



## **Transitions-Mental Health Association**

*Inspiring hope, growth, recovery and wellness in our communities*

### **Peer Advisory and Advocacy Team (PAAT)**



The Peer Advisory and Advocacy Team (PAAT), in partnership with Transitions-Mental Health Association, the Behavioral Health Department, and communities of San Luis Obispo County, advocates for a mental health system that promotes recovery; incorporates the principles of acceptance, hope, and choice; encourages education and personal growth; and honors each individual's spiritual pathway.

#### **What Is It Like?**

We embrace the concepts of wellness, service, and compassion for all. PAAT enhances and strengthens services for people living with mental illness, their families, and loved ones by:

- Providing information forums, public service announcements using all forms of media, and unique educational opportunities via e-learning, classroom instruction, and field training for individuals with lived experience with mental illness.
- Sitting on committees, commissions, and boards with focused interests in improving the mental health system, offering proposals and recommendations for successful outcomes for individuals and in our communities.
- Creating an atmosphere of acceptance and spreading the message of hope.
- Leading by example and taking responsibility for energizing and encouraging our membership.
- Providing a vision and support to individuals living with mental illness, while offering a voice for peers as custodians of their trust.

#### **Who Can Participate?**

The Peer Advisory and Advocacy Team welcome comments, observations, complaints, concerns, and new members. The PAAT Committee is a group of peers, mentors, friends and volunteers that meets every 2nd and 4th Tuesday from 4:00- 5:30pm. On the 2nd Tuesday PAAT meets in the Copeland Auditorium on the 3rd floor of the French Hospital Annex and on the 4th Tuesday PAAT meets at TMHA located at 784 High Street.



WELLNESS · RECOVERY · RESILIENCE

