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**5<sup>TH</sup> ANNUAL CAPITOL SHOWCASE CONSUMER ART EXHIBIT  
BEGINS OCTOBER 1<sup>ST</sup>**

*More than 100 consumer artists will show their abilities and share their personal stories*

MONTGOMERY – Some say they do it because it gives them a sense of accomplishment and pride, others because it is relaxing and fun. Still others like it because it gives them an opportunity to express their feelings and emotions. So what do these people all have in common? They enjoy creating art and are participating in the Alabama Department of Mental Health’s (ADMH) 5<sup>th</sup> Annual Capitol Showcase Consumer Art Exhibit. Hundreds of consumers around the state with mental illnesses, intellectual disabilities, and/or substance use disorders will showcase their artwork throughout the month of October at the Capitol.

The Capitol Showcase Consumer Art Exhibit is an excellent opportunity to promote consumer dignity and gain more understanding of individuals ADMH serves. This exhibit is about more than just the artists’ work. They also have the opportunity to share their heartfelt testimonies about the obstacles they have overcome in their lives, why art is an important part of their recovery, and their own personal reasons why they like making art. As Sherry says, “My children are so happy that I am now an artist! It makes me feel good to know that they are so proud of me! I am proud of myself too!”

The exhibit can be viewed in the Old Supreme Court Library in the Capitol from October 1 to October 30. A reception will be held for artists, their friends and family members on Thursday, October 29, at 1 p.m. also in the Old Supreme Court Library. For more information about the exhibit, please contact the ADMH’s Office of Public Information and Community Relations at (334) 242-3417.