

PREFACE

TOOLS FOR RECOVERY was made possible by a grant from the Ohio Department of Mental Health with additional funds provided by the Cuyahoga County Community Mental Health Board (CCCMHB).

This Handbook presents easy to use information for mental health consumers, family members and others about resources and services available throughout Cuyahoga County.

TOOLS FOR RECOVERY does not replace the benefit of talking with other consumers, community support workers and other service providers concerning specific types of services or eligibility requirements.

A word about “consumers.” People who receive mental health services are often called consumers. This term was selected by people who are part of the mental health consumer movement.

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A word about Community Support Program (CSP) workers. For many of the services and benefits that are referred to in this guide, a Community Support Worker's (formerly referred to as a case manager) recommendation may be needed. You may already have been assigned a community support worker, if so, contact him or her for more information regarding a particular service or benefit in which you are interested. If you do not have a community support worker, contact:

Mental Health Services, Inc. 216-623-6888

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In order to best maximize use of services and resources available in the community, it is important that mental health consumers:

- Know their rights and how to protect those rights.
- Know how the mental health system in Cuyahoga County is organized and how to access services when needed.
- Know how to access current information about mental illness and its treatment.
- Understand what mental health recovery involves and how it is being supported in this community.

There are many resources available in Cuyahoga County for mental health consumers. Use of a particular type of resource usually begins with a defined need.

This Handbook is organized around specific types of needs, such as immediate needs like food and shelter, developmental needs like educational and employment opportunities, and resources that can support spiritual experiences, recreational outlets and social enjoyment.

We hope that you find this handbook useful and that it serves as a guide in helping you on your road to wellness and recovery.