Community

Momentum Center adds mental illness support group

Contributed
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The Momentum Center for Social Engagement has created a Mental Illness Recovery Support Group that meets the first and third Thursdays of each month at the venter, 714 Columbus Ave., Grand Haven. Meetings run from 6-7:15 p.m.

The support group provides a safe space for members and their advocates to discuss mental illness symptoms, challenges and experiences. It also shifts the focus from wellness to recovery.

Led by Tré Burnett, a certified peer recovery specialist, the group provides information about trauma, helps individuals advocate for themselves within the mental health system, and helps members learn to balance everyday life. Participation is free.

For more information, call The Momentum Center at 616-414-9111 or send an e-mail to burnettam33@gmail.com.
The Mental Illness Recovery Group joins three other Momentum Center support groups: Family Support Group, Smart Recovery and Support Group for Loss Due to Addiction. For more information about any of the groups, visit momentumcentergh.org/support-groups.

Avery joins Momentum Center Board

Donald Avery, a behavioral health professional, has been named to the board of directors of The Momentum Center for Social Engagement.

Avery, who most recently served on the center’s Governance Committee, brings a wealth of professional experience to the board. As director of West Michigan Community Mental Health’s Network, Quality Improvement and Compliance, he also brings insights, perspectives and ideas that can help strengthen and expand services and programs The Momentum Center provides.

“Nearly one in five people will experience a disability in some point in their lives, and most, if not all of us, know or love someone who has a disability,” Avery said. “Unfortunately, many people do not seek treatment due to continued stigma against mental illness. We would never blame someone for a broken arm or would we think twice about getting treatment, yet that happens every day to people who have mental health conditions. As a result, people who have mental illness live an average of 25 years fewer than do people who don’t have a mental health condition. I support The Momentum Center’s work to reduce that stigma and create an inclusive community that celebrates the diversity of the human experience.”

Avery lives in Spring Lake with his wife and son.