



Mott represented Wayne County at the “Walk A Mile in My Shoes” rally in Lansing. (photos by M. Vasconcellos)

### Richard Mott of Lincoln Park advocates in Lansing for rights of Mentally Ill

As part of the Detroit-Wayne County Community Mental Health Agency’s support of consumers, Richard Mott represented all of Wayne County in a rally held at the Capitol Plaza in Lansing this year.

The annual “*Walk A Mile In My Shoes*” rally allows persons receiving mental health services to share briefly with the Legislature their experiences regarding mental health services in the public system.

Mott, a Lincoln Park resident, considers himself a peer advocate and an ambassador for consumers. He understands how the system works as well as what works for him.

“I just know that once individuals have gotten through the crisis period of their mental disorder they must take on some ownership to their own recovery, seeking out the best services, in the way that best allows their lifestyle to be maintained, and enhanced,” he said. “I tell this to all consumers: know your rights, know what services are out there and stay compliant to your choice of treatment. With these things accomplished, we can join together expecting to succeed in the possible, the extraordinary and even the impossible.”

He added: “I can do it, I can do it, I can do it.”

It was Mott’s second time participating in the annual walk, which is sponsored by the Michigan Association of Community Mental Health Boards. Mott works as a volunteer with the Agency, serving as a member of the Consumer Family Advocate Council and the Community Planning Council.