

What is it like to have auditory hallucinations? Find out at 'Voices Heard'

May 8, 2015

May is Mental Health Awareness month. From 11 a.m. to noon May 14, Catholic Charities of Broome County's Southern Tier Connections Team along with the Counseling and Psychology departments at SUNY Broome will host an experiential event called **Voices Heard** in SUNY Broome's Student Center.

At this event, SUNY Broome counseling students and Catholic Charities professionals will shine a light on the dark and often hidden struggle of those living with auditory hallucinations. In this experiential event, participants will hear distressing voices while trying to complete daily tasks. SUNY Broome students will lead workstation activities while members of the Catholic Charities' Southern Tier Connections Team will be on hand to discuss programs available for those suffering with mental illness.

Voices Heard is being conducted as an educational outreach event to increase understanding and empathy for those suffering with severe mental illness. In addition to creating awareness, the goal of this event is to promote programs and services available through Catholic Charities' Southern Tier Connections Team.

The Southern Tier Connections Team delivers an innovative treatment program through Catholic Charities of Broome County. It is designed for adolescents and young adults who recently have experienced unusual thoughts and behaviors or who have started hearing or seeing things that others don't. The team uses a recovery approach to help people achieve their goals for school, work and relationships by paying attention to the whole individual and encouraging them while navigating the many opportunities available to them. For more information on Catholic Charities, please visit: www.catholiccharitiesbc.org.

Tonya Brown, Deputy Director at Catholic Charities of Broome County states, "This event allows us to reach out to the community and raise awareness not only of what it is like to live with these types of mental health issues but to let our community members know that we have a whole team ready and willing to assist you and your family."

Participants in the event will explore a variety of activities that at first glance seem easy to complete, but when coupled with disrupted sounds the activities can become extremely challenging. Activities include filling out a job application, asking someone for the time and explaining directions to other participants.

This experiential program has been developed and provided by Dr. Pat Deegan, an adjunct professor at Dartmouth College Medical School's Department of Community and Family Medicine who has lived her own journey of recovery after being diagnosed with schizophrenia as a teenager. More information on Dr. Deegan can be found at this website: <https://www.patdeegan.com/>



Filed Under: [FOCUS on Wellness](#)

© 2022 · SUNY Broome
The Focus: SUNY Broome's Faculty & Staff Newsletter