toivocenter.org

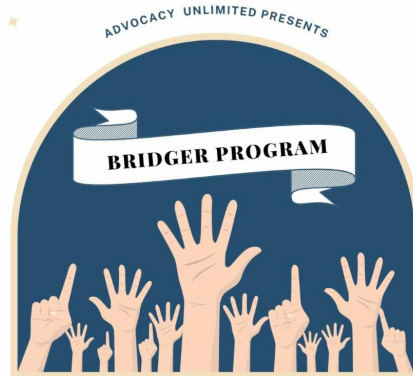
LET'S MEETUP

Are you looking to connect with
your community?

Every Wednesday
3-4PM
All are welcomed.

Meet-up is an opportunity to come together with Bridgers and peers in a safe space for conversation and creative exploration.

Refreshments, crafts, music, and more!



JOIN US FOR MEET-UP

AT ADVOCACY UNLIMITED

Every
Wednesday
3-4 PM

114 W MAIN STREET, NEW BRITAIN
Connect with Bridgers and peers over
refreshments, arts /crafts, music &
more.

WWW.ADVOCACYUNLIMITED.ORG

BRIDGER PROGRAM



WE'RE

HERE

TO SUPPORT YOU!



The Bridger Program at Advocacy Unlimited Inc. provides non-clinical, person-centered support

to adults statewide whose lives have been affected by psychiatry, trauma and/or addiction.

The Bridger Team is made up of individuals who draw from their own diverse lived experiences, coupled with the principles of Intentional Peer Support and their training as Recovery Support Specialist to build authentic, safe relationships defined by mutual trust, respect and personal agency. Engagement in the Bridger Program is 100% voluntary.

For more information contact the Bridger Program Manager:

Char'Dornne Bussue (860) 882-9980 | cbussue@advocacyunlimited.org

MAASTRICHT APPROACH PROJECT

WHAT IS M.A.P.?

The Maastricht Approach Project (MAP) is a community of informed supporters working together to normalize and embrace the full spectrum of human experiences

CT PROVIDER NEEDS ASSESSMENT

VOICE HEARING & PARANOIA

TAKE THE SURVEY



This assessment is for Connecticut-based providers of mental health and addiction services. "Providers" is a broad term, and if you believe and feel you are a provider, please complete this survey.

If you have questions, please email Maggie Taylor at

MTaylor@AdvocacyUnlimited.org

PLEASE SHARE WITH OTHERS YOU MAY KNOW WHO IDENTIFY AS MENTAL HEALTH AND ADDICTION SERVICE PROVIDERS.

THREE WAYS TO CONNECT

ATTEND A PROVIDER TRAINING

The Maastricht Approach Project includes a network of providers or "Maastricht Guides" who are trained to offer the Maastricht Interview.

The Interview is a tool for working with

PARTICIPATE IN A MAP INTERVIEW

The Maastricht Interview is a questionnaire that includes questions related to the experience of voice hearing and paranoia.

The interview is a 1:1 approach, and conducted between 6-8 sessions.

people who hear voices and experience paranoia, and can be offered as part of the therapeutic intervention.

[MORE INFO](#)

JOIN THE PROVIDER NETWORK

The Maastricht Approach Project is building a community network of providers, called "Maastricht Guides," who are trained in both offering the Maastricht Interview, as well as the skills and philosophies of providing an integrative approach to therapy. MAP will connect participant/client with providers.

The interview encourages the participant to explore the experience of voice hearing, built trust, openness, and understanding in their own experience. This occurs in a structured and supportive environment, led by trained Maastricht's Guides.

The outcome is a document written fully in the words of the participant, outlines their unique lived experience, as well as identified points of interest to work towards personal recovery.

The act of documenting ones experience can be validating to the Voice Hearer. With continued conversation, ultimately reducing internalized stigma, and promoting social engagement.

JOIN RISE BE | YOUNG ADULTS

join
rise
be

AN EMERGING ADULT RECOVERY INITIATIVE

We are a grant funded peer-led initiative built by young people for young people. We are based in New Britain, Connecticut and travel statewide to create space through our shared lived experience so others feel comfortable to do the same. We hope to influence positive change across our current mental health system and within our communities. Through our effort we cultivate the belief that recovery is possible and we all have the capacity to achieve self-defined success. (Image for reference, Fresh Check Day at UCONN in Waterbury)



UPCOMING MEETINGS

August 4th
September 1st
October 6th

YOUNG ADULT ADVISORY BOARD FIRST THURSDAY | 11AM-1PM

A space for young adults from across Connecticut to share, connect, use our collective experiences to improve the Department of Mental Health and Addiction Services' young adult programming.

