

Prevention, Education & Outreach An Important Role in PCN

The primary goal of Prevention, Education and Outreach (PE&O) is to improve the quality of life for the people we serve. Reducing the frequency and severity of health problems and preventing relapses is a critical step in this process. This is all done while working to create a sense of well being for individuals and their families as well as the community.

"We help people make life style choices that will help them get better and learn to practice preventive self care," says **Summer M. Berman**, Prevention, Education & Outreach Specialist at PCN.

"Prevention, education and outreach are not separate functions," says Berman. "They really work together and rely on each other to be effective." Prevention involves both community outreach and education. Outreach is an important tool for developing successful education programs. Education is an important means of preventing illness. "We blend these functions while giving people useful information and helping them to help themselves get better." PEO philosophy is that programs and services are most effective when they:

- ❖ **Build partnerships with consumers, family members, providers, community support organizations and advocacy agencies.**
- ❖ **Foster a philosophy of recovery.**
- ❖ **Help people take responsibility for managing their treatment and lifestyle choices.**
- ❖ **Stress that each individual has access to treatment and support.**
- ❖ **Use research, feedback and evaluations to continually improve the program.**
- ❖ **Recognize that good health and community involvement is cost effective.**

"PCN has established several goals for the PE&O programs," says Berman. "We support the Consumer Advisory Board and connect with providers, consumers and consumer advocates. We develop ways to communicate with a variety of audiences and get news out to people in a timely manner." A consumer resource library as well as a PEO and Consumer Focus website are in the works. We are also moving forward to design a Detroit Service Center PE&O website.

"PE&O is an exciting area within Person Centered Network," Berman explains. "Our activities, which include program evaluation, behavioral health awareness campaigns, health promotion, and consumer advocacy are challenging and rewarding. We look forward to building stronger links in the community, give a greater voice to our consumers and help them in self help activities to improve their quality of life."

If you have questions about PEO or would like to learn how to be involved, contact **Summer Berman, 313.262.5082** or sberman@pcnetwork.org. Summer is also editor of the newsletter and would be pleased to receive your comments.

Special Events Increase Mental Health Awareness

Several special activities were held in **May** to spotlight **National Mental Health Awareness Month**. Two popular events in Wayne county were **NAMIWALKS** and **The Art of Being Special**.

Several hundred people turned out for the 5K walk on Belle Isle sponsored by NAMI Michigan. Person Centered Network walked in honor of our mission to provide culturally competent services and support in a cost effective way while improving consumer choice and quality of life. Congratulations to all walkers and supporters. Hats off to NAMI Michigan on their successful first year hosting this event. NAMI is a grassroots organization dedicated to improving the lives of all people with severe mental illness.



The Art of Being Special offered a unique opportunity to showcase the artistic talents of greater Wayne county's mentally impaired and developmentally disabled persons. Original artwork of some thirty artists was on display showing the versatility of talent within our community.

A variety of mediums were featured including pen and ink, watercolor, photography, sculpture, glass work and ceramics. Thank you to Detroit-Wayne County Community Mental Health Agency for sponsoring this successful event and congratulation to the consumers whose art work was displayed!

