

Joining the Mental Health Alliance Work Group

www.mentalhealthalliance.org

The Mental Health Alliance Work Group is open to new individual members. Here is the process for getting started.

The Work Group lifts the voices of people in recovery from mental illness and/or addiction, and also the voices of people who are the direct caretakers of those persons - family and friends. The work group seeks people with lived, legal or clinical experience related to the interests of the work group, people of color, and people who have the time and skills to help the group.

Any current member can nominate a new member. Members should discuss the work group with the nominee and arrange a meeting with the work group facilitator to discuss expectations and provide background materials. It may be recommended that a nominee meet with another work group member to gain perspective. Nominees should visit a Wednesday meeting - and expect to be introduced but not give an introduction.

If after observing a meeting of the work group the nominee wants to become a member, they should write a short letter of introduction to the group to be included in the agenda and then attend the next meeting. They'll be given time after the guest speaker to introduce themselves verbally to the group. Agendas go out on Tuesdays and all meetings are via Zoom.

The Work Group has a Code of Conduct and Expectations:

Code of Conduct - from the [Alaska Native Discourse Values](#)

- Treat each other with respect.
- Keep in mind that everyone has their own truth.
- Listen without agenda.
- Be polite, courteous, and thoughtful.
- Refrain from interruptions.
- Affirm other speakers.
- Do not voice disagreement or use violent words; instead, say something positive about the previous speaker and then simply add your own thoughts.
- Respect privacy: everything shared in confidence needs to be kept in confidence.
- Be supportive of each other.

We expect work group members to make Wednesday meetings their scheduling priority and tell the facilitator prior to the meeting if they will be absent. People more interested in our legal activities may also want to attend the legal sub-group meeting, which meets Fridays at 5. There may be a point where we have enough or too many people in the Work Group. At that point nominations will stop for a duration.

The work group makes decisions by consensus. All public statements need review by the whole group and give an opportunity for any member - individual or organization - to withdraw from that document.