

Alternatives 2009!

"Uniting Our Movement for Change"

(the 23rd annual Alternatives conference)

- the only national mental health conference organized by and for people diagnosed with mental illnesses -
will be held

**Wednesday, October 28, 2009,
through Sunday, November 1, 2009,
at the Hilton Omaha in Omaha, Nebraska.**

Each Alternatives conference offers in-depth technical assistance on peer-delivered services and self-help/recovery methods. Beyond the exchange of knowledge and networking, Alternatives offers a rich social, artistic, and healing environment. When asked "one thing I learned that I will incorporate into my life and/or my work," one Alternatives 2007 attendee responded, "We can influence the direction of the future."

National Mental Health Consumers' Self-Help Clearinghouse

<http://www.mhselfhelp.org>

info@mhselfhelp.org

800-553-4539

For Scholarship Information:

http://www.mhselfhelp.org/news/view.php?news_id=574

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Of respondents completing the **Alternatives 2007** evaluation:

- 98% learned new cultural perspectives
- 100% learned new ways to be involved in creating policy and/or delivering services
- 100% learned new alternative treatment options
- 100% learned new recovery possibilities for themselves and others
- 93% learned new housing and/or getting basic needs met
- 94% learned new ways to cope with their issues
- 99% learned new ways to support others
- 100% learned new information skills they can use in work/profession
- 93% learned how to use art, music, movement to help themselves and others
- 98% learned how to be a part of transforming the system

Comments from participants at **Alternatives 2008**:

"I really felt unusually moved and supported by the spiritual messages, the bigger vision, the smart political thinking and planning, the great keynotes, good hotel and so many wonderful moments, not the least of which was the very heartening Youth Power keynote. Great, great job!"

"The enthusiasm at the event was contagious. The workshops and speakers were all well prepared, energetic and inspiring. I met more people than I could have imagined and all of them helped contribute to the experience. The greatest gift I received was the motivation and inspiration to reevaluate my own definition of wellness and what contribution I can make, both humbly in need of some updating. The solidarity and the acceptance I received from everyone there will help power the upcoming challenges. Perhaps that is the reason the word 'power' is in the middle of the word empowerment. I felt magic in my heart reawakening."