Choosing a theme for the 2023 YA Leadership Summit is the topic often discussed over the next couple of months.

TO REGISTER EMAIL CONNECT@JOINRISEBE.ORG



Our Warmline offers statewide phone-based peer support for young adults.

Similar to hotlines, staff connect callers to community resources, hold space, and inspire callers to step forward and towards a life of self-defined purpose.

Callers may be feeling burnout or overwhelmed, recovering from trauma, or seeking a friend - all are welcome to call to connect with a peer today!

**OPERATORS
ARE AVAILABLE**

**EVERYDAY
12PM-9PM**

**1-855-6-467-3669
or 1-855-6-HOPENOW**

YOU ARE NOT ALONE



If you're feeling upset, stressed, nervous or just want to talk, call our Warmline! Staff use their lived experience to offer hope, hold space, connect callers to resources, and support their peers in living a life of self-defined purpose.

**PEER SUPPORT WARMLINE:
1-855-6-HOPENOW**

**OUR OPERATORS ARE AVAILABLE EVERYDAY FROM 12PM - 9PM
WE LOOK FORWARD TO HEARING FROM YOU!**

TOIVO



HOLISTIC STRESS MANAGEMENT

Toivo is a peer-led initiative that includes statewide classes, workshops and a center for holistic healing and stress management located in Hartford, Connecticut.

Donation-based offerings include yoga, meditation, qigong, sound healing, laughter yoga, drumming, creative expression, healing arts, support groups and more.

Toivo activities are offered regularly at the center in Hartford as well as in psychiatric hospitals, addiction rehab facilities, club houses, shelters, prisons, schools, senior centers, corporations, community events and conferences. Most importantly, Toivo is a community, a safe space to find support and understanding. We believe that human connection is essential to healing. It is at the heart of everything we do.

To check out our calendar, visit our website at: <http://toivocenter.org/calendar/>

TOIVO JULY CALENDAR

[VIEW CALENDAR](#)

July Highlight



REIKI LEVEL 1 TRAINING

30 JUL 2022

About this Training
Join Hilary Rudenauer, Reiki Master Teacher, Toivo founding member, and owner of the Mindful Mama, to learn the healing art of Reiki. Students will be attuned to Reiki energy and given the chance to practice giving sessions to themselves and others. After completing this class, participants will be certified Reiki 1 practitioners.

Event Details
Time and Place : July 30, 2022
9:30 AM - 4:30 PM
1477 Park St, Suite 102
Hartford, CT 06106
Cost : \$150 per person
Scholarships available to Toivo community members.

E-mail Sara at sbalkun@toivocenter.org to register.

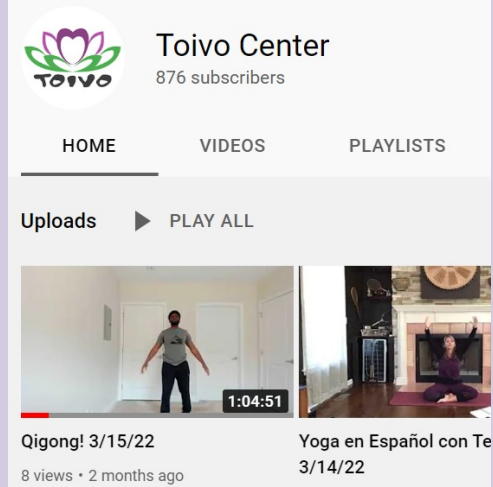
Reiki Level I Training with Hilary Rudenauer

July 30th
9:30AM-4:30PM

\$150 per person
Scholarships Available

[CLICK HERE TO REGISTER](#)

Youtube Channel



Toivo Center
876 subscribers

HOME VIDEOS PLAYLISTS

Uploads ▶ PLAY ALL

Qigong! 3/15/22
8 views • 2 months ago

Yoga en Español con Te
3/14/22

Yoga, Qigong, Meditation, and more, all from home! Join the Toivo team in a variety of exercises for the mind, body and spirit.

