



MENTAL HEALTH CARE ADVOCACY
Assess|Identify|Discover|Indicate|Measure|Plan|Act

7 STEPS TO SELF ADVOCACY

- ➔ 1. Individual Lifestyle Assessment
- ➔ 2. Individual Barrier Identifiers
- ➔ 3. Individual Resource Discoveries
- ➔ 4. Individual Key Performance Indicators
- ➔ 5. Individual Goals Planning Metrics
- ➔ 6. Individual Contingency Planning
- ➔ 7. Individual Action Plan



US VETERANS

- Founding president is a US Navy Veteran, OHMAS Licensed Certified Peer Recovery Supporter, Talk Show Host and Marketing Strategist
- Providing valuable expertise in bridging gaps within the community, promoting inclusivity empowering Veterans
- Robust organizational philosophy and outstanding communication abilities, both of which are critical to serving effectively as a "Force Multiplier" for Veterans
- Dedicated to eliminating obstacles related to adversity driving meaningful community growth for Veterans
- Committed to ensuring all Veterans receive the support and resources needed to thrive in the community



RETRO ROYALS

To lead by example and develop a community that values and supports its elderly members, GiTK proudly introduces our new campaign focused on attentiveness and care for our beloved "Retro Royals."

This initiative aims to highlight the importance of respect, kindness, and active engagement with our senior citizens. Through various programs and activities, we strive to create an inclusive environment where our Retro Royals can thrive, feel appreciated, and enjoy a vibrant community life.

Join us in celebrating and cherishing the wisdom and experience of our elder generation in our GiTK Art Circle.



PLEDGE

We are an initiative-driven 501(c)(3) nonprofit organization that strives to connect the community with trustworthy entities offering vetted viable resources. Our Health Equity innovative approach engages vulnerable community members providing Self-Care & Mental Healthcare Peer Guidance for individuals lacking access to healthcare, especially those who are incarcerated with mental health and/or substance use challenges.

METHOD

Our program highlights personalized self-care, mental health coping strategies and individual goal planning. Negating barriers faced by our target population of Veterans, Senior and Differently Abled people, we employ critical thinking, time management and informed choices. This systematic approach will help reduce the recidivism rate of incarcerated individuals with mental health and/or substance use challenges while strengthening our communities as a whole.

Radio & Television Broadcast Schedule



GiTK
GET IN THE KNOW
TALK SHOW

WAIF RADIO 88.3 FM CINCINNATI
Live On Air Call In # 513.961.8900
Wednesdays 1:00pm – 2:00pm
Host: *Metri* Co-Host: *Jah Love*

CINCINNATI COMMUNITY TELEVISION
View on Spectrum Channel: 8
View on Fioptics Channels: 803
Airs Daily On Local Public Access Channels

PEOPLE + KNOWLEDGE = SOLUTIONS



GetInTheKnowGiTK.org

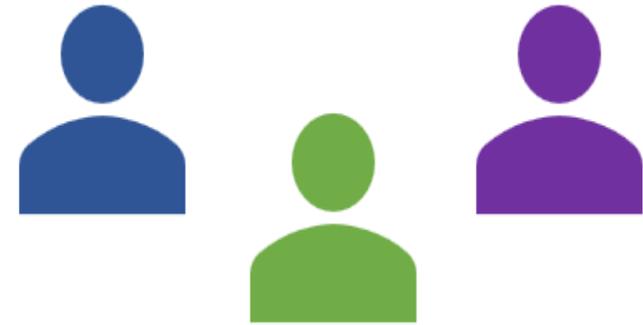


- Weekly live Radio Show airs Wednesdays at 1 PM on WAIF 88.3 FM
- Pre-recorded TV Show airs 3x daily on Spectrum & Altafiber
- On-air live callers target audiences & in-studio guests resource providers
- Episode emphasizes mental health strategies to overcome personal challenges
- Expert insights, research & development practical advice negating adversity
- Gaining firsthand knowledge about community needs to drive positive

GetInTheKnowGiTK@gmail.com
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HAPPINESS HEALTHINESS HARMONY



WHO WE SERVE

U.S. VETERANS

We connect Veterans to tailored resources and programs to support their mental and physical health, offering Peer Support guidance, advocacy and access to essential services.

DIFFERENTLY ABLED & INCARCERATED

We foster inclusion for people with Disabilities, especially those who are incarcerated without access to healthcare providing empowering resources and promoting accessibility, independence via partnerships and advocacy.

RETRO ROYAL (Seniors)

We honor Retro Royal aka seniors through programs focused on health, wellness, social engagements and access to vital services.

Tax Deductible 501c3