



Doors to Wellbeing Quarterly

Newsletter

WE ARE HALF WAY THROUGH OUR GRANT!

Highlights of D2W Accomplishments

In September 2022 we've hit the halfway point of our five year grant cycle!



Our Education and Resources are viewed by people from all 50 States

WHAT IS HEALTH MISINFORMATION?

Misinformation is information that is false, inaccurate, or misleading according to the best available evidence at the time. This content is often posted on the internet or shared via text messages or emails. But it's not something that only happens online. Misinformation can also come in the form of false, misleading or conspiratorial claims made in speeches, via pamphlets or posters, by news outlets, or in advertisements.

Mostly, misinformation is shared by people who do not know the claims, images or videos are false or misleading. They are sharing because they want to help people and would hate to think that they were hurting them instead.

It's common to think that misinformation doesn't impact us. But all of us are vulnerable, and all of us can help.

Why are we all susceptible to being influenced by misinformation and why is it so tempting to share it?

- We like to feel that we have new information that others don't know.
- We want to protect the people we care about.
- We may be seeking explanations or wanting to share information that helps us make sense of events.
- We want to feel connected to others.

Tips for talking with your family, friends and community about misinformation

- Listen
- Empathize
- Point to credible sources
- Don't publicly shame
- Use inclusive language

HEALTH MISINFORMATION CHECKLIST

Use this checklist every time you come across health-related content you are not sure about.

- | | |
|---|---|
| <input type="checkbox"/> Did you check with the CDC or local public health department to see whether there is any information about the claim being made? | <input type="checkbox"/> Did you type the claim into a search engine to see if it has been verified by a credible source? |
| <input type="checkbox"/> Did you ask a credible health care professional such as your doctor or nurse if they have any additional information? | <input type="checkbox"/> Did you look at the "About Us" page on the website to see if you can trust the source? |
| | <input type="checkbox"/> If you're not sure, don't share! |

Information and graphics quoted from *"A Community Toolkit to Addressing Health Misinformation"* published by the Office of the U.S. Surgeon General.

To read more, [click here](#).

To view the recording of our webinar titled "Understanding Health Misinformation for Peer Specialists, [click here](#).

We wanted to highlight Iris's amazing story of self-advocacy, where she was told she couldn't reach her goal of becoming a WRAP co-facilitator and did so anyways! Waynette Brock, Online

Supports Trainer and Advanced Level WRAP Co-Facilitator for The Copeland Center, worked with Iris, got her into the training, and mentored her continuously afterwards.

A STORY OF EMPOWERMENT

"My journey with The Copeland Center and One New Heartbeat started when I was working with Waynette Brock. I wanted to become a WRAP co-facilitator because I knew some other people who were also WRAP co-facilitators. When I asked other organizations they turned me down, telling me that I couldn't be a WRAP co-facilitator and since that was one of my goals, I asked Waynette if she could support me. In November of 2021, I took a WRAP co-facilitator training! I am happy to announce that for the past two and a half years, I have volunteered to co-facilitate a Wellness Wednesday Group and I am The Copeland Center's "check-in girl" and I love that job. I also get to help co-facilitate their "Wellness Wednesday" group! I made a couple of connections with people from there, and 2 of those people came to my birthday party one year."

WHEN WE ASKED IRIS WHERE SHE FINDS MEANING AND WELLNESS IN HER LIFE, SHE SAID:

"The wellness tools I have been using vary, such as writing raps, drinking coffee, listening to music, talking to my friends, going on YouTube, watching things that make me laugh, and so many other things. My favorite thing about my peer work is that they accept me for who I truly am. I would also like to thank my friend Mike McHenry for helping me become a WRAP co-facilitator. WRAP stands for "Wellness Recovery Action Plan" but all and all, I would like to say thank you to all for reading my article."



GLOBAL PEER SUPPORT CELEBRATION DAY OCTOBER 20TH

As Peer Specialists, we support a lot of individuals in their wellness, but it is also important to spend some time taking care of our own. For Global Peer Support Celebration Day this year, consider doing something for your own wellness!

Some ideas:

- Connect with a friend
- Take a walk
- Watch a movie
- Cook your favorite meal
- Read a book
- Listen to your favorite music or podcast
- Do something crafty
- Go for a bike ride
- Do a relaxing face mask
- Meditate or pray
- Spend time at your local coffee/tea shop

Whatever you do this Global Peer Support Celebration Day, reflect on what it means to you to be a Peer Specialist and more importantly, have fun!



DOORS TO
WELLBEING

LOOK FORWARD
TO OUR NEXT
NEWSLETTER!
...JANUARY 2023

RECLAIMING EMPLOYMENT HOSTS A BUSINESS DIRECTORY

Reclaiming Employment maintains a directory of "peer-run" small businesses in the U.S. If you are an individual who identifies as experiencing mental health-related challenges at work and would like to have your small business listed on Reclaiming Employment, fill out the form below. You do not need to have a formal business structure.

Both incorporated and non-incorporated businesses (i.e. sole proprietor/independent contractor) are included in this directory, but nonprofit organizations are not, unless they are operating as a commercial nonprofit that sells products or services to generate revenue.

To view more or to fill out the form, click here.

Peer Specialist Webinar Series

**Join us for our monthly
webinars - last Tuesday of each
month!**

Click here to view our webinars

*Doors to To Wellbeing is a Program of
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