[GO TO YOUTUBE](#)

UPCOMING PEER EDUCATION OFFERINGS

PEER FORUM with Dr. Mara Gottlieb

Cultivating Cultural Humility:
Excavating Our Unconscious Bias

Friday, July 22, 2022

ALL ARE WELCOME! JOIN US FOR THE NEXT:

Peer Forum by Advocacy Unlimited

Friday, July 22nd, 2022 | 10AM-12PM

Cultivating Cultural Humility: Excavating Our Unconscious Bias with Dr.

Dr. Mara Gottlieb via ZOOM & Facebook live

RSVP <https://form.jotform.com/221376616289161>

Recovery Support Specialist Earn 2 hour credits towards Recertification



DR. MARA GOTTLIEB
Guest Speaker & Facilitator

Dr. Mara Gottlieb is the President of Talking Changes, an anti-oppression and bias-awareness consulting firm. For over twenty years, she has run trainings across the country, including serving as a keynote speaker and presenting at NASW conferences. Her programs address subjects ranging from cultural humility to anti-racism advocacy, LGBTQIA awareness, teen suicide prevention, and vicarious trauma. Her coaching, supervising and training are all grounded in the knowledge that we can be and do our best when we feel authentically seen, valued and respected.

Dr. Gottlieb has served as an adjunct professor at the NYU Silver School of Social Work, Smith College School of Social Work, and Southern Connecticut State University. She has published articles in the Journal of Ethnic and Cultural Diversity in Social Work, The New Social Worker, and other publications. Dr. Gottlieb holds a BA from Brown University, and earned her MSW, certification as a Supervisor in Field Instruction (SIF), and Ph.D. in Social Work from NYU.

CONNECT - SUPPORT - ACCESS - STAY INFORMED - BUILD - EQUITY - INCLUSION - LIBERATION - ADVOCATE
"Your pain is not a malfunction. It's a signal that something has gone wrong in our society and in our culture." Johann Hari
REGISTER HERE: <https://form.jotform.com/220746123679153>

Cultivating Cultural Humility: Excavating Our Unconscious Bias

Every one of us was raised in various social environments that informed us about our own identity and the identities of others. This training provides participants with opportunities to compassionately reflect on the messages we received from those systems; how our own identities impact the ways we perceive and interact with others, and how these identities, messages and perceptions affect our values, behavior, and even our levels of empathy. Having the courage to explore our own cultural landscape and excavate our own unconscious biases helps to ensure that our communication and behavior are consistent with our values and demonstrate respect for all with whom we interact.



10AM-12PM

Virtual on Zoom and Facebook Live

FREE & OPEN TO THE PUBLIC

REGISTER HERE

PEER FORUM with Hilary Rudenauer

Supporting Parental Mental Health

Friday, August 19, 2022
10AM-12PM

Virtual on Zoom and Facebook Live

FREE & OPEN TO THE PUBLIC

REGISTER HERE

ALL ARE WELCOME! JOIN US FOR THE NEXT:

Peer Forum by Advocacy Unlimited

Friday, August 19th, 2022 | 10AM-12PM

Supporting Parental Mental Health with Hilary Rudenauer.

The Mindful Mama via ZOOM & Facebook live

RSVP <https://form.jotform.com/221734872261153>

Recovery Support Specialist Earn 2 hour credits towards Recertification



HILARY RUDENAUER
Guest Speaker & Facilitator

Hilary Rudenauer is a Certified Postpartum Doula, Lactation Counselor, 500-Hour Kripalu Yoga Teacher, Reiki Master Teacher, and mother with a passion for authentic relating. She brings years of experience and professional expertise in the areas of holistic healing, peer support, and trauma-informed approaches to the maternal health field. Hilary created The Mindful Mama to support families in southern New England because she believes nurturers need nurturing too. Learn more about her work at The Mindful Mama mindfulmamact.com.

Supporting Parental Mental Health
Join Hilary Rudenauer for a Peer Forum that explores mental health during pregnancy, postpartum, and parenthood. Participants will receive a brief overview of the unique challenges impacting new and expecting parents, an outline of approaches that can be used to support individuals during this time, and a discussion on the importance of peer support for parents and families.



CONNECT - SUPPORT - ACCESS - STAY INFORMED - BUILD - EQUITY - INCLUSION - LIBERATION - ADVOCATE
"Your pain is not a malfunction. It's a signal that something has gone wrong in our society and in our culture." Johann Hari
REGISTER HERE: <https://form.jotform.com/221734872261153>

CT HEARING VOICES NETWORK



CTHVN is back in person!

