P.O. Box 254
El Segundo, CA 90245

November 27, 2010

Dear Friends and Associates,

After several long years of periods of depression, despair, and hopelessness, I came to a point of not wanting to live anymore. My options seemed futile with nowhere to turn. Fortunately, I received support from kind souls, friends, peers, counselors, family members, and psychiatrists. Eventually, I wanted to live again, and to live with passion and abundance. My struggles have been transformed into strengths and gifts to help others. I became part of an emerging group of psychiatrists that are embracing the recovery model and also President and Co-Founder of Recovery In Action International (RIA). **Chris Camilleri**

On December 24th, 1995, sitting on the beach alone diagnosed with Schizophrenia feeling as if there was nowhere to go, I faced utter darkness and despair. It was a moment like this that had me consider bringing my life to an abrupt close. The pain is just too great especially at this time of year. How many others are facing this kind of hopelessness right now. That was many years ago and through the support of my family, dedicated mental health professionals and advocates, I found that recovery was possible. Today I live a life filled with satisfaction and commitment to others. As the Vice-President of Recovery In Action International and my company Comeback Kid Peer Coaching, we share our stories of recovery, restoring hope and the reality of a better day. **Bobby Burke**

A Gift to RIA can lift the spirits of those with mental illness and give hope to many who are desperately seeking a chance to be a full contributing member of the community.

As we conclude this very productive year we have found that understanding is the greatest gift to give to another. When a person knows we understand and that we are committed to help release them from the stigma and shine the light of hope in their direction, Recovery In Action International is achieving our mission.

During this holiday season, there are many who are struggling with their symptoms, diagnosis, and despair, needing others to let them know they are not alone. Recovery In Action International was that someone for Tiffany Keeler and many people who have heard our recovery stories, visited the website, attended our educational programs in the community and our special events.

RIA is very proud of the many presentations we have given to physicians, therapists, clients, and students in the mental health field in the community, hospital settings, as

well as colleges, who have heard our message of recovery loud and clear. We are also working diligently on the RIA Peer Coaching Program to begin next year.

In September 2010, the following letter was received through the RIA website, and it deepened our awareness that Recovery In Action International was touching the heart and soul of those we serve. Here are excerpts from the letter we received.

Hello,
I have been reading through your website, and the more I read, the more it resonates with my own story--the struggles to find my own path, the realization that my recovery is so different than what I had learned when I began treatment, the fight against stigma both outside of and within the recovery community, the importance of tools aside from the typical "meds only" approach...

I work for an organization in Riverside County, CA that uses recovery principles to serve people diagnosed with mental illnesses. I've been certified as a Peer Support Specialist. But the largest change has come in the past two years, after deciding that I couldn't live with the consequences of treatments some man in a lab coat made for me. After taking my life, treatments, coping mechanisms and spirituality in my own hands, I have found what I would truly call recovery.

Thank you, whoever is reading this. Thank you for working toward a world in which people like me don't have to be shoved into a box and told that this is where we'll live for the rest of our lives with no hope of ever getting out of it again. Tiffany Keeler

When you choose to give to RIA you will be helping many more people realize the truth of their potential. Please print out the attached form and send it to us with your end-of-year tax deductible contribution. With your generous gift, Recovery In Action International can spread the word and continue to support the truth about mental health and the need for a new paradigm. We are dedicated to telling our stories of recovery. We are the evidence that people can get better, defy the impossible odds and live the life of their dreams. Thank you for your support and best wishes from RIA to you and your families for a wonderful holiday season and a Happy New Year!

Peace and Blessings,

Recovery In Action International

Christopher Camilleri, M.D., Psychiatrist, President

Bobby Burke, Peer Advocate, Vice-President

www.recovery4all.org Voicemail-562-912-3998

Please visit our website to give online. Just go to

www.recovery4all.org and hit the DONATE button.