

RISE

**A PEER-RUN, GRASSROOTS INITIATIVE
FOR YOUNG PEOPLE WHO ARE IN RECOVERY**

Who we are

We are a network of young people, between the ages of 14 – 29, who are in recovery from mental health and/or substance use disorders.

Our Mission

We share our experiences at the local, regional, and state level to influence systemic change.

We provide feedback as recipients of cross systems behavioral health services to assist in the planning and development of programming tailored to our age group.

We connect with our peers and community members to develop strategies that reduce the negative social outcomes for young people seeking and maintaining recovery.

We demonstrate the successful outcomes of recovery, and bring hope to those who seek a future of self-defined purpose.

Our Vision

To make the opportunity of recovery available to every young person in the state of Connecticut.

The Process of Recovery

Recovery is a multifaceted process that is supported by research.

When the initial stage of recovery has been achieved it can be recognized within and by the individual as a shift from the inability to control the symptoms of an illness into a manageable state of self-awareness. Even if symptoms or desires are still present, they are recognized, managed, and controlled with or without treatment and non-traditional supportive services (such as medication management, medicated assisted recovery, mutual support, case-management, recovery coaching, support groups, psychotherapy, etc.)

RISE ABOVE CIRCUMSTANCE

VOICE OF RECOVERY YOUNG PEOPLE CONNECTICUT

2013 Outcomes

- 76 members between 17 and 29 years of age.
- 14 individual partners
- 23 partner organizations
- 11 members attended the Keep the Promise Legislative Essentials Advocacy Training, with 8 members attending the Keep the Promise Legislative Leadership Training.
- 26 testimonies were been submitted, with 12 testimonies given in person to 4 separate committees and subcommittees.
- 4 members attended the "Save the Safety Net Rally" on January 29, 2013
- 7 JRB members attended the Advocacy Unlimited Human Rights Rally on March 2, 2013
- 3 JRB members completed the Advocacy Unlimited Recovery University
- 2 members attended the North Central Regional Mental Health Board's Legislative Breakfast on March 5, 2013.
- 2 members are currently Catchment Area Council Members within Region 4 and Region 1.
- 14 members attended the 2013 NAMI-CT Recovery Walk
- 11 members attended the Recovery Is What You Make It conference on June 16th
- As a direct outcome of legislative activism, S.B. 709 AN ACT CONCERNING THE SILVER ALERT SYSTEM AND MAINTAINING THE PRIVACY OF A MISSING PERSON'S MEDICAL INFORMATION was proposed, debated, and passed into law during this legislative session.
- JRB partnered with Southwest Regional Mental Health Board to host focus groups for the e-Engagement project funded by SAMHSA through DMHAS.
- 1 member currently sits on the e-Engagement advisory board and the steering committee
- 1 member sat on the First Annual Connecticut Restraint and Seclusion Prevention Initiative Partnership Conference
- 1 member participated on the youth panel at the Invisible No More: A Forum on Youth and Homelessness in Connecticut
- JRB partnered with NAMI - Connecticut to develop the Young Adult Connection Recovery Support Group Model, which is currently rolling out throughout the state.
- JRB Partnered with Street Smart Ventures and worked with YASBIZ to produce a series of Recovery Vignettes that were designed to capture the stories of recovery and spread the message of hope.
- The weekend of November 23rd, 54 members attended the 2013 Statewide Recovery Conference hosted by Join Rise Be, in collaboration with key partners from around the state.
- A Facebook presence has been established through www.facebook.com/joinrisebe, and a draft website was launched the weekend of the Recovery Conference. The website is currently under construction in response to beta testing. www.joinrisebe.net

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Please consider the following statistics...

The national rate of serious mental illness in young adults rose from 6.5% to 7.3% between 2008 and 2009, while in the later year 30% of young adults reported experiencing moderate symptoms of mental illness

~ Government Accountability Office & National Survey on Drug Use and Health ~

14% of Connecticut young adults experience symptoms of serious mental illness, while one out of five youth have a mental health diagnosis

~ Governor's Blue Ribbon Commission on Mental Health ~

By the age of 24, three quarters of all chronic, life-time mental illness are diagnosed

~ Kessler, et al., 2004 ~

Young adulthood is the last opportunity for early intervention and to derail chronic disability marked by hopelessness and suffering.

During young adulthood, mental illness is associated with significant rates of drug use, unplanned pregnancies, homelessness, unemployment, and involvement in the criminal justice system

~ Government Accountability Office ~

Mental illness accounts for more disability in the United States than any other illness, including cancer and heart disease combined

~ World Health Organization ~

Mental illness places a substantial burden on the United States economy – about \$300 billion dollars annually

~ Centers for Disease Control and Prevention ~

Without including the authentic voice of young people who are in recovery from mental health and substance use disorders, services will continue to be inappropriately tailored and the opportunity of recovery will continue to evade the majority of our peers.