

Montana's Peer Network



For the latest MPN information, back issues of our newsletter or updates on projects visit

mtpeernetwork.org

Like us on



**Member
Count
390**



National Recovery Month is almost upon us. Check out what Montana's Peer Network will be up to:

September 18 Livingston—Presentation and Panel Discussion Livingston Public Library - "Emotional CPR"

September 9 Missoula— Presentation "Montana's Peer Network and the Recovery Movement"

September 10 Missoula—Presentation "Healthy Minds Healthy Bodies: a peer approach"

September TBD Butte—Recovery Fair

September 6 Great Falls— Recovery picnic Elks Riverside Park 1-4pm

September 25 Bozeman—"How to be a peer professional" training

What will you be doing for National Recovery Month September 2014?

Let us know! Visit recoverymonth.gov to check out what's happening nationwide!

**"How to be a peer professional"
Training**

September 25 Bozeman



[To boldly talk about suicide](#)

Visit this link to learn more about the
S word

Self efficacy— is the extent or strength of one's belief in one's own ability to complete tasks and reach goals." *Wikipedia*

How would you rank your own self efficacy on a scale of 1-5?

www.helpguide.org



PODCAST

MPN'S Pilot Project

[Listen here](#)

[SAMHSA NEWS online](#)

Power of peer support
Managing anger



Now accepting applications for our Board of Directors.

Visit mtpeernetwork.org for more information

or contact

Board President Todd Tecca
tmtecca@yahoo.com



The Montana

Mental Health Oversight Advisory Council (MHOAC) is looking for a veteran representative
Contact Marlene Disburg-Ross at 406-655-7660
or mdisburg-ross@mt.gov

Alternatives Conference 2014

Orlando Florida

October 22- 24, 2014

The largest peer conference in the country

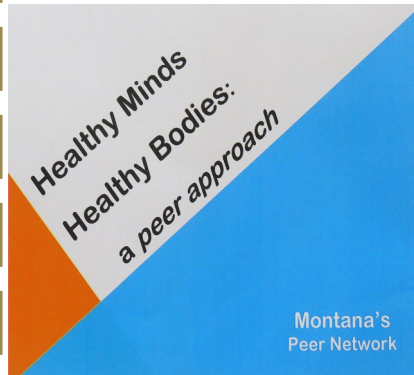
www.alternatives2014.mhasp.org

Madnessradio.net

Voices and visions
from outside mental
health



The "Healthy Minds Healthy Bodies" presentation went to Helena this week. I was the guest of "Our Place" drop-in center. I would like to extend a special thank you to all of the peers that participated. We were also joined by the providers



whose input was valuable to the experience we all shared. Perhaps I will be able to come again. Thank you April for letting MPN come and be part of your day.

"Healthy Minds, Healthy Bodies" is a two hour whole health presentation that looks at peer support, trauma and trauma informed care, co-occurring disorders, and diet and exercise as they pertain to mental health. Participants report learning new information and that they would recommend attending to a friend. I will be presenting in Butte and Bozeman this fall and in Great Falls this winter. Notice of the presentations will be sent out to all members of their respective communities. I hope to see you there!

Robin Johnson robin@mtpeernetwork.org

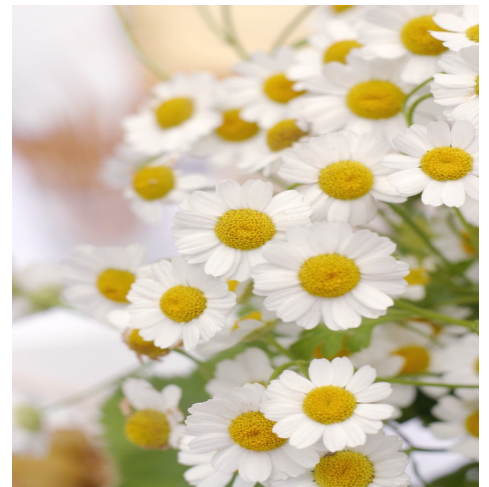
Wellness Tool of the Month:

Journaling can help us explore our inner most self, problem



solve and be more creative.

Make a plan to write in your journal regularly on the way to recovery.



Montana Youth Transitions Conference

[Click here](#)

November 5-7 Missoula

Members are you interested in getting more involved with MPN and the recovery movement?

Become a Peer Advocate!

Visit our website for more information

www.mtpeernetwork.org

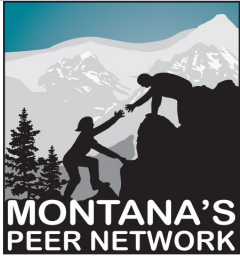
In Loving Memory



Robin Williams 1951-2014

"You made us laugh until we cried. We thank you."

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MPN welcomes submissions to our newsletter contact
Jim Hajny, Executive Director
jim@mtpeernetwork.org
406-551-1058

2014 Calendar of Events

- August 7 Healthy Minds Healthy Bodies Presentation Helena DIC
- September Recovery Month Events—Missoula, Butte, Bozeman, Great Falls & Livingston
- September 10 Healthy Minds Healthy Bodies Presentation Missoula
- September 28 NAMI Walk - Memorial Park Helena www.namimt.org
- September Healthy Minds Healthy Bodies—Butte
- October 22-26 [Alternatives Conference](#) Orlando, FL
- November 5-7 Youth Transitions Conference

Recovery is Possible

Peer Support Groups across the state

Butte

peer support group
Thursday at 630pm
Library uptown location
406-498-0703 for information

BOZEMAN

Saturday 2:30-3:30
Medical Arts Building Rm 303
548-8673 for info

Helena

Peer support group
Lewis and Clark Library
Sunday 4-5pm
422-7521 for more information

Missoula

Recovery International
Saturday 1- 2:30pm
Missoula Public Library
825-3063 for more information



Montana's Peer Network
109 East Lewis Street
Livingston, MT 59047

Place Stamp Here

«First Name» «Last Name»

«Address Line 1»

«City» «State «ZIP Code»