

Stories: Power, Hope, and Healing

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NH Behavioral Health Summit
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OUR GOALS TODAY

- By hearing stories of recovery, your appreciation for the importance of our work might be deepened.
- By hearing about struggles and triumphs, you might broaden your notions of what people need to grow and the courage, determination and support they might need.
- By hearing true experiences, you might have a greater appreciation of the power of story telling as a way of influencing thoughts and actions.

IN OUR OWN VOICE

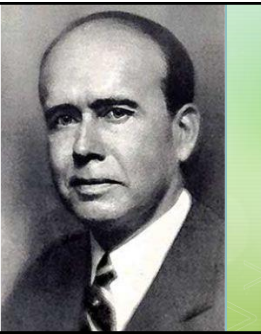
NAMI NH Trained Volunteers

- Provide a personal perspective of mental health conditions
- Talk openly about what it's like to have a mental health condition
- Allows for a deeper understanding of mental health conditions and dispelling of stereotypes and misconceptions
- Provide an understanding that people with mental health conditions have lives enriched by hopes, dreams, and goals
- Provide hope and let others know that **You Are Not Alone!**



**A MIND THAT
FOUND
ITSELF**

An Autobiography
CLIFFORD BEERS



SARAH HORNE
Senior Human Resources Business Partner,
Easterseals NH & VT
NAMI NH Board Member
NAMI NH In Our Own Voice Presenter

**MY JOURNEY OF
RECOVERY**





**MY JOURNEY
OF RECOVERY**

TIM WEEKS
Mental Health Advocate
Monadnock Family Services Incorporator
NAMI NH In Our Own Voice Presenter

MELISSA KIMBALL
NAMI NH In Our Own Voice Presenter

MY JOURNEY
OF RECOVERY



Q&A
