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Department Of Mental Health And ⁴⁹ BJC Behavioral Health Announce "Rethinking Mental Illness" Procovery Conferences In Kirkwood-Farmington

St. Louis, MO—As a kickoff to an innovative "Recovery through Procovery" System Change Demonstration Project, the Missouri Department of Mental Health and BJC Behavioral Health in Kirkwood and Farmington are bringing Kathleen Crowley, a nationally renowned writer and speaker from California and author of the book "The Power of Procovery in Healing Mental Illness: Just Start Anywhere", to the St. Louis area on April 7, 8, and April 12 at Min-

eral Area College, Park Hills, to conduct three one-day trainings on applying Procovery principles and strategies for transforming the lives of individuals with serious mental illness.

The Recovery through Procovery Demonstration Project focuses on using the Procovery model to work with consumers, families, providers and communities to promote recovery through changing attitudes, building hope, and building skills. BJC Behavioral Health was selected as one of only two lead organizations statewide for the demonstration project.

Kathleen Crowley is director of Procovery Training and Development for the Health Action Network, which is a 501(c)(3) non-profit (www.procovery.com) based in Los Angeles with the mission of empowering individuals in healthcare. Crowley served on then-Governor Tommy Thompson's Wisconsin Blue Ribbon Commission on Mental Health and speaks, trains and consults nationally on Procovery.

"It is easy to feel paralyzed by what seems an overwhelming task of overcoming serious mental illness," said Crowley. "By studying individuals who have succeeded in overcoming mental illness, we have identified basic inspirational principles and concrete, practical, proven strategies that don't cost more, don't take more time, but use the power that all individuals have—consumers, family members, community members, and staff—regardless of the limitations of symp-

toms and systems. Regardless of whether an individual can 'recover' in the traditional sense of 'returning to a prior state of health', all individuals can move forward to procover, to find and build new dreams and new purpose in life."

Leslie Skeen, site manager, BJC Kirkwood said, "The BJC Behavioral Health Kirkwood Division is pleased to be chosen to participate in the Recovery through Procovery Demonstration project to serve our clients and staff. Much of what makes a difference in overcoming mental illness and substance abuse revolves around finding inspiration and hope, and developing practical skills for life—this is the vision of procovery that BJC wants to offer through this pilot and to the consumers, family, community, and staff that our services touch."

Karen Miller, associate director, BJC Farmington added, "The BJC Southeast Division in Farmington, which serves communities across St. Francois, Iron and Washington Counties, believes it is well positioned to both gain from and contribute to the Recovery through Procovery Demonstration Project. We see the Procovery model as a quality improvement tool that can help us improve outcomes and care and, most important, transform lives for those we serve."

The "Rethinking Mental Illness: Power of Procovery" kickoff trainings are open to consumers, family, staff, providers, faculty, students, and community leaders at no charge. This program will be funded by the Missouri Department of Mental Health and BJC Behavioral Health. More detailed information is below:

For consumers and family (same session repeated twice):

Thursday, April 7 at the Kirkwood United Methodist Church, 201 West Adams Avenue in Kirkwood Missouri. For more information or to register, call Georgeanne Merrell at 314-206-3439 Tuesday, April 12 at Mineral Area College, North College Center, 5270 Flat River Road in Park Hills Missouri. For more information or to register, call Rebecca Counts at 573-756-5353

For staff and interested community members:

Thursday, April 8 at the Kirkwood United Methodist Church, 201 West Adams Avenue in Kirkwood Missouri. For more information or to register, call Georgeanne Merrell at 314-206-3439

BJC Behavioral Health is an affiliated member organization of BJC HealthCare offering comprehensive community-based behavioral health services to children and adults in the St. Louis metropolitan area and in the Missouri counties of Washington, Iron and St. Francois. The services offered are designed to help people with a wide range of behavioral health needs. A primary strategy of BJC Behavioral Health is to extend services into the

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