

# Consumer Family Advisory Committee Newsletter

September 2021

## A Letter to CFAC

I am truly grateful to have received funding provided by Region V and CFAC or the Nebraska State Peer Support Certification exam costs. This funding provided me, and other peer support specialist, the opportunity to take the state certification and give back to our community by continuing to support peers along their journey to recovery and wellness. My goal of become a Certified Peer Support Specialist was reached in part, thanks to the funding provided.

"Somewhere along the way, we must learn that there is nothing greater than to do something for others" (MLKJ). Our greatest successes can only be measured by helping others grow and succeed, through achieving their dreams I also achieve mine. Anyone looking for funding in hopes to become a Certified Peer Support Specialist please reach out to CFAC because when we stand together and support each other anything is possible.

Truly grateful,

Ashley Morin



### Region V Systems

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## Many Pathways to Recovery

### “Healing Together”

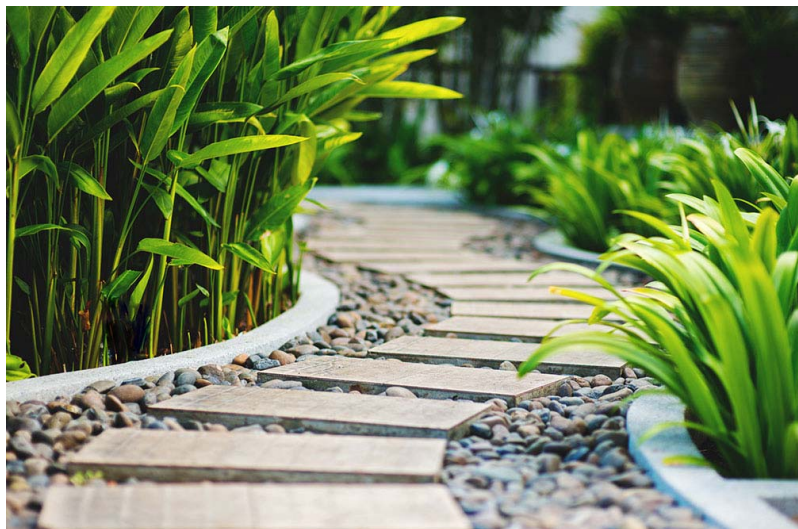


June 10th, 2021 was a day packed full of fellowship, hope, joy, and togetherness. People from across the city and beyond came together to celebrate recovery with one another over breakfast in the morning and a loaded taco bar for lunch. The event was held at City Impact in Lincoln Nebraska.

Applause, laughter, and maybe even some tears filled the room as people shared recovery with each other and guest speakers shared their stories of growth and healing. Jennifer Foreman was one of the presenters and shared about her battles with substance use and mental health. Casey Thomas shared his experiences with trauma and the affects of gang life and suicide in his family. Angel Geller shared her experiences of suicidal attempts and substance use in the Native community.

The diversity in those who attended and the stories shared brought a community together this day. One participant stated, “A serious workshop with diverse tutorials, excellent facilitation and rewarding conference”. This participant joins the workshops almost every year. Another stated “I enjoyed my thoughts, feelings and emotions being validated by positive feedback and others outlook about how mental health affects them, their sobriety and their life and how that pertains to me and what decisions I make in my life. It’s so refreshing knowing you are not alone. The positive energy shared by others around that participated stuck with me for weeks. Any time there is a conference, I will make sure I go.”

Information packets were provided containing materials for community resources and information on healing in many different areas such as grief, trauma, suicide, SMART Recovery, and more. One person’s experiences may be the healing factor for someone else’s and the conference offered many avenues for that. Together, we can bring a community back to wellness and healing.



## CFAC Spotlight Member: Debbie Buckley

My name is Debbie Buckley. I am currently the Coordinator of Peer Services for St. Monica's Life Changing Recovery for Women.

I began my journey as a peer specialist in February of 2018 with St. Monica's as a Parenting Peer Support. I had the opportunity to start this program and served over 280 women and children. I am from Shawnee, Oklahoma and relocated to Nebraska in 1999. I am a mother of two beautiful daughters and have three grandsons that I absolutely adore.

I completed college at SCC in December of 2017 with my Associates in Applied Science in Human Services. I received my PLADC license in February of 2018 at which time I began working at St. Monica's. I have been trained in WHAM, SMART Recovery, WRAP and Nurturing Parent Facilitator Programs. I am a Registered Service Provider for the Nebraska Judicial Branch. I facilitate groups for the Nebraska State Probation office and oversee three transitional living houses for women. I currently hold a National and State Peer Support Certification.

My passion lies in helping women in the community navigate through the system more effectively and offer hope and guidance through face-to-face support groups and one on one conversations. I love offering peer support, mentoring people with mental health and substance abuse concerns as well as helping clients to improve their social connections. My hobbies include reading and outdoor sports.

I am incredibly grateful for the opportunity to be able to serve on the CFAC committee since February of 2018. I have been the chair of the Behavioral Health Conference committee since

2019 and currently am the chair of the Special Projects committee. Being a part of this committee has given me the opportunity to share my ideas and experience with other peers and professionals that have the same dreams as I do, which is to help weaken the stigma and educate others on mental health and substance use concerns.

A big thank you to Debbie Buckley for everything she does in the community and we are honored to have her as a member of the Consumer Family Advisory Committee.



### \*\*\*Upcoming Region V Systems Sponsored Trainings\*\*\*

See Region V website to register for trainings.

\*\*\* For funding opportunities through the CFAC,  
please see link below:

<https://region5systems.net/how-we-help/consumer-family-advisory-committee/funding-opportunities/>