

A training for individuals in behavioral health recovery and  
their supporters

# Behavioral Health Recovery & Resiliency

## WHO

Anyone interested in learning more about behavioral health recovery

## WHERE

Aging and Adult Care  
50 Simon St SE,  
Suite A  
East Wenatchee WA

## WHEN

July 7<sup>th</sup>, 2017

## TIME

9:00 am – 3:00 pm

## COST

No cost to you  
Lunch is on your own

**Seating is provided  
on a first-come basis**

## HOSTED BY



For questions and to register,  
contact:

Jennifer Bliss  
Office of Consumer  
Partnerships

[blissja@dshs.wa.gov](mailto:blissja@dshs.wa.gov)  
360-725-3709

Are you interested in learning more about personal recovery? People with mental illness and substance use disorders can and do recover. This workshop covers recovery as defined by the SAMHSA consensus statement and shows you how improve your recovery and wellness. The workshop also provides ideas for supporters, providers and other community organizations. Focusing on recovery in integrated settings will also be discussed.

## WHO SHOULD TAKE THIS TRAINING?

- People who experience mental health challenges or substance use disorders and their family members
- Behavioral health providers
- Employers and general community members
- Faith based community members & staff
- Anyone interested in supporting mental health recovery in your community.

## YOUR TRAINER

### **MARY JADWISIAK**

Bio: Mary Jadwisiak is a internationally sought out speaker and trainer for her expertise in behavioral health recovery and suicide prevention. She provides quality insightful and entertaining workshops based on 20 years of advocacy work and her personal recovery journey. The power of Hope is infused throughout her work. As a spokesperson for hope she will educate, in inspire.

[www.HoldingTheHope.com](http://www.HoldingTheHope.com)