THURSDAYS 2-3PM

STARTING MAY 12 2022

114 W MAIN ST

SUITE 201

NEW BRITAIN CT



CTHVN PRESENTS THE

Friends and Family Support Group!

Tuesdays from 6-7pm
starting July 6th!
cthvn.org/friends-and-family
Open to all 16 and older

Anunciando

CTHVN EN ESPAÑOL

EL GRUPO ESPAÑOL DE CTHVN SE REÚNE
VIRTUALMENTE EL MIERCOLES A LAS 7PM.
VISITE CTHVN.ORG/ESPANOL

EMPLOYMENT OPPORTUNITIES

MULTIPLE OPPORTUNITIES



Job openings at The Village

The Village has a wide variety of job opportunities available in a database which is regularly updated.

[Learn more and apply](#)

Multiple Opportunities: CMHA

Multiple positions for per diem Residential Monitors at CMHA in locations across the state! Check out their list.



CMHA
Community Mental Health Affiliates
Employment Application

[Learn more and apply](#)



Multiple Opportunities: Mental Health Connecticut, Inc

Multiple opportunities with Mental Health Connecticut, Inc in locations across the state! Check out their list.

Multiple Opportunities: CommuniCare CT

CommuniCare CT has multiple job opportunities open! Click the link below to see their current listings.

[Learn more and apply](#)



CONNECTICUT COMMUNITY



FOR ADDICTION RECOVERY

CCAR Hiring Multiple Positions

CCAR Is currently hiring for multiple positions. The ideal applicants will be enthusiastic, extremely well-organized, and passionate about supporting people in recovery.

A cover letter is required. Resumes without cover letter will not be considered.

[Learn more and apply](#)

Looking for a job where you can support others through your own lived experiences?

We regularly update the Job Opportunities page on our website..

[Check it out here!](#)

Got an Opening?

Know of a job opportunity available? Please let us know, and we'll get the word out.

Email: info@advocacyunlimited.org

ADVOCACY CONNECTIONS



AU Individual Advocacy Network

**Virtual Meetings
Twice a Month
1st and 3rd Fridays
10-11:30AM**

[EMAIL TO RSVP](#)

The shared purpose of IAN

We are a group of people whose lives have been devastated by the mental health and addiction service system of Connecticut. People are suffering. People are seeking help from an expensive, broken system that is not meeting their needs. We must do better. Our intention is to promote approaches that support people to move through emotional distress. Our hope is that you will join us and take action.

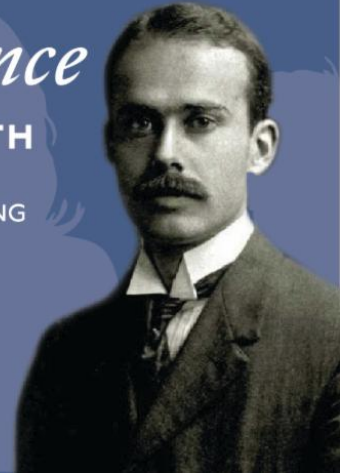
COMMUNITY SPOTLIGHT

Common *Struggle* Individual *Experience*

AN EXHIBITION ABOUT MENTAL HEALTH

PRESENTED BY HARTFORD HEALTHCARE INSTITUTE OF LIVING

NOVEMBER 12, 2021 – OCTOBER 15, 2022



Understanding how people have struggled with mental health throughout history helps us support ourselves and each other today. Advocacy Unlimited is proud to be a partner with the Connecticut Historical Society's newest exhibition "Common Struggle, Individual Experience: An Exhibition About Mental Health" presented by Hartford Healthcare, which explores how these experiences have changed over time.

ATTEND THE EXHIBIT: <https://chs.org/exhibition/commonstruggleindividualexperience/>

A CALL FOR CREATIVE WRITING SHORT STORIES

We are looking for short stories/poems
of Hope, Inspiration and Humanity to
share in our Monthly CVH newsletter
"AU Purple Page"

Max 250 words - No Profanity

Contact Maggie: mtaylor@advocacyunlimited.org

*No guarantee that your submissions will make it into the Newsletter.



Advancing Peer Support & Lived Experience Leadership 2022 UPWARD SPIRAL SUMMER SUMMIT



This webinar series is dedicated to bringing together the peer support workforce to connect, learn from one another, and introduce and discuss critical perspectives to promote questions, growth and advance thinking and practice among the CT peer support community and beyond.

