

Taking Flight

A Briefing from Project GREAT
Georgia Recovery-Based Educational Approach to Treatment

ANNOUNCEMENTS

MCG Recovery Initiatives Featured in Magazine Article

Reporters from *MCG Today* interviewed members of the Project GREAT team (including Dr. Peter Buckley, Dr. Alex Mabe, and Gareth Fenley) for a feature article in the winter issue. Watch for it to show up soon on MCG's Web site.

New Peer Support "Warm Line" at 1-888-945-1414

A new state-funded, consumer-directed peer wellness and respite center in Georgia is offering a free alternative for anyone struggling with mental health issues who would just like to talk, 24 hours a day.

This new service complements the existing Georgia Crisis and Access Line, which continues in operation at **1-800-715-4225**.

A RECOVERY STORY

"My feelings and thoughts are a kaleidoscope when I'm at a peak or a pit in my illness. I was once elated when I thought I was in Heaven, but when I began to realize that I had been locked up in a mental hospital, I was very angry. I expected to have to fight to get respect. The kindness and patience of the staff and my family then surrounded me with positive messages. Instead of writing off my future in despair, I left the hospital and went back to work."

- Gareth Fenley

LEARNING POINTS

Hope is critical in the recovery of a meaningful life in the face of mental health crises. Often it is "The Relationship" and not just technical skills that affirms personal worth and conveys belief in a positive future. Providers should work to foster an affirming and hopeful connection with their consumers.