

"The evaluations from over 400 officers representing 25 departments were overwhelmingly positive and reflected how valuable the training was for them professionally as well as on a personal level. They recommended that the course be offered to all first responders, judges, ER staff and fire departments."

**Bill Hayden**  
CHIEF OF POLICE  
Addison, Illinois

"I saw a transformation in my class when they met Pat and her team. After viewing their presentation, the students reported greater awareness, empathy and improved understanding of mental illnesses. They have also increased my level of understanding of mental illnesses, and this has changed the way I practice nursing forever."

**Margaret Delaney RN, MSN, PNP-BC**  
NURSING INSTRUCTOR

"Our staff feedback was very positive. . . All of the information will be useful in our work with the public. I would encourage staff from other libraries to conduct similar training sessions in their workplace."

**Joyce Hagen-McIntosh**  
LIBRARIAN AND CONSULTANT

For more information on a customized training program, please contact:

**Patricia Doyle**  
FOUNDER AND PRESIDENT

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**visionforchange**  
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**visionforchange**

Specializing in  
Mental Health  
Awareness Training

Changing Perceptions, Changing Lives,  
Changing Communities



## The Facts

### All Communities Face Mental Illness

In the United States, 1 out of 4 people are faced with a mental health diagnosis.<sup>1</sup> However, many are hesitant to seek treatment due to shame and stigma. Additionally, there is an increasing lack of services available for those who struggle with mental illnesses, resulting in many individuals left without access to adequate care.

Ultimately, those in the community such as first responders, hospital staff, library staff and clergy interact with individuals exhibiting untreated symptoms or who might be in crisis, which is why proper training is necessary.

<sup>1</sup> National Institute of Mental Health

## Awareness Training

### It's About Educating Your Team

Vision for Change provides comprehensive, customized training programs to meet your needs and schedule. Our training will equip your Team to recognize the signs and symptoms of someone experiencing a mental health crisis and provide tips to de-escalate the situation so the interaction has the best possible outcome.

Some additional topics may include:

- Medications and their side effects
- First-hand accounts of living with a mental illness
- What it is like hearing voices: an audio simulation
- Understanding self-injury
- How mental illness impacts family dynamics
- Guidance on locating appropriate supports and services within the community
- Additional topics upon request

## Speaking from Experience

### A Different Kind of Training

At the heart of our trainings are compelling personal narratives. Vision for Change was established by Patricia Doyle, whose mother was diagnosed with bipolar disorder. Our board-certified instructors\* offer their own personal experiences along with more than 15 years of combined professional and educational expertise. During the Team's tenure at NAMI (National Alliance on Mental Illness), the credibility earned by Doyle and her Team resulted in local, state and national recognition. They have been featured on national and cable television stations, national radio programs and in magazines and newspapers, including Chicago Sun-Times publications and the Chicago Tribune.

Vision for Change currently offers training to first responders, professionals working in hospitals, libraries, faith-based organizations and to the general public.

\* Vision for Change offers Illinois Law Enforcement Training & Standards Board Certified Instructors