**JULY 13TH VIRTUAL
@1 - 3PM**

Let's talk Spirituality: Multiple Pathways to Wellness & Recovery

Featuring Annette Diaz, Mitzy Sky, Pastor Dana Smith and Chris Grosso



Annette Diaz is a Latina advocate, Recovery Support Specialist, & Recovery Coach. She has been in long term recovery since 2007 from Mental Health, Trauma, homelessness, incarceration and Substance Abuse. She comes with over 10 years of Professional experience working at one of the largest behavioral health networks in Eastern CT as the

Coordinator of Recovery Support Services. Annette also served as a Trustee for CT Hearing voices movement and played a major role with its development in her state. Annette has a new role as Recovery Coach at Behavioral Health Network in Springfield Mass.

FUTURE WEBINARS:

7/27, 8/10 8/24 & Sept. wrap-up
(Date TBA) ALL @1-3pm



REGISTER TODAY:

[Click here!](#)



Mitzy Sky is an award-winning poet who writes to transmute pain to love. She's consciously unlearning messages that hindered her from living wholeheartedly. Her focus is on letting go of internalized oppression to move forward from shame to presence, beyond labels. Her writing has been

published in We Are the Change-Makers - Poems Supporting Drop the Disorder, American Journal for Psychiatric Rehabilitation (AJPR) - IRCC Special Issue, The Good Men Project, Medium, Inner-City News, and Mad in America. Her short screenplay, All Mind: The Influencers, was published in the anthology Imagining Monsters. She develops and facilitates the Compassionate Activism program at Advocacy Unlimited, Inc., and is a Blogger/Vlogger at www.mitzytsky.com.



Pastor Dana Smith is Executive Director of New Life II recovery house - a home for men who struggle with mental health, addiction, and trauma. For the past 15 years Dana has organized basketball tournaments, family events and has founded a men's group called Unshakable Men. Dana

assists with feeding people who are homeless and is part of the Greater New Britain Re-entry round table. Dana is trained as an Integrated Healing Coach, national certified peer specialist, recovery coach, recovery support specialist, and suicide prevention gatekeeper instructor.



Chris Grosso is a public speaker, writer, youth wellness group facilitator, and author of 3 books. He has been featured in Yoga Journal, Watkins Magazine, Thrasher Skateboarding Magazine, and Maria Shriver's blog. He teaches weekly wellness workshops with teenagers at Newport Academy in CT. Chris hosts the Indie Spiritualist podcast on Ram Dass's Be Here Now

Network. He writes for Revolver Magazine, FANGORIA, ORIGIN Magazine, Huffington Post, and Mantra Yoga + Health Magazine. Chris is featured in the documentary film "Superhuman". His passion project is his website, TheIndieSpiritualist.com, a popular hub for all things alternative, independent, and spiritual.



Questions/Accommodations needed,
contact Cheri Bragg (860) 426-4534
Cheri.Bragg@ct.gov

yale
program
for
recovery
and
community
health



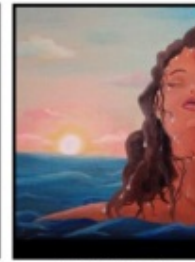
THE ART OF RECOVERY



Solitary Arts by Amy Fisher



ADDICTED WITH A CANNON by Tish Blackman



Breakthrough by Tasha Scott

MANCHESTER, CT - the [Galleries](#) at WORK_SPACE

The Galleries @ WORK_SPACE, is pleased to announce the next exhibit to open in their Main Street & Loop Galleries is **THE ART OF RECOVERY** (July 7- Aug. 19, 2022), an exhibit reflecting the struggles of addiction and the courage of recovery.

Whether the compulsion is ours, or someone we care about, the negative impact and complexities of being dependent on alcohol, drugs, gambling, food, technology and/or other elements is too significant to be so misunderstood.

Professional and emerging New England artists who have experienced the toll that addiction takes on our physical, mental and behavioral health as well as our familial relationships are invited to submit up to five works by June 24th. Artists from all backgrounds in all mediums (including digital and performance) will be considered, and first-time exhibitors are encouraged to participate. There is no fee to submit or show. Submission form can be found at: <https://bit.ly/WS2022RecoveryArt>.

