What is the Community Connections Program?

It is a program that:
- Helps people to find their niche where they feel welcomed and comfortable.
- Provides help to people who would like someone to go with them on new community experiences.
- Views being involved in the community as an important part of recovery.

What is the Community Connections Program?

Getting Out & About in Your Community!

Community Connector: ____________

Phone Number: ________________

Support for this brochure comes from the National Institute of Mental Health, through the Person Centered Planning grant.
Who is a Community Connector?
A Community Connector is someone who:
• Has personal experience receiving mental health services
• Wants to give back to others in recovery
• Has received training in protecting your confidentiality and your rights as a research participant
• Is available to help you reconnect with things you like to do in the community

What does the Program not do?
The Program does not:
• Replace your clinician or case manager
• Replace your existing social network – it builds or expands your own network!

How can I make use of this program?
You can:
• Get to know your local community and all it has to offer you
• Have leaders or others accompany you on fun and interesting community outings
• Connect to people, places, and things where you feel welcomed and valued