

National Empowerment Center

Recovery is real and this website is filled with practical information that will help you recover if you have been labeled with a mental illness

[Alternatives Conference](#)

"We envision a future when everyone with a mental illness will recover"
-- [New Freedom Commission on Mental Health, 2003](#) --

Information on New [Medicare coverage of Medications](#)

[Events](#)

NEW AT THE NEC WEBSITE:

Recent Evidence and Strategies for Recovery

[Publications, Books, DVD's, etc.](#)

[ALTERNATIVES 2008](#) will be held at the Adams Mark Hotel in Buffalo, New York! Socialize and learn in a diverse and supportive environment designed especially for you! Make sure to mark your calendars for October 27 through November 2!

[Outcome of community-based rehabilitation program for people with mental illness who are considered difficult to treat.](#) (pdf)

[NEC Staff](#)

The first International Conference on Self-Determination will be May 27-29, 2008 in Detroit, Michigan. [[Click for more](#)]

By: *Journal of Rehabilitation Research & Development*

[Programs & Services](#)

[Consumer-Run Statewide Organizations](#)



International Coalition takes flight

[ROSI and other recovery measures](#)

[Resources & Links](#)

[Consumer-Directed Transformation to a Recovery-Based Mental Health System](#) (pdf)

[Recovery Stories](#)

By *Judi Chamberlin and Dan Fisher, Consumer Initiatives Summit Conference, March, 2004*

[Articles](#)

[Jobs Available](#)

Self-Direction: [Consumer Choice in Action](#) (pdf)

[Contact](#)

[How Consumers STEP UP to Design a Truly Recovery-based Mental Health System](#) - Dan Fisher's article published in National Council Magazine

Creating a [Recovery Culture](#) (PowerPoint Presentation)

[International Coalition](#)

Consumer Leaders from Around the World Unite in Canada - [Dan Fisher's report on August meeting](#)

Emerging evidence base for [Consumer Operated Services](#) (COSPs)

Search NEC

Forgotten Suitcases, Emotional Baggage - A history of mental-health treatment, told through lost souls, at the New York Public Library. [A New York Times Article, December 7, 2007.](#) The Lives They Left Behind - Suitcases from a State Hospital Attic, [View online exhibit from the New York Public Library.](#)

Evidence That People Recover in [Published Research and Other Articles](#)

We accept donations through our secure

Supportive Housing for People with Mental Illness: Regaining a

online store

DONATE NOW!

NEW **Voices
of Hope and
Recovery:
Our Stories,
Our Lives**

New CD Series

These stories - honest, gut-wrenching and triumphant - are told by people who, through darkness, have found wellness and healing, meaning and purpose.

**CLICK TO VIEW
OR ORDER**

**PACE: A
Recovery
Guide**

Edited by Laurie Ahern, Eds. and Daniel Fisher, MD PhD

How Personal Assistance in Community Existence (PACE) facilitates people's recovery from "mental illness"

**CLICK TO
ORDER**

Also available as a free pdf download:

Guide in English

(7395KB, 36 pages)

Guide in Spanish

(1681KB, 35 pages)

Guide in Japanese

(4608 KB, 29 pages)

Life in the Community. Webcast scheduled for 9/25/2007 3:30 - 5:00 PM EST. [Brochure](#) (pdf), or at www.nga.org/mentalhealth ([direct link](#))

[Connectedness and Citizenship: Redefining Social Integration](#)

by Norma Ware et al (pdf- 81 kb, 6 pages)

Bazelon Offers Model Policy for Addressing Student Mental Health - The Bazelon Center for Mental Health Law has released a model policy to help colleges and universities develop a non-discriminatory, non-punitive approach to students in crisis because of mental health problems. It is available as a free download at www.bazelon.org/pdf/SupportingStudents.pdf (518 kb, 10 pages)

Intervoice launches new web site about hearing voices - www.intervoiceonline.org. Intervoice is an international organization dedicated to changing society's perception of people who hear voices.

National Coalition of Mental Health Consumer/Survivor Organizations (NCMHCSO.org) is launched...

[Dan Fisher's Presentations on Recovery](#)

[Reducing the use of seclusion and restraint](#) (pdf 246KB, 35 pages)

NCD **[Report recommends that peer support by people with psychiatric disabilities be included in disaster planning](#)**, (July 7, 2006)

Dr. Fisher's article - **[Recovery From Schizophrenia: From Seclusion to Empowerment](#)** now available on Medscape (Free membership required. Valid for CME/CE Credits through March 10, 2007)

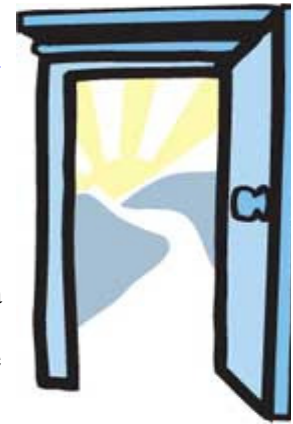
Revisiting Schizophrenia: Are Drugs Always Needed? **[New York Times article, March 21, 2006](#)**

