



## Target Health Resources

Staff has updated our website since the training in January to add all of the resources you need to get Target Health started in your area. Click the link below to check out what is available. Our goal is to make it easy for you to run groups in your area. There are already 2 underway and you can be next!

[Target Health Website](#)

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### First Target Health Training

**FORTY (40)** Target Health facilitators were certified after completing our first training in January. Staff was delighted to have so many engaged participants and look forward to the groups that are now starting to take place across the state. With Mental Health Peers living on average 25 years less than their counterparts, we know the Target Health message is needed. Please let staff know if we can help you schedule a group in your area. Help us get mental health peers on track to Whole Health!



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### What's Your Story? Here's a Little of Mine By Jeff Hingle

Storytelling is very powerful, especially when the story is true. Target Health facilitators will be able to share parts of their stories in order to connect with others. Therefore, I'm going to share a little of my "recovery story" with you. I don't want to give anyone the impression that I view myself as having made it to some super state of health or success. Personal growth is an ongoing journey. Hopefully in sharing my story I'll make a connection with you, just as you would make connections with others as a Target Health facilitator.

Over the years my supervisors and co-workers at MHA have been sensitive to my mental symptoms. Eventually my work in behavioral health led me to attend a two-day training for certification in a program with similarities to Target Health. This training helped me face a difficult but empowering truth.

The truth I finally acknowledged was that by focusing too much on my mental conditions I had come to think of myself mainly as a victim. I had neglected to acknowledge my strengths. The training helped me see the importance of harnessing my strengths in order to get better results in my life. At this training I finally recognized my strengths – one of the greatest of them being resiliency, the ability to "get back up again" when I feel "knocked down." Another strength I acknowledged at the training was how I'm able to stick with a long-term plan when I break it down into tiny steps.

This tenacious duo of strengths has taken me a long way these past few years. I enjoy eating in moderation now and exercising for 20 minutes every day. I arrive on time much more often for work and other functions. I'm not churning out a cartoon a day, but I'm amazed at how much cartooning gets done with just a 20-minute-a-day minimum commitment. Very small, seemingly insignificant new habits are bringing about major change over time. And it all started with attending a two-day training similar to Target Health! As a Target Health facilitator you would not only discover (or rediscover) your unique strengths and use them to meet your personal goals, you would have the privilege of helping

others do the same for themselves.

Perhaps you have a powerful personal story of overcoming adversity, but you need a framework for achieving more and living healthier while learning to share your story in ways that inspire others.

This is only part of my story. I look forward to sharing more with you, especially my love for cartooning in the volumes to come.

Together, we can all be Right On Target!

Jeff Hingle  
Peer Project Manager  
Target Health

## Everything you need to run a group!



[www.mhagbr.com](http://www.mhagbr.com)