



VANDERBILT UNIVERSITY PRESS

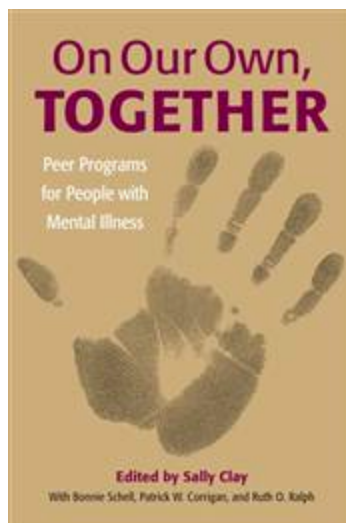
[view cart](#)
[Home](#)
[Books](#)
[Sales](#)
[News](#)
[For Authors](#)
[About](#)
[Advanced Search](#)

BIG WEB SALE - SAVE 25%

Other New Books

Email Alert Sign Up

Contact Info



On Our Own, Together

Peer Programs for People with Mental Illness

Edited by [Sally Clay](#)

\$27.95 25% off until 7/1/2005!

\$20.96

March 2005

isbn: 0-8265-1466-9

binding: Paper, [Cloth](#)

pages: 286

An intimate insiders' examination of various consumer-run services for mental health clients.

On Our Own, Together looks in depth at eight successful peer-run programs for adults with serious mental illnesses. The book grew out of a 1998 meeting that led off a nationwide study to assess not only the effectiveness of consumer-operated services programs (COSPs) but also their implications for the future of mental health care in the United States.

The book clusters the COSPs into three key types: drop-in centers, which provide varied services for their members, including meals, housing assistance, and stigma-free environments; educational programs, which train mental health consumers in recovery skills for themselves and for other consumers; and services based on peer support and mentoring.

Despite their differences, the book shows, the programs share many essential characteristics. Most significantly, they demonstrate the benefits of allowing mental health consumers to operate and govern their own organizations. Also important is their emphasis on equality, mutuality, empowerment, recovery, belonging, and hope in administering services. Such core values, the book suggests, distinguish peer-run programs from the professional services that have long dominated the mental health system.

In contrast to the dry, clinical reports that make up much of the current literature, this book is written "from the inside out" and, for the most part, by the people who developed the programs and who live them every day. It reveals peer-run programs as valuable resources within the mental health system and, indeed, a precious necessity for many consumers.

"This book will enable readers, and those they are helping, to create community-based peer run programs that measurably help people survive the perils of mental illness. It combines scientific rigor, such as the use of measurement tools to select and evaluate the programs reviewed, with vivid hands-on portraits of 8 quite differing models of peer-run programs. No policy or financial decisions about mental health programs should be made without careful study of the findings and approaches articulated in this book." --David Lukoff, Saybrook Graduate School

Author Bio

Sally Clay has been a leader in the mental health consumer/survivor movement for over twenty years. Instrumental in founding three consumer-run organizations— the Portland Coalition in Maine, PEOPLE in upstate New York, and the PEER Center in Florida--she worked as a therapist for Windhorse Associates, an alternative treatment program, and was a founder of Altered States of the Arts.

Bonnie Schell, M.A., RPRP, was Executive Director of the MHCAN drop-in center in Santa Cruz for nine years and is now Director of Consumer Affairs at Piedmont Behavioral Healthcare in Concord, NC. She was co-editor of *Reaching Across with the Arts: A Self-Help Manual for Mental Health Consumers* (2000).

Patrick W. Corrigan, Psy.D., is Professor of Psychiatry and Executive Director, University of Chicago Center for Psychiatric Rehabilitation. He is the author of several books on training and psychiatric rehabilitation.

Ruth O. Ralph, Ph.D., is a Senior Research Associate (retired) with the Edmund S. Muskie School of Public Service at the University of Southern Maine. She has written and presented on recovery in mental health.

Reviews

"On Our Own, Together is an important book providing us with an understanding of the philosophy, work and healing power of peer run programs. Rising up from the lived-experience of people diagnosed with major mental disorders, these peer programs have evolved over decades. Sally Clay and her co-authors teach us about the principles and practices that form the common ground for all these programs while also highlighting some of the differences between them." - Patricia E. Deegan, Ph.D.

"This is a book like no other. While it contains most all the knowledge one would need to develop successful peer programs, it also addresses the philosophy, values, and passion one needs to do it. The various examples of peer programs weave together to tell the larger story of how and why peer programs do work." --William A. Anthony, Director, Center for Psychiatric Rehabilitation, Boston University

"Truly a remarkable book. Not only does it contain a brief history and philosophy of consumer-operated programs in the mental health field but also hands-on examples of eight case studies from across the country as well as glossaries, contact lists and directories. Embedded within these programs are essential ingredients of empowerment, choice, respect for diversity, creativity, humor, and advocacy. Such components are critical for humans to reclaim their lives after serious and persisting challenges such as mental illnesses. This book illustrates the wide variety of ways people can help themselves by helping others." --Courtenay M. Harding, Senior Director, Center for Psychiatric Rehabilitation, Boston University

Table of Contents/Sample Chapter

Part I. Introduction and Background

1. About Us: What We Have in Common
Sally Clay

2. The Historical and Philosophical Development of Peer-run Programs
Jean Campbell

Part II. Drop-In Centers

3. Mental Health Client Action Network (MHCAN) – Santa Cruz,
California
Bonnie Schell

4. Portland Coalition for the Psychiatrically Labeled – Portland, Maine
Janine Elkanich

5. The St. Louis Empowerment Center – St. Louis, Missouri
Helen Minth

6. The Peer Center, Inc. – Oakland Park, Florida
Compiled by Bonnie Schell, Nancy Erwin, PEER Center directors and
staff

Part III. Peer Support and Mentoring Services

7. GROW in Illinois
Con Keogh, Lorraine Keck, Joan Baynes, and Carol Mussey

8. Friends Connection – Philadelphia, Pennsylvania
Jeanie Whitecraft, Terrance Means, James Scott, Bill Burns-Lynch,
Joseph Rogers, and Mark S. Salzer

Part IV. Educational Programs

9. Advocacy Unlimited, Inc. – Connecticut
Yvette Sangster

10. BRIDGES – Tennessee
Louetta Hix

Part V. Conclusion

11. Common Ingredients as a Fidelity Measure
Matthew Johnsen, Gregory Teague, and Elizabeth McDonel Herr

12. With Us: Where are We Going?
Sally Clay, Bonnie Schell, Pat Corrigan, and Jean Campbell

4 SITE