



SC SHARE  
2009 ANNUAL REPORT

*Education, Hope and Support*

## *Where the Road to Recovery Begins...*

Just a few years ago, promising options for those with psychiatric problems were virtually nonexistent, *but times have changed!* South Carolina Self-Help Association Regarding Emotions (SC SHARE) is an organization that is pioneering in the long-term approach to recovery from mental illness. This non-profit agency, located in Columbia, South Carolina, is actively bridging the gaps in people's understanding of mental health issues. Although relatively unknown, SC SHARE is the only program in the state instrumental in creating awareness about this issue and encouraging those with a diagnosis to strive for recovery by giving them the tools of education, hope, and support needed to be successful.



In 1985, SC SHARE started with just a handful of individuals who were determined to make a real difference in the lives of those with mental illness and launched a number of support groups across the state. Twenty years and sixty self-help groups later, they have absorbed a wealth of practical experience and applicable knowledge from which they have developed a healing program called "Recovery for Life: Helping Others Help Themselves."

This signature program for SC SHARE advances the belief that people with mental illnesses can and do live meaningful lives in recovery. Through this program, people with



mental illness learn what recovery is, why it is important, and how recovery can begin.

Beth Padgett, M.Ed., a recovery educator for SC SHARE, explains, "We believe that recovery happens

when people with mental illnesses are surrounded by others who are filled with hope and excitement about life."

The program uses a comprehensive approach that includes several effective strategies such as life-skills classes, vocational training, support groups, seminars, publications, and consumer advocacy. "Recovery has many components, very often including counseling, medications, and medical care," says Michelle Miller, the Director of Operations for SC SHARE, "... and also depends on other components such as support from people and information about the skills needed to live well in recovery. We specialize in that support and information."

SC SHARE offers a variety of classes and workbooks about wellness and recovery taught onsite in their "Wellness Learning Center" or in small groups in communities across the state. These training sessions do not replace professional treatment but, rather, compliment it by helping people live successfully in the community as a contributing citizen.

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According to statistics provided by the National Institute of Mental Health (NIMH), mental disorders are fairly common. NIMH estimates that approximately one-fourth of American adults (18 and older) suffer from a diagnosable mental disorder each year, and mental disorders are the leading cause of disability for persons between the ages of 15-44.

Unfortunately, people who are suffering from mental illness avoid seeking treatment because of the stigma still attached to it – even

in today's age of enlightenment and tolerance. We at SC SHARE *know that we offer people hope and support on their personal journey and pursuit of recovery for a lifetime.*

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RECOVERY FOR A LIFETIME.*

*"The road to recovery takes more than just taking your medications and seeing a psychiatrist. That just puts you at ground zero, and then that's where the real work begins."*



**-Ernest, "Recovery for Life" Member**

### SC SHARE CORE VALUES

- **Education:** Developing and discovering the skills, knowledge, and awareness to cultivate the recovery process in a supportive environment.
- **Choice:** Making informed, responsible decisions to empower the recovery process.
- **Growth:** Advancing and "becoming" in the recovery process by discovering your highest potential.
- **Hope:** Believing in the recovery process and the expectations for changes.
- **Support:** Being there to assist and encourage in the recovery process.
- **Wellness:** Finding this positive state of recovery that leads to wholeness of mind, body, and spirit.
- **Community awareness and understanding:** Providing education in the community that improves the public perception of mental illness and promotes recovery.
- **Responsibility:** Accepting ownership and accountability for self in the recovery process.
- **Empowerment:** Having the tools, knowledge, skills, and courage to grow, discover, and proceed in recovery.

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## Letter from President

In these difficult times of budget cuts, programs gone, and people in our state without jobs and income, SC SHARE (with lost revenue themselves) comes through to have these staggering statistics of educational presentations, classes, and workshops for those people in South Carolina with mental illness, emotional issues, substance use disorders, or a combination of these.

SHARE decided if the folks couldn't afford to come to them, SHARE would go on the road to the mental health centers around the state and into their communities. This was done successfully, and they still had many classes in their building here in Columbia.

The ones I heard the most about were the "Life Skills" classes and "Double Trouble." This is not to say that every class and training was not valuable to those who attended.

I recently heard someone telling another person about SHARE, and she said, "The entire atmosphere and the people who work there or volunteer made it feel safe and comfortable to just be there." I totally agree. Therefore, I want to thank everyone involved with the day-to-day operations, the trainers, and volunteers who make up this outstanding non-profit organization. You all know who you are. In addition, *thank you* to all the board members for your input and wisdom.



### SC SHARE Programs:

- ★ Recovery For Life 1
- ★ Recovery For Life 2
- ★ WRAP (Wellness Recovery Action Plan)
- ★ Life Skills
- ★ Recovery Planner
- ★ Wellness Training
- ★ Double Trouble in Recovery
- 12 Step Groups
- ★ STAR Mentor

Hard times aside, Bonnie Pate, our Executive Director, told me, "God seemed to be on their door step this year."

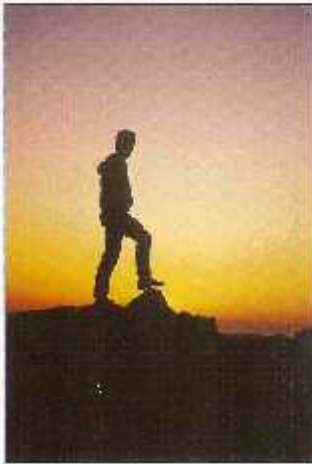
Peace and Happiness,

*Bobbie Lesesne*

Chair, the Board of Directors

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## Accomplishments



### Our Mission

SC SUARE is a non-profit mental health organization that believes hope is the driving force of recovery and promotes recovery principles to people throughout South Carolina.