WORK_SPACE Manager, Stacey Zackin explains, that "this exhibit does not aspire to solve the systemic failures and public judgment associated with addictive behaviors, however, we do hope to create a hospitable space for those in the midst of its trauma or having already come through the other side, to inspire compassionate awareness by sharing their story through art and conversation." Amy LaBossiere is honored to be both the Guest Curator and a participating Artist in **THE ART OF RECOVERY** exhibit which she says, "is intended to heal the stigma of addiction by opening opportunities for connection, support and conversation..." affirming that, "it is through these avenues, recovery is possible."

The Galleries @ WORK_SPACE is partnering with local social service agencies and community organizations to create a calendar of workshops, programs and discussions related to the art and science of recovery. Visitors will be invited to contribute to an interactive art installation, where they can add the names of the people and services that helped them on their path. For those that wish to remain anonymous, we welcome the use of pseudonyms. We also welcome financial sponsors.

(Continued... p1/2)

Recursos en español

¿Sabes cómo obtener servicios de apoyo en estos momentos tan difíciles?

Hay programas de ayuda para las necesidades básicas, salud mental y adicción, incluso apoyos a bajo costo y para indocumentados. Si tú o un ser querido necesita ayuda, no tardes en contactarte con una de las opciones a continuación.

Peer Community Resources



Paranoia Network April Newsletter

The Paranoia Network was originally launched in 2004. Run by Peter Bullimore, Kate Crawford and Shaun Hunt, the organization aims to raise awareness of how disabling paranoia can be, and to breakdown social taboos.

[READ IT HERE](#)

Wildflower Alliance

The Wildflower Alliance supports healing and empowerment for our broader communities and people who have been impacted by psychiatric diagnosis, trauma, extreme states, homelessness, problems with substances and other life-interrupting challenges.

JULY NEWSLETTER

Wildflower Alliance Website: wildfloweralliance.org



REGISTER

2022 NARPA CONFERENCE

The mission of the National Association for Rights Protection and Advocacy is to support people with psychiatric diagnoses to exercise their legal and human rights, with the goals of abolishing forced treatment and ensuring autonomy, dignity and choice.

NARPA Website: narpa.org

CT Community Resources

COACH Support

The COACH (COVID-19 Assistance for Community Health) provides FREE community support and outreach services in Connecticut in response to the unprecedented public health crisis.

[Read more](#)



Natural Addiction Recovery

2 Your Health is implementing the Natural Addiction Recovery (NAR) pilot program. It is a health rejuvenating program using effective, science-supported nutritionally dense foods and physical activities that help the body rid itself of addictive substances.

[Read more](#)

Find support with NAMI

The Coronavirus outbreak is leaving many people feeling anxious, angry, sad, or scared. People living with mental health conditions, their loved ones, and their caregivers face unique challenges during this public health crisis. You are not alone.

NAMI Connecticut is here for you with virtual support groups and education programs.

[Read more](#)



Rocking Recovery Resources

Rocking recovery has a comprehensive list of resources in Connecticut, organized by need and county.

[Check it out here](#)

Virtual Narcan Trainings

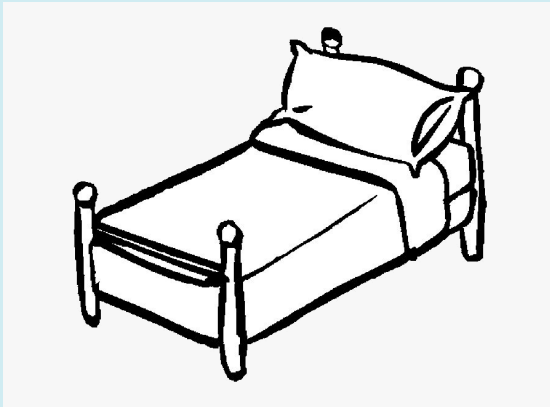
Every Wednesday from 3-4pm

These FREE trainings will cover:

- The opioid epidemic
- How to prevent an overdose
- How to recognize warning signs & symptoms
- How to administer Narcan (Naloxone)
- Current protective legislation in CT
- Local resources & services

Please email Kaitlin@ryasap.org for invite link!

[Read more](#)



DMHAS Mental Health Bed Website

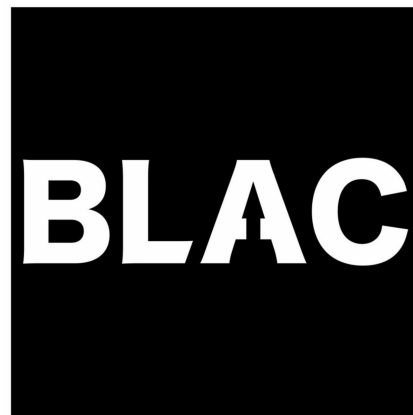
A new project listing open beds, including 45 state-operated and private non-profit agencies, covering six types of programs and more than 1700 beds. Programs will be updating this site when there is a change in availability and at least weekly.

