

## Request a Speaker

To request a speaker through the Mental Health Speakers Bureau, please call Community Mental Health of Muskegon or Ottawa Counties at the Customer Service numbers listed below. Customer Service representatives are available to answer questions and facilitate your request.

The Mental Health Speakers Bureau can provide the equipment necessary to make your event successful including:

- Microphone
- Portable Lectern
- Powerpoint projector

## Group Information

In order to process requests, please have the following information about the community group available:

- Organization name & address
- Topic requested
- Length of presentation
- Contact person name & address
- Date and place of event
- Audience
- Type of audio visual preferred at the event

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**Community Mental Health  
of Muskegon County  
Customer Service (231)724-6618  
Community Mental Health  
of Ottawa County  
Customer Service (616) 494-5545**

Community Mental Health of Muskegon and Ottawa Counties is pleased to offer the Mental Health Speakers Bureau as a service to the community. Trained, qualified mental health speakers with a wide array of experiences and specific expertise are available to present at local community groups free of charge in an effort to reduce the stigma and shame associated with having a mental health disorder. The activities of the Mental Health Speakers Bureau are made possible through Federal Block Grant Funds through the Michigan Department of Community Health.



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***take a closer look ..  
see me for who I am***

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Funding provided by a Federal Block Grant through  
the Michigan Department of Community Health





## Frank Minor

Frank Minor grew up in Muskegon Heights MI and attended the Muskegon Heights' Public Schools. He wasn't always aware of his potential. As a blind/visually impaired man, he went through life

wondering how he could be a valuable, contributing citizen within his community.

Frank's experience with school and employment left him distraught with the community's attitudes and actions to him as an individual with a disability. Stigmatizing reactions ignored his qualifications and experience and left him feeling depressed and isolated.

Now as an employee of **Disability Connection/West Michigan**, Frank has acquired the knowledge and tools to affectively assist the community to identify stigmatizing beliefs, stereotypes, and discrimination.

The Mental Health Speakers Bureau gave Frank an opportunity to deliver powerful, informational presentations. Frank's desire is that his training will dispel the stigmatizing beliefs of the community toward individuals who have a disability.

Frank is a strong believer in **"A POSITIVE THOUGHT BRINGS FORTH POSITIVE ACTIONS"**.



## Deb VanWyk

From the time you can think, hope is a natural part of your life. Until I got a diagnosis of mental illness,

I lost all hope for fifteen years of my life. I was barely living because I lost all hope.

If anyone in the mental health system had talked about hope and recovery I might not have lost fifteen years of my life, my kids, my marriage, my home, pretty much everything that had any meaning for me.

This is why I believe passionately in the Wellness Recovery Action Plan (WRAP). It shows people that they can take responsibility for maintaining their mental health and then gives them something they so need...HOPE!

**Mental Health Ambassador Training...** is an informative presentation about Michigan's Community Mental Health service programs including basic information about mental health and the stigmatizing barriers encountered by those served within the system.

## Beth Wemple

Beth is a mother of three children and a native of Muskegon. She has dealt with mental health issues since childhood and has learned to live successfully with a severe mental illness. Beth is a qualified mental health speaker with presentations on the following topics:

- Realities of Living with Dissociative Identity Disorder (multiple personalities)
- Community Mental Health Ambassador Training



## Rebecca Gretzner

Bekki is a member of the Board of Directors of Community Mental Health of Ottawa County. She has a Bachelors Degree in Public Relations and she has been a tireless advocate for people with disabilities, including those with mental illness, through her writing and participation in various advocacy groups.

Rebecca's presentation provides an interesting case study of one woman's journey with bipolar disorder.

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**Call Customer service to arrange for a speaker or more information.  
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