

PoWeR Group

News Letter

Why I became a member of Power Group:

Hello my name is Jamor James, and I am a Certified Peer Support Specialist and a member of the PoWeR group. I want to talk to you about the personal impact on recovery when an individual shares their recovery story. It has been my experience that when a person shares their recovery story it puts a real face on recovery, reduces discrimination (stigma), builds confidence, educates and helps the individual sharing their story stay grounded in their recovery.

I have experienced a lot of stigma due to my mental illness and substance abuse history, and it caused me to look at myself negatively. It kept me with a low self worth for years, I had no belief in my ability to be a good person or to live a life worth living, I definitely never thought that I would be sharing my life with people I have never meet before.

I started my journey to recovery with a counselor and Michigan Rehabilitation Services. From there I started attending programs at InterAct of Southwest Michigan where I learned skills for living and the healing began. Because of the healing I became a member of The PoWeR Group where I talk about my life, both past and present, with strangers and I am no longer afraid of being judged for being human.

I took the Principals of Peer Support class at KVCC and the training for to become certified as a peer support specialist which has brought me to a place of working in the field not just that I love but where I know recovery is possible. Since passing the certification test and completing my class at KVCC I have made major strides in my recovery as well as my life. I work two jobs and have the admiration of my peers, co-workers, family and friends. I am happy with my life I still have bad days, but I know that I am capable of handling life on life's terms and I am not afraid to put in the work to keep myself healthy mentally, physically, emotionally and staying substance free. To actually know that I don't have to use substances to live or control my mental illness is such a relief for me.

How to Become a Member of PoWer Group

I invite all to share a life worth living a life in recovery.

If you are interested in learning more about the PoWeR Group contact: Jamor James CPSS at 269-343-6725 cell# 269-364-9313.

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