

# CONTACT FOR CHANGE:

## Speakers Bureau (SB)

*Contact for Change* is offered through RI International and funded by CalMHSA through Riverside University Health System – Behavioral Health, Prevention and Early Intervention (PEI)

CalMHSA's activities promote a range of strategies to change attitudes and behaviors regarding mental illness, accessing services, and suicide prevention.

An SB presentation will explain the differences between mental illness and mental health and provide resources for treatment and support. Two speakers will share their personal recovery stories of lived experience with mental illness and their journeys to wellness. They will talk about:

### Where They Were

- Life before symptoms appeared, a description of symptoms and how they impacted their lives

### Their Recovery Journeys

- “AHA” moments when they chose recovery
- What worked on their paths of recovery
  - Treatment
  - Coping Skills
  - Strengths

### Where They Are Now

- Accomplishments despite challenges

### Where They Are Headed

- Goals and hopes for the future

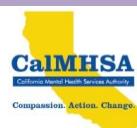


### Did You Know...

- ❖ One in 5 American adults experience some form of mental illness in any given year.  
*-National Alliance on Mental Illness, August 2018*
- ❖ About half of them have a co-occurring substance use disorder.  
*-Substance Abuse and Mental Health Services Administration, September 2017*
- ❖ Approximately 9.6 million Americans experience suicidal ideation.  
*-Mental Health in America, 2018*
- ❖ Suicide is the 10<sup>th</sup> leading cause of death in the United States.  
*-National Alliance on Mental Illness, 2018*
- ❖ Ninety percent of people who die by suicide have an underlying mental illness.  
*-National Alliance on Mental Illness, 2018*

SB presentations will help the community to:

- Reduce stigma and promote awareness on mental illness
- Encourage people with symptoms of mental illness to seek help
- Recognize and support people suffering from mental illness and/or their loved ones with resources for intervention
- Recognize that recovery is possible for everyone-We are the evidence!



**For more information, to be a presenter, or to book a presentation, please contact:**

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