

**Gerard Thomas**

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## **Profile SUMMARY**

As a Certified Educator/Facilitator I am Committed To the Following Model

- Work with people who have experienced psychiatric symptoms to discover the strengths they have and can use to enhance their recovery.
  - Effectively Share the Underlying Concepts Necessary to Recovery: Hope, Personal Responsibility, Education, Self-Advocacy, and Support
  - Teach About Wellness Tools and Strategies, Such As Medication Management, Changing Negative Thoughts to Positive, and Developing a Wellness Lifestyle
  - Empower And Motivate People To Work Toward Recovery - Feeling The Way They Want To Feel, Making Their Lives The Way They Want Them To Be, And Moving Toward Meeting Their Life Goals
  - Use Interaction and Presentation Styles and Strategies That Enhance Recovery
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## **Trainings/Certifications**

- [\*\*Introduction to Mental Health Recovery and Wellness Recovery Action Planning \(WRAP\)\*\*](#)
  - [\*\*Mental Health Recovery and WRAP Facilitator Certification Training:\*\*](#)  
I am a Trained and Certified Mental Health Recovery Educator/Facilitator's, Who Is Qualified To Train And Assist Individuals And/Or Groups In How To Develop And Use A WRAP Plan.
  - [\*\*NAMI DC's In Our Own Voice: Living With Mental Illness Presenter:\*\*](#)  
I am a Trained Certified as an IOOV presenter by NAMI DC to conduct IOOV presentations which is a strategy for increasing audience knowledge about mental illness and improving attitudes toward those who experience psychiatric disorders.
  - [\*\*NAMI DC's B.R.I.D.G.E.S. Program:\*\*](#)  
I am trained and certified by NAMI DC as a BRIDGES teacher/facilitator. BRIDGES is a consumer-facilitated support group program combined with a consumer-taught education program, which covers major diagnoses, medications, and mental health services. In addition it teaches wellness/recovery tools and how to advocate for oneself.
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## **Activities/Memberships**

- Web Designer, Consumer Leadership Forum: [www.clfofdc.org](http://www.clfofdc.org)
- Web Designer, WRAP of DC: [www.wrapofdc.org](http://www.wrapofdc.org)