

Promoting Self-Advocacy



Team work

Who we are:

We are an advocacy team of individuals who use or have used mental health services, family members and professionals working together to help adults resolve problems and improve relationships within the mental health system, to provide self-advocacy education, and effect systems change. We are funded by the Montgomery County Office of Behavioral Health, grants and donations. An advisory committee consisting of people with personal mental health experience, family members, and providers/professionals, offers support and guidance in the development and operation of the advocacy organization.

What we do:

Members of Community Advocates assist people in resolving problems, facilitate workshops on self-advocacy, and participate on relevant committees and boards. We use a team approach to advocacy resolution in order to develop the best outcomes for the problems we address, and to provide learning opportunities and mutual support for advocacy staff. We work with individuals and groups to teach skills that will enhance a person's ability to speak for himself or herself, in a way that fosters recovery.

How we started:

Staff from the Consumer Satisfaction Team of Montgomery County (CST) met with County Administrator, Eric Goldstein, to propose the establishment of Community Advocates. The need for advocacy was determined from staff's direct interactions with people using mental health services while assessing satisfaction or dissatisfaction with services, as well as from their own personal experiences. Community Advocates was approved by the county as an affiliate of CST.

Self-Advocacy Trainings

Speaking up for yourself is a very important part of your recovery journey. Having the right attitude, learning how to be assertive so you can make your own choices about your life, educating yourself, and developing the negotiation skills to achieve your goals, are all components of self-advocacy. Community Advocates provides peer facilitated self-advocacy trainings for people interested in being a self-advocate. Self-advocacy fosters empowerment and self-determination. Please call Community Advocates office at 610-270-0375 to learn about our various self-advocacy trainings which are customized to your specific customer and provider staff needs.

Community Advocates of Montgomery County, PA

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***It's your voice.
Be heard!***



Helping people help themselves

Know Your Rights

Community Advocates

Values:

Respect and Dignity

Diversity

CSP Values

Advocacy

Recovery

Relationships

An advocacy team
working together
to help adults using
mental health ser-
vices to:

Resolve problems
Learn self-advocacy
Improve relationships



Advocacy Team: Caroline Chen, Kathie Mitchell,
Anthony Garcia, and Ellen Kozlowski

The mission of Community Advocates of Montgomery County is to help people who have experienced mental illness by providing advocacy services which promote recovery through choice, self-determination and empowerment in collaboration with all community members.