

Member

Count

450



Like us on



Montana's Peer Network

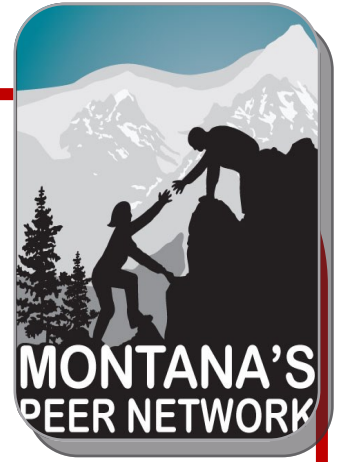
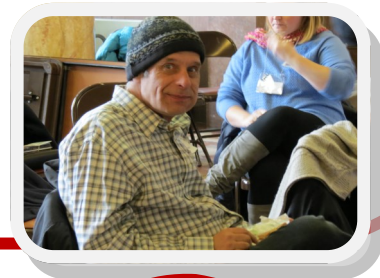
MENTAL HEALTH DAY AT THE CAPITAL ROTUNDA

On January 12th, a very cold Monday morning members of the Montana Peer Network arrived at the Montana State Capital in Helena to set up a booth to educate lawmakers and the public about what we do. President of the MPN Todd Tecca was there early getting things lined out for a good day. Soon quite a few

members from MPN showed up from all over Montana to help run the booth and give support. Our booth was awesome! Very professional looking. So good that Miss Montana was one of the first to come and talk to us and pick up information about the MPN. Executive Director Jim Hajny along with Board Member Gary Travis arrived from ice covered roads safe. Jim brought a new member Melissa who had a nice camera in hand to take pictures of the event. Michelle Jermunson our Recovery Coach was there fresh from

Bozeman. Assistant Director Robin Johnson made the long drive in the cold from Great Falls too. We all worked with each other and other organizations such as Shodair, Consumer Direct and St. Pete's Hospital had booths too. Mr. Dan Aune form Mental Health of America of Montana was kind enough to give tips for the day and brought the lunch to feed the lawmakers and us. All in all we had a good day at the Capitol and made good connections and I am sure left a good impression of the Montana Peer Network on the folks we visited with.

This is Mike Caruso Vice President signing off from the Capital beat.



REMINDER: Peer Advocate monthly networking call is the second Tuesday of the month 6pm



Send it out...you will get it back

Montana's Peer Network

[Spirituality & Health Magazine](#)

Find your balance

All you need is love

I love you

courage

WRAP Around the World registration
Copelandcenter.com
Now available

[SAMHSA NEWS online](#)

Recovery

HOPE

IS IT JUST ME OR...

Over the years I have noticed that the worse I feel mentally or emotionally the less words I seem to have to describe how I am feeling. In that moment I seem to be at a loss for the vocabulary. Yet, when I feel good I can describe what I am feeling without hesitation. Why is this?

Does anyone else ever feel this way or is it just me? Send your response to jim@mtpeernetwork.org

Be My Valentine

Public Testimony

2015 Legislative joint sub committee meeting on HB 2 and the mental health budget Helena Capitol on January 15, 2015

There was a very good turnout for public testimony for the Montana Mental Health Budget. Both providers and consumers did an excellent job of giving testimony about the state of the mental health services and the impacts they make on their lives and organizations in Montana. Jim Hajny our Executive Director was there along with Recovery Coach Michelle Jermunson, myself many other members including Michelle Lewis and Michael Smith Butte. Michelle gave a particularly memorable testimony. Many first timers provided testimony too, sharing their experience. Mike Caruso the Vice President of the Montana's Peer Network gave a strong and humorous testimony too. The room was overflowing and I believe that we provided a great united front to improve Mental Health services here in Montana.



We welcome submissions to our newsletter contact. Deadline is the 10th of month.

jim@mtpeernetwork.org
406-551-1058

mtpeernetwork.org

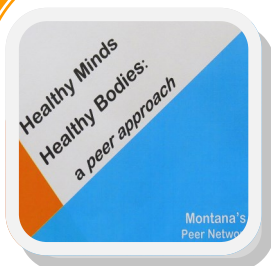


The Mental Disabilities Board of Visitors (BOV) is primarily responsible to ensure that the treatment of all persons who are voluntarily or involuntarily admitted to a mental health facility in Montana is humane, and consistent with established clinical and other professional standards. To do that, BOV conducts site inspections of every mental health facility in the state—we do that by reviewing the facilities' policies, standards, treatment, interviewing staff and clients, reviewing medication records, family involvement, cultural competency, trauma-informed care awareness; lots of things.

We investigate allegations of abuse/neglect, grievances, and any complaints or concerns made by clients against the treatment of the mental health facility. After that inspection, we then collect all the information and make recommendations to the facility. The facility has 30 days to respond about how they will respond to those recommendations. This report is sent to the governor. The BOV also provides legal counsel to patients at Montana State Hospital and Montana Developmental Center. There's an attorney and a paralegal at Montana State Hospital, and they attend all boards of review (like Involuntary Medication Review Board and Forensic Review Board) to make certain the client's rights are respected. The attorney represents the client in commitment hearings at MSH. The BOV can help with a variety of things from legal issues to helping with grievances.

I'm also excited about the advocacy role of the BOV—to advocate for and protect the rights of people receiving services from mental health facilities, advocating for development and provision of high-quality, effective and compassionate treatment by mental health facilities, and I want to work with programs like Montana's Peer Network to help empower people to stand up for just, compassionate services and to help educate and end stigma. The BOV also investigates allegations of abuse/neglect and grievances, especially if they are not resolved at the facility or provider level.

The BOV has one office at Montana State Hospital and one in Helena. I'm in the Helena office. Our attorney and paralegal are at MSH, and they are Craig Fitch, at 406-693-7037, and LuWaana Johnson at 406-693-7035. My phone # is 406-444-5278, or at 1-800-332-2272. The BOV handles any complaints, concerns, grievances and allegations of abuse/neglect, or just questions about what's out there, what to expect from different mental health facilities, what your rights are. **Janette Reget**, Executive Director BOV



Healthy Minds Healthy Bodies – Workbook now available!

**Create your own
goals for wellness.**

**The workbook also
includes the 8 Dimen-
sions of Wellness,
peer support, re-
sources and lots of in-
formation on being
well!**



**Healthy Minds Healthy Bodies is a signature
program from MPN**

From VOICE COLLECTIVE

**If the voices you hear frighten you
you're not alone.**

Six tips that you may find helpful

Say NO

Challenge them

Ignore them

Use your imagination

Listen with kindness

Express yourself

**To read the details of the list or to
find out more**

www.voicecollective.co.uk



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

«First Name» «Last Name»

«Address Line 1»

«City» «State» «ZIP Code»

Place Stamp
 Here

Peer Support Groups in Montana

Bozeman

714 S 8th Ave. Christus Collegium
 Montana Room Tuesday 4pm 548-8673

Butte

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

Great Falls

Benefis Hospital Mother Joseph Room
 Fridays 3-4pm—590-7822

Helena

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

Kalispell

Thursday 1pm @Wheat Montana

Missoula

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

www.helpguide.org

Help Support your peer
 network



R e c o v e r y
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P o s s i b l e