

## Our Mission

The mission of CPAC is to promote and advocate for comprehensive services within Niagara County that foster recovery, rehabilitation, and respect for the rights of the consumers they serve.



The Consumer Planning Advisory Committee is provided for mental health consumers in Niagara County, NY by the Mental Health Association in Niagara County, Inc.

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### Mission Statement

The Mental Health Association in Niagara County, Inc. will offer programs and services aimed at promoting mental health while advocating for individuals with mental illnesses and working toward dispelling commonly held misunderstandings regarding mental illnesses.

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**716.433.3780 [www.MHANC.com](http://www.MHANC.com)**

**36 Pine St. Lockport, NY 14094**

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*The Mental Health Association in Niagara County, Inc. is funded by the New York State Office of Mental Health, the Niagara County Department of Mental Health, the United Way of Greater Niagara, grants, memberships and voluntary contributions.*

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March 2018

# CPAC

## Consumer Planning Advisory Committee



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# Consumer Planning Advisory Committee

CPAC is a collective organization of mental health service consumers who provide input into the local planning process for mental health services.

Our monthly meetings provide a unique opportunity for the voices of mental health consumers to be heard amongst policy makers and leaders in Niagara County.

CPAC members have the opportunity to tell policy makers which of their needs may or may not be met— whether that be public transportation, housing, or access to food banks and shelters.

Guest speakers are often invited to monthly meetings to provide information and insight on important mental health related topics and issues.



## Monthly Meetings

Meetings are held once a month and alternate between Lockport and Niagara Falls.

Please call the MHA at 716.433.3780 for meeting dates, times, & locations.

## Annual CPAC Events

In addition to our monthly meetings, CPAC members are encouraged and welcome to attend our annual events:

- ◇ **Summer Picnic**—*BBO, games, and outdoor activities*
- ◇ **Holiday Party**—*Movies, holiday food, and gift giving*

These annual events are great for newcomers, as well as those who attend CPAC regularly!

## GUEST SPEAKERS WANTED

CPAC is currently scheduling guest speakers who can address topics of interest to recipients of mental health services at our monthly meetings.

In the past, guest speakers have ranged from mental health consumers to social workers and have covered a wide range of topics such as nutrition, legal aid, and many things in between.

If you have something you'd like to share as a guest speaker, please contact the MHA in Niagara County at 716.433.3780.