

For More Information  
Please Contact:

**Mental Health Consumer  
Empowerment Program  
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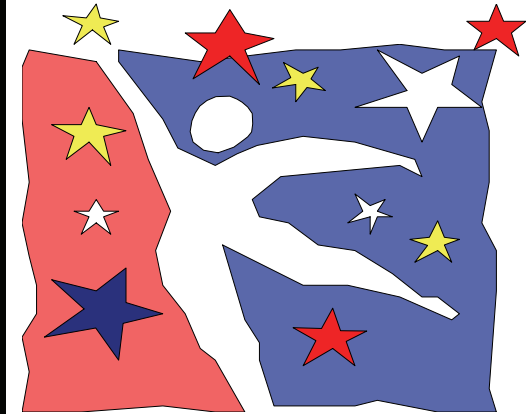


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# SPIRIT



**Service  
Provider  
Individualized  
Recovery  
Intensive  
Training**

# Are you ready for S.P.I.R.I.T?

S.P.I.R.I.T is an awesome opportunity for consumers (people receiving mental health services) to learn how to be a peer support provider.



**You CAN !**

In addition, the class is for mental health consumers taught by consumers who are S.P.I.R.I.T. graduates. and our curriculum includes:

- Expert subject speakers.
- Comprehensive rehabilitation and recovery training.
- Support program for mental health consumers who want to work as peer providers in the mental health field.
- Classroom instruction with on the job experience through internship with local behavioral health organizations.

## ***S.P.I.R.I.T. brings New Hope to Consumers.***

We emphasize the development of personal recovery skills as well as educate consumers on how to use wellness tools, the Wellness Recovery Action Plan (WRAP), peer support skills and more.



**You WILL !**

- The S.P.I.R.I.T. program is three courses gaining students 9 college units at Contra Costa College.
- S.P.I.R.I.T begins annually in January and ending late July; followed by a S.P.I.R.I.T. graduation with a ceremony and certificate.
- Classes are Mondays and Wednesdays from 1:00PM- 4:00PM during spring, and One day a week ,for six weeks from 1:00PM- 4:00PM for the summer course.
- Many students qualify for the board of governors waiver to help with any costs of the college.

***Learn about yourself and your community;  
change your life!***



***The Journey Starts Here !***

*“SPIRIT helped me to learn about mental health recovery and taught me wellness tools to use for myself as well as the people I support and encourage in our community.”*

*- 2009 SPIRIT graduate*