

# Community Alliance empowers adults with mental illness

By Madison Shomaker

One Omaha couple whose adult child suffered from mental illness founded Community Alliance. They hoped to make a difference in the lives of those dealing with mental illness.

Thirty-five years later, they have followed the mission creating value in helping adults with mental illness.

Community Alliance combats the stigma attached to mental illness by holding an annual event in October to end discrimination and increase understanding.

“Breaking the Silence” showcases well-known speakers, families, professionals, friends, colleagues and the community who openly discuss mental illness.

Past celebrity speakers include Patrick Kennedy, Jennifer Holliday, Carrie Fisher and Jeffrey Tambor.

“We don’t want people to be in the dark,” says Aileen Brady, chief operating officer of Community Alliance. “We want to help them understand there is light in these situations.”

Acknowledging the difficulties families face when an adult family member with mental

illness needs help, Community Alliance provides information and support for these families.

Brady says she understands that mental illness not only affects the ones who personally suffer, but friends and families, too.

Community Alliance supports a community of people who suffer from mental illness, including those who also suffer from homelessness. Staff members and staff members visit shelters as often as they can. This support follows a person with mental illness throughout his or her journey to recovery.

Community Alliance helps find employment and a safe place to live. They also support positive decision-making and healthier living. They understand everything they do comes together to help a person suffering from mental illness reach their full potential.

“It’s real,” says Brady. “It’s someone’s reality and we are going to help.”

For more information visit <http://www.community-alliance.org/>.



Metro Area Continuum of Care for the Homeless