

*Don't miss out on these fantastic educational and interactive workshops.
The calendar is filling up quickly, so don't wait, call today!*

*Workshops are free to mental health programs, clinics, or hospitals that
receive full or partial public funding from the state of Maryland.*

*To schedule a workshop, please contact
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**Empowerment
Partnership
Project**

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**On Our Own of Maryland, Inc.
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www.onourownmd.org**

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Consumer Perspectives...

"Thanks very much for coming by and sharing this information with us. Having not worked since 2007... I am ready and able to begin looking now."

"Recovery is possible & achievable."

"I feel this workshop improves the way I feel about my illness [--] that this illness does not have to be negative."

"I want to tell someone else about this program!!"

"It is a relieving thought that I can stay well."

"[I learned] that creativity is important to recovery and mental health and it is not just self-indulging."

"This is a good workshop to carry all around the world"

Provider Perspectives...

"I think there has been an increased interest in employment resources from both consumers and staff. People who attended the trainings are asking when is the next one."

"Several of the consumers have recently obtained employment. There has been an increased interest in obtaining employment and an increased involvement in our vocational services. Thank you for your help."

The Empowerment Partnership Project (formerly known as The Recovery Training Project) aims to promote recovery within the mental health system, by training both consumers and providers. Our goals are to help transform Maryland's mental health system into:

- a collaborative recovery effort between providers and consumers;
- promote empowerment, knowledge, and self-determination for mental health consumers;
- to serve as a bridge between the gap in resources, skills and knowledge for both consumers and providers to enhance and direct recovery.

The Empowerment Partnership Project (EPP) is dedicated to helping transform the lives of consumers in the mental health system. Our workshops provide opportunities to learn about the many facets of recovery to sustain hope in consumers within the mental health system, and further the adoption of the recovery paradigm.

The EPP offers training on a wide variety of topics:

- Wellness strategies
- Employment strategies
- Creativity and recovery
- Increasing motivation

Throughout the years the EPP has administered a number of trainings to providers in the mental health field as well. We designed opportunities to:

- Gain a better understanding of the recovery paradigm
- Learn how to effectively incorporate the recovery paradigm in their organizations
- Become collaborative partners in recovery with the consumers they serve

Here's what providers say they learned from our workshops:

"The 'whose life is this anyway' concept"

"[I learned] the possibilities and reminders that everyone can progress at their own pace and in their own time"

"Don't stop believing in clients"

"Carry this approach back to my facility; Remind myself of recovery and the potential for it, daily."

Our workshops are not only an intellectual awakening, but also a catalyst for action. The Empowerment Partnership Project offers a number of workshops to consumers that provide a variety of resources and tips to individuals to help them build and maintain a recovery centered life. We currently offer:

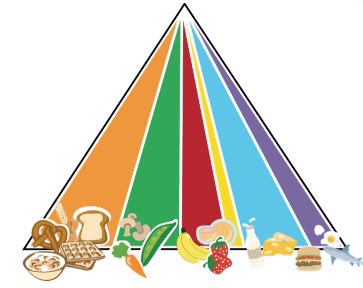


"Discovering Your Recovery Muse"

Research has proven that creativity is integral component of recovery. While conventional practices have their benefits, there are also many alternative and complementary activities consumers can participate in to improve their well-being.

This is a fun, interactive, 2-hour workshop that allows participants to experience various creative processes such as art, dance, music and writing that they can use to enhance their recovery.

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"Steps to a Healthier You"

At On Our Own of Maryland, we're concerned with the increase rates of chronic illnesses such as cardiovascular disease, diabetes, high blood pressure, and cancer among consumers in the mental health system.

This 2-hour workshop is designed to inspire participants to make smart choices about nutrition, increase their physical activity, and develop helpful habits that will make an impact on their wellness and recovery journeys.



In addition to transformational workshops, we have partnered with Harford County's Core Service Agency to provide benefits counseling with 4 of Maryland's Ticket to Work agencies. Benefits Counseling is an empowering tool to encourage consumers to realize employment is possible for them. Our resident Benefits Counselor will meet with Ticket holders to prepare individualized plans and show individuals how to effectively use work incentives in order to transition from dependence on Social Security Benefits to financial independence.