### What Do We Do?

We offer recovery to people with mental illness through education, hope, and support.

#### EDUCATION

- We have written three Recovery for Life books and one Recovery Planner that teach a step-by-step approach to recovery, coping skills, and living well in the community.
- We offer monthly recovery education classes.
- We offer a wellness program.
- We offer recovery presentations four times a week to patients at Bryan Hospital.
- We offer recovery presentations weekly to patients at Not Guilty by Reason of Insanity.
- We offer recovery presentations two times a month to patients at Byrnes.
- We offer recovery presentations two times a month to patients at Morris Village Hospital.
- We offer approved contract hours to Certified Peer Support Specialists.
- We offer community-based, Ready for Life presentations for young adults 18-25 years old who live in Lexington, Richland, Florence, Hampton, Horry, and Greenville Counties.

"Through group, I identified what I needed to work on as an individual and learned how to deal with other people better."

#### HOPE

- We offer people connections with others who understand what it is like to live with a mental illness but still enjoy a life with meaning and purpose in the community.
- We offer a booklet of recover stories so that people will know recovery is possible.

#### SUPPORT

- We offer Certified Peer Mentors who provide one-on-one support for people who want to work on a recovery plan and live in Lexington, Richland, Horry, Florence, Charleston, and Aiken Counties.
- We offer community based support groups across the state.
- We offer D'IR support groups for people with Co-Occurring disorders who live in Lexington, Richland, Georgetown, Horry, and Charleston Counties.
- We offer web-based recovery information and telephone support.

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## Financial Summary

### SC SHARE 2009 Budget

<b>Projected Income:</b>	<b>\$ 250,000</b>
Patient Paying Fee Account	72,188
Restricted Grants	70,000
Olmstead Pass Thru	4,500
Fundraising/Book Sales	6,000
Donations	69,999
Federal Funds	15,000
COSIG-Double Trouble	<b>\$ 487,987</b>
<b>Administrative Expenditures:</b>	
Audit/Tax Preparation	\$ 7,000
Communication	20,000
Utilities	12,000
Insurance	42,000
Printing and Postage	5,000
Staff Development	2,800
	<b>\$ 88,800</b>
<b>Consumer Services Expenses</b>	
Wages & Benefits	\$ 233,187
Olmstead Disbursement	70,000
Support Groups/Consumer Travel	10,000
Mentors/Recovery Coaches	16,000
Recovery/Wrap Manuals	15,000
Supplies/Postage/Printing	6,000
Lodging/Food	8,000
Annual Meeting	2,000
Emergency Consumer Funds	3,000
Trainers	3,000
Double Trouble	33,000
	<b>399,187</b>
<b>Total Expenses</b>	<b>\$ 487,987</b>

### As we look back on 2009, we have offered:

- ★ 404 Recovery classes with over 2,000 in attendance.
- ★ 34 Recovery Planner presentations to 379 mental health staff and clients.
- ★ 14 Ready for Life presentations to 1,313 young people.
- ★ 22 Substance abuse/mental illness trainings and 8 DTR groups that focus on these issues.
- ★ 2 STAR Mentor trainings with 12 Mentors working with 56 individuals on recovery goals.
- ★ 54 Wellness presentations by our certified personal exercise trainer who also works with individuals to help them develop their own personal wellness goals.
- ★ 5 two-day Life Skills Trainings that focus on "learning to manage Life instead of Life managing you."



## Getting Young People READY for Life

Lloyd Hale has been the spokesperson for an outreach project, Ready for Life, for young people. The Ready for Life outreach project was designed to reach young people between the ages of 13-25 years old who live in rural areas of South Carolina. Our goal is to inspire young people to dream and follow those dreams versus seeing themselves as not aspiring to be much because of where they come from. Without this inspiration many young people are left to face mental illness, addiction, hopelessness and despair.

*The Ready for Life rallies allow us to go into many impoverished communities and impact the lives of young people!*

Since 2007, Lloyd Hale has participated in over 27 community-based presentations to over 2,500 young people in the community. Here is a partial list of some of the places he has been:

- ★ "Youth Rally" in the Park, Hampton County
- ★ Columbia Area Mental Health Young Adult program guest speaker
- ★ Federation of Families Youth Group guest speaker
- ★ Mental Health America Annual Meeting Keynote speaker
- ★ "Ready for Life Rally" for Toby United Methodist Church in Hampton County
- ★ "Ready for Life Rally" for First Estill Baptist Church in Hampton County
- ★ Beaufort Middle school and High School guest speaker
- ★ Hardeeville High School guest speaker
- ★ "Ready for Life Rally" Lawson Grove Baptist church in Hartsville
- ★ "Ready for Life Rally" St. John's Baptist church in Varnville
- ★ Orangeburg Middle school and High school students attended the Orangeburg Mental Health Conference on Suicide Awareness and Prevention and Lloyd was a featured presenter

## SHARE Mentors

### A Community-Based One-to-One Mentoring Program

*A Mentee Talks about the SHARE Mentor Program*

While attending a mental health program in South Carolina, Ms. Morris learned about SC SHARE's Mentoring program. Ms. Morris set a personal goal to become more self-aware in order to maintain her stability, and she shared this goal with her Mentor.

For Ms. Morris, her favorite part of the Mentor program was when she met one-on-one with her Mentor. She indicated that SC SHARE has been different from other traditional mental health programs in that SHARE is a peer-to-peer program that involves talking to someone who has experienced mental illness. This has made all the difference in her relationship with her Mentor and this furthered her to accomplish her goals.



She says that her life is different now in the way that she is more stable now than she was before she completed the Mentoring program, and she feels that she has accomplished her goal.

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