2/16/06 SAMHSA Issues **[Consensus Statement on Mental Health Recovery](#)**

Meds Alone Couldn't Bring Robert Back – Experts like to debate the effectiveness of new drugs, but they overlook a key element of recovery. **[February 6, 2006 issue of Newsweek, by Jay Neugeboren](#)**

12/15/05 Peer Support: Disaster Preparation for People with Psychiatric Disabilities - Self Direction in Mental Health Broadcast Series [[webcast](#)]

11/16/05 National Public Radio (NPR) sound portrait of 'My



NEC is working with four consumer groups in a **[Recovery Consortium](#)**

Voices of Transformation: **[Developing Recovery-Based Statewide Consumer/Survivor Organizations](#)** (pdf 2M - 104 pages)

NEC's proposed characteristics of a person who has **[recovered from mental illness](#)** (revised 2/1/05)

Additional articles that you may find useful:

People can **[recover from mental illness](#)**

[Reclaiming your power](#) during medication appointments with your psychiatrist

Escuchando voces que deprimen: **[Recursos y estrategia para ayudarse así mismo](#)**

Guide in Icelandic
(944KB, 30 pages)

Lobotomy': Howard Dully's Journey. - [Via NPR](#), [Via Sound Portraits](#)

[See all our Articles](#)

To view PDF files,
download a free copy
of Adobe Reader



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presentations,
download
a free copy of the

PowerPoint Reader

The Campaign for Mental Health Reform released a [Roadmap for Federal Action on America's Mental Health Crisis](#), 7/26/05

SAMHSA released its plan to implement the New Freedom Mental Health Commission Report: [Federal Action Agenda: First Steps](#), 7/22/05

NEC Trains [California Consumer Leaders](#)

American Association of Community Psychiatrists [advocates for recovery](#)

"Psychiatrist to Discuss Recovery"

Hartford Courant Article, April 6, 2005

[Recovery Through Empowerment](#) - An Interview with Dr. Fisher published online by Medscape, January 20, 2005

Dr. Fisher's Presentations at a Conference for VA and non-VA Clinicians and Administrators, October 28-30, 2004

- Principles of Recovery ([video](#))
- Implementation of Peer Support Programs ([video](#))
- Handout ([pdf](#))

Free SAMHSA Training Series on [Mental Health Self-Direction](#) Web-casts

Hurricane Katrina/Rita [Aftermath Resources](#)

NEC's work on the White House [New Freedom Commission on Mental Health](#)

Recovery Through Recognition of the [History of Consumers and Survivors](#)

Catherine Penney and Dan Fisher Discuss [Recovering From Schizophrenia](#)

IN THE NEWS:

Anne Beales Receives Member of the British Empire for Services to Mental Health - [\[more on Anne Beales\]](#)



Mental patients find understanding in

therapy led by peers - Years ago, Jess Zaller came to the Pathways mental health program as a day patient. In and out of institutions, he had fought mental illness since childhood. His life felt like a nightmare of chaos and despair.

Zaller, 45, was back in a Pathways therapy group last week, but this time as a leader, listening carefully as members laid bare the pain of their fears and compulsions. When he delicately pointed the way, it was often in the first person, using his own hard lessons learned:

"Our lives are at stake," he told members. "It takes a lot of courage to walk a path of recovery, and each one of us develops our own path."

[[View full text](#) of Boston Globe article, June 8, 2007]

The New Vermont Story - Vermont was a great innovator in community mental health in the 50's and 60's. That was described as the Vermont Story. Now with the appointment of a new commissioner, Mr. Micheal Hartman and deputy commissioner , Beth Tanzman, with deep roots in community mental health and the recovery movement, we may be seeing the dawn of the New Vermont Story. They both are outstanding leaders with excellent values and should greatly assist Vermont in its historic shift to a recovery-based, consumer- and family-driven system as advocated by the New Freedom Commission for Mental Health. [[more](#)]

The evidence base for consumer-run services - "Grading the Evidence for Consumer-Driven Services." The UIC National Research and Training Center is offering this workshop as part of its National Web-Based Education Program. [[more](#)]

Judi Chamberlin debates E. Fuller Torrey, MD on Involuntary Treatment [[more](#)]

Hoyer Received Award at the National Council on Disability's 15th Anniversary Observance of the ADA [[more](#)]

State Mental Health Commissioners Say **Seclusion and Restraint are Safety Interventions, Not Treatment Interventions** [[more](#)]

[More News](#)

The National Empowerment Center is funded in part by:



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Center for Mental Health Services

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