[View site](#)

Blac Leaders: Anti-Racism Resources

Blac Leaders and Administrators Consortium has compiled a list of anti-racism resources, including children's books, social media accounts, and videos and other media.

[Check it out here](#)



Helping Hands: A Resource Guide for Families With Loved Ones In Prison

The guide provides listings for statewide resources as well as six cities beginning with Hartford and followed by Bridgeport, New Haven, New London, Waterbury, and Willimantic.

[Read more](#)
[Leer más en español](#)

MATT's Van

Visit the van for on-the-street services to help with recovery from your opiate addiction. No insurance or appointment is needed. Doctors and recovery coaches are on the van. Referrals for treatment and prescriptions for Suboxone and Narcan are

available.

[Read more](#)



HUSKY Medicaid Program Updates

The HUSKY Medicaid Program has made several changes to their programs to ensure better access to services and to best ensure the safety of patients and healthcare providers.

[Please see the recent changes here.](#)

Amplify Resource Page

Amplify has compiled a list of resources available for support in Connecticut, by region.

[Check out their lists here](#)

AMPLIFY

A Regional Behavioral Action Organization



Online/Digital Recovery Support Resources

Find online meetings for Alcoholics Anonymous, Narcotics Anonymous, SMART Recovery, and more.

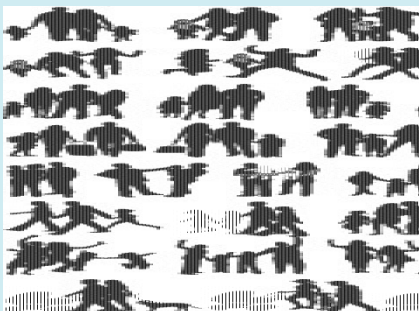
[Read more](#)

CHR Warmline

Need support? Call to talk to a peer who understands.

CHR Warmline:

1-866-927-6225
(6pm-10pm, 7 days a week)



THRIVE Support Online Family Recovery Meetings

Support for families in an online setting. THRIVE uses CRAFT principles along with a faith component.

Connecticut Zoom Meetings

A list of some of the support meetings occurring on Zoom in the state of Connecticut.

[Read more](#)



Eating Disorder Support Lines

[National Eating Disorders Support Line](#)

[Eating Disorder and Bulemia Hotline](#)

Connecticut Resources

Connecticut has recommended the following information to help protect yourself and others during the closure.

www.consumerfinance.gov

Click "Protect yourself financially from the coronavirus"

<https://ctlawhelp.org/en/coronavirus>

Get legal information about court access, school, work, benefits, housing, and more during the COVID-19 crisis.



Housing Support

Looking for Shelter? Call 2-1-1 Press 3, then 1 to speak with a housing specialist. As of 11/17/2014 all requests for shelter beds must be made through 2-1-1

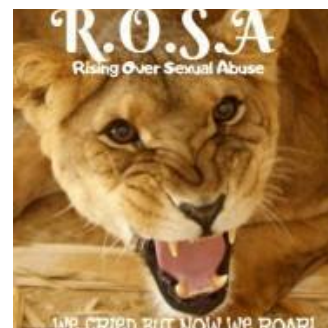
Safelink users call [1-800-203-1234](tel:1-800-203-1234)

Save the date: ROSA Sexual Assault Awareness Month Walk

April 22nd, 2022

Virtual worldwide event!

[Read more](#)



Help Is Here Webinar Recordings

The Help is Here webinars cover a broad variety of topics, touching on support for adults and young people, system navigation, and self-care, among other things. The recordings are available for viewing any time.

[Check them out here](#)



Late-Night Support Meetings

Are you a night owl?

Join Rocking Recovery for their late-night support groups on zoom, from 10pm-12am on Tuesdays and Thursdays.

[Check it out here](#)

CONTACT US

Advocacy Unlimited, 114 W. Main Street, Suite 201, New Britain, CT 06051
Office Hours: 9am-5pm, Monday-Friday

T: (860) 505-7581

E: info@AdvocacyUnlimited.org

<http://www.advocacyunlimited.org>



Thanks for reading, and see you next month!

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