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Dear Arnold Woodruff:

It is with much excitement and hope we apply for the Region four grant. We thank you for the opportunity to do so. We feel our group would fulfill a need in our community and your time and consideration are greatly appreciated.

Friends 4 Recovery Support Group is a self-governing consumer organization in Chesterfield being formed by former graduates of the Wellness Recovery Action Plan (WRAP). Through support from the Region IV Partnership, we will launch a year-long project to develop this new program. We will increase our program membership, and create an active social committee, newsletter committee, activities committee and facilitator committee. Consumers will be aware of the training programs and other services available to them and have the opportunity to actively participate. Our goal is to empower our group's members to get involved and take active ownership of our group as well as to empower them in other consumer-related areas.

We are requesting funds in the amount of \$5000 to help us achieve these goals. Thank you for your time and consideration.

Sincerely,
Tammy Barry, Todd Yeatman, Carla Beck
Founders

Friends 4 Recovery

Proposed project

Friends 4 Recovery Support Group is a self-governing consumer organization in Chesterfield being formed by graduates of the Wellness Recovery Action Plan (WRAP). This new program will work to address the following needs that were identified by consumers at our planning meetings:

- Potential members want a support system run by consumers.
- They expressed the need to collaborate with others, the need for people to talk to, the desire to build relationships with others, and the desire to relate to others.
- A desire was expressed to learn more about mental health issues, advocacy, and about other consumers positive experiences.
- Potential members expressed interest in having activities the group could participate in.
- The underlying request we heard was to have support to stay emotionally well and out of the hospital.

Consumer-Directed Program Planning

Through this Development Grant, Friends for Recovery will plan and develop a new consumer-run program in the Chesterfield area. The core planning group for Friends 4 Recovery began meeting on June 20, 2006. We have had eleven meetings since that date. We are currently meeting twice a week to continue planning.

Recovery Education

We will have a recovery and support group meeting twice a month and provide transportation to and from the meeting. Friends 4 Recovery is open to all consumers. Members will be able to learn from other's experiences, stay healthy and out of the hospital, have support from others, have others they can relate to and also have social activities.

We have two WRAP facilitators on our core team who will use their knowledge

as a tool to further our members own development in their personal recovery process.

We will also have inspirational and educational guest speakers. We have arranged to have Maryalyce Poole, who is a public speaker, WRAP Facilitator, is employed by Chesterfield CSB on the STAR Team (Services Toward Achieving Recovery) and a Pastoral care minister, will give a talk entitled Life Under The Microscope about stigma and mental illness. Carla Beck who is a CELT (Consumer Empowerment and Leadership Training) graduate and WRAP facilitator for our local CSB and founding member of Friends for Recovery will give a presentation entitled What is Recovery? about the recovery process. Chris Owens who is the program director of CELT will speak about his program and team management. Byron Stith the Out Reach Manager for VOCAL will come talk about the organization and all they have to offer consumers.

Recovery Newsletter

We will publish a quarterly newsletter. This newsletter will include: an activities calendar including other consumer events and training available; recovery based articles on empowerment and self advocacy; and other contributions made by our members.

Consumer involvement in policy development

We will provide transportation to conferences and meetings so we can have input in decisions that may affect us. These will include VOCAL membership and board meetings. CSB focus groups, past topics have included what recovery means, increasing family member and consumer involvement and recovery planning. Future topics are to be announced.

Addressing the Need for Consumer Transportation in the Chesterfield Area

There is not currently a consumer-run recovery group of this nature in Chesterfield county that provides transportation. During our initial planning meetings we found lack of transportation to be a large obstacle preventing the majority of interested consumers from attending the group meeting. Chesterfield county is very large and does not have a public transportation system. Unfortunately many consumers in our area do not drive or have access to reliable transportation. We currently have at least eleven consumers who would be prevented from attending meetings due to lack of transportation. There is also a need to provide consumers with

transportation to and from mental health conferences and meetings.

We have arranged with support from our local CSB, a way to provide a door-to-door transportation service for any group member who does not have their own access to reliable transportation. Chesterfield Community Services Board has generously offered Friends 4 Recovery the use of two vans, gas and maintenance as a donation in kind. Friends 4 Recovery would continue to maintain ownership of the transportation service by employing the two van drivers ourselves with funds received through this grant. Friends 4 Recovery would have complete control in arranging pick-up times, drop off times and point of destination.

Addressing Social Isolation and Stigma Reduction

Social isolation is a problem for many people with mental illness. We plan to address this by having the following social activities: A Christmas party, a spring picnic and a summer ballgame. We feel this will improve the quality of life for members of our group. We will also be out in the community which may help erase some of the stigma associated with our illness.

Fiscal Agent

Our community service board in Chesterfield County has agreed to be a fiscal agent for Friends 4 Recovery.

Outcome

In a year's time, Friends 4 Recovery hopes to have at least twenty five to thirty active members. We will have an active social committee, newsletter committee, activities committee and facilitator committee. Consumers will be aware of the training programs and others services available to them and have the opportunity to actively participate. Our goal is to empower our group's members to get involved and take active ownership of our group as well as to empower them in other consumer-related areas. Our final and most important goal is that all members remain stable and healthy in their recovery process.

Implementation plan and timeline

Year 1	Completion Dates
Reserve Central Library for support group meetings.	Sept. 8
Send out letter to members with meeting time and transportation requests.	Sept. 8-10
Advertise for drivers	Sept. 10-16
Interview drivers	Sept. 24-30
Compile list and coordinate pick up times for members who need transportation	Oct. 1-7
Hire drivers	Oct. 8-14
Shop for refreshments	Oct. 15-21
Support group start date	Oct. 26
Sign up for newsletter and other committees	Nov. 9
Compile newsletter and mail	Nov. 12-19
Guest speakers Chris Owens and Bryon Stith	Dec. 7
Christmas Party	Dec. 16
Look for funding for next year	Jan.
Guest speaker Maryalyce Poole	March 8
Compile and mail newsletter	April 12-19
Spring picnic	May 19
Guest speaker Carla Beck	June 7
Compile and mail newsletter	July 13-20
Ballgame	August 19
Compile and mail newsletter	Oct. 12-19

Budget

Expenses	
Printing newsletters, flyers and announcements	270.00
Envelopes	12.00
Postage	300.00
West Bend 42 cup coffee pot	44.00
West Bend 30 cup pot	36.00
Refreshments	355.00
Activities	940.00
Drivers to conference, meetings and activities	3430.00
Total funds requested	5000.00