

**Action Group “Charge”**

*Action Groups are a place for people to be involved. Together, staff and consumers have the opportunity to share, make suggestions and offer input, learn about opportunities to volunteer and get involved, help plan events, and address stigma issues.*

**Sharing** – The Action Group is a great place to share what the local network groups are working on so we can share resources, expertise, and ideas. We want to make sure we always allow time for us to share what is going on in each of the offices.

**Request and Input** – The Action Group is a great place to present ideas about what people want to see developed at Northern Lakes Community Mental Health, such as support groups, information for the lobby flat screen monitors, topics for future mini-conferences, etc. It is also a great place for Northern Lakes Community Mental Health to get input on recovery transformation projects to make sure we are on track with what consumers want to see happen.

**Volunteer Opportunities** – The Action Group is a great place to communicate about the help that is needed for upcoming projects and events, so people can get involved in all areas of interest. The Action Group can be a “clearinghouse” for ways to get involved in activities both inside and outside of Northern Lakes Community Mental Health. Involvement at NLCMH and in the community leads to greater community inclusion and participation. When we are involved in volunteering, we address stigma through our example.

**Anti-Stigma** – The Action Group is a wonderful avenue to share where people have seen stigmatizing things in their community. At each of the Action Group meetings, a local, state, and/or national stigma related issue/event will be discussed along with ways we can help prevent these things from further occurring. There are many different definitions of stigma throughout the nation that we are trying to combat as a team.

**Leadership** – The Action Group meetings share different ways we can be effective leaders in our communities. We will be using various materials such as “Meeting Builders” through Advocating Change Together to build self-advocacy and leadership skills at our meetings.

*“If your actions inspire others to dream more, learn more,*

*do more and become more, you are a leader!”*

**~John Quincy Adams**