



Message from Pamela Cartwright, CEO

I am pleased to announce the implementation of the IDD and LBHS Advisory Councils! These Councils are composed of community members, consumers, and staff members. They will provide feedback to Legacy Behavioral Health Services regarding IDD, Mental Health, and Addictive Disease services and program opportunities and concerns. Anyone interested in participating on either of these Advisory Councils is requested to email their contact information to

Ms. Candice Ingram at cingram@bhsga.com.



Sharing lived Experience and Hope

Have you heard the term "peer pressure"? We know what a strong influence this can be, and it can be used in a positive aspect. In 1990, GMHCN began with a group of 30 mental health peers with the intention of using their lived experience to support one another. Over the years, "Peer Support" has grown in numbers and influence and Mental Health Peers are employed across the state. There is specialized training for individuals who would like to use their story of lived recovery experience to help others have quality of life, improve engagement with services and increase whole health and self-management.

If you have a story of hope and would like to share that story helping others, please contact HR for information on training and employment opportunities.



Legacy's Residential Services helped to keep the community warm during January's cold nights. Along with South Georgia Partnership for the Homeless, Ivy Hampton (Coordinator for LBHS Residential Services) led staff and residents in our program, in handing out blankets to keep those needing shelter warm.



Valentine's Day

Individuals enrolled in the IDD Program celebrated love and kindness in a big way. Everyone met at Legacy's Turner County Community Activity Center where staff had organized a day full of fun and food.



Building a Good Life Through Natural Support

Many factors contribute to recovery and overall mental health, including having a good support system of people that you like, respect and trust. These natural supports can be family members, friends, teachers, faith leaders, neighbors, or peers -what's important is that you have people you feel comfortable talking to about what you are experiencing and support you may need.

Because the importance of natural support on recovery Assertive Community Treatment (ACT) program has regulatory expectations that each person served is to have 3 or more contacts with the natural support system in the community per month. Often individuals who suffer from severe mental health issues and/or substance use disorders have difficult time connecting with natural support. ACT team uses natural support engagement strategies and continue to re-engage and or develop new natural supports as a part of the treatment goals. Regular outreach with informal supports improves relationships and recovery more than contacts only during the time of crisis.

Individuals enrolled in ACT Program are expected to have minimum 3 natural contacts per month.

37%
of all individuals served by ACT have had minimum 3 natural contacts each month during FY2022.

Natural Support of "Natural Support System" means resources and supports (e.g. relatives, friends, teachers, faith leaders, neighbors, significant others, roommates, or the community) who are willing to voluntary provide services to an individual without the expectation of compensation.



CARF NEWS

One way to be sure that we have the pulse of the community and are providing the best quality services in the possible way, is to ask those on the receiving end.

Legacy Behavioral Health has created two Consumer Advisory Boards. One is for the program of Individuals with Developmental Disabilities (I/DD) and the other advisory board for Behavioral Health consumers.

The I/DD Consumer Advisory Board is made up of citizens, local business providers, individuals, and family members within I/DD.

The Behavioral Health Consumer Advisory Board is made up citizens, local business providers, and individuals and their family members that are a consumer of any of Legacy's programs.

Both Consumer Advisory Boards meet every 6 months and provide objective guidance to the organization. They will help Legacy Behavioral Health Services by providing meaningful input about the processes and services we provide.