

FACES OF RECOVERY

APRIL 2014

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How to Trust by Linda Thomas

How to Trust: When You Don't Feel Safe

TRUST for five letters, it sure is a powerful word and when you lose it you really know it. I believe as a child, you feel something inside that says no one is going to hurt you.

When things begin to happen to change that feeling, it is hard to get it back. The people you are told to trust: parents, grandparents, brothers, sisters, friends, and the list goes on and on.

You are taught you are special and you are loved, but, I know that, that is not always true. At least it was not in my case. Secrets seem to lead to more secrets and nobody wants to talk about them.

For me, each time this occurred, I lost a little part of myself. Silence, withdrawal and depression, became a big part of my life. You don't want anybody to have to experience the hurt, you can't express or don't want to express. The more you live in this world of mistrust. The deeper you sink into this world of un-love, loneliness, and despair. (continue p. 3)

You begin to believe that no one will understand, why you can't let anyone inside because you've lived there alone for so long, it just doesn't seem to

Caught in the Act of Making a Difference

Congratulations to Vincent Davis known to the writing community as Basil 'Boo-bee' Talib not only is he experiencing the joy of seeing his books of poetry based on his life experience selling in the book stores across Harrisburg but he was even nominated for Poet Laureate of Harrisburg. It may not have happened yet but we know the honor is coming soon. His writings and work in the Harrisburg after schools resulted in his being selected to be one of the 600 men of Harrisburg who did a non-stop week of six hours of reading a day to the children in the Harrisburg schools. Basil who is a single father himself (and has previously written about the joy that brought him in his life) has had the opportunity to role model what it means to be a healthy African American man who contributes to his city.





Spring Has Broken through the Darkness

Spring has finally arrived after a long hard winter allowing us to pull the blankets from over our heads, open the curtains and let the sunshine in!

But where to start? For each of us it will be different but it begins by deciding one thing that you can do a day, and then follow through in doing it

Long Walks: Do you have a favorite space that you like to go to? There are many parks and farms in our community. It can be fun to invite a friend to go for a walk with you at the local park or to just follow a stream in your neighborhood and see where it leads you. Look for the beginnings of the first signs of Spring to be erupting through the winter's sod and then go back and check on the growth the next time you follow the same path.

Sitting in the Sun: Whether it is sitting on a patio or on a park bench just sitting in the sunlight gives you great Vitamin D and you may even make some new friends with your neighbors as you sit outside. When you take a book outside to read it, the fresh air clears your mind and it is easier to visualize the story in the book.

Pet Walking: While you may not have a pet yourself, maybe a neighbor or family member, and you get great exercise walking the dog or playing with a dog to have fun. Maybe you could even go to an animal shelter and offer to help walk or care for animal there.

Gardening: This is great way to get sunlight and grow some fresh food for yourself at the same time. Even if you are in an apartment you might grow a tomato plant. If you are a diabetic and looking to add flavors to your foods why not try a window box herb garden.

Bicycling: Bicycling is great exercise. Even more than that it gives you a chance to slow down and check out the neighborhood. You ride through the parks and the countryside, pack yourself a bottle of water and a small healthy snack.

HOW TO TRUST BY LINDA THOMAS

(continued from p1) matter to you any longer.

You have lived with these feelings for years upon years, unfortunately. They come out in other ways: drug addiction, alcoholism, suicide attempts are only a few. When everything starts caving in, because of these other things, you realize you can't exist like this any longer.

You begin to open this door called TRUST. You start tearing down the walls, brick by brick, but it surely is not by any means easy. Testing the waters by letting a little bit of your self out can be a good place to start.

If the information given, stays with that person, just listening and not trying to fix you, might just be enough to test a little bit more. But don't be fooled

Into believing that everybody you share yourself with will be someone safe.

When this happens it is hard to reach out again. Yet, if you don't try again with someone else, Life stays the same and can even get *worse*. It continues to fester inside without the hope of ever-experiencing JOY.

The more you TRUST you give, the more you TRUST you receive. You don't have to give all your TRUST to just one person. You can give out little pieces to a lot of people.

As you continue to build up the confidence in others, you begin to build up confidence in yourself.

Being vulnerable does not have to mean being hurt or alone all the time. It can mean growth. Most of All TRUST in GOD means LOVE.



Navigating Jacob's Ladder & The Special People

How cruel you are
 Tempting a starving child
 With the promise of food.
 Tempting the Child
 Who knew better than
 To look
 Who knew better than to see
 The food laying in wait
 Tempting the child
 Who knew better than
 To Hope.

 My pain is so great at
 That point I wanted to
 Inflict everyone. Then it
 Dawned on me that I had chosen
 To feel the pain rather than
 To Hope.
 That was a major
 Breakthrough for me!!!

We
 are the Special People
 Worthy of Abuse.
 We
 are the Special People
 we gather our power
 in one room
 we let others observe
 our endurance while we
 regenerate, energize,
 Small talk about those
 we've enlightened
 we've empowered
 who give number to our ranks
 We
 are the Special People.



I count myself valuable and insightful in observing Life.

I applaud my capacity for wise choices and discerning action.

I am more clear eyed and perceptive than I have often thought.

Julia Cameron

Navigating Jacob's Ladder & The Special People (cont) Janine Blackburn

This is when
I recognized that as a victim
We empower the victimizer
Sadly as children
We did not have a choice.
As an adult we have a choice
To let go of or
Hold onto the pain.
My freedom begins when I let go.

Words of Wisdom from DBSA March editorial:

“Thriving” as a concept seemed difficult to grasp among a group of people that had experienced recent hospitalizations, suicide attempts, or unemployment.

Indeed, when shared with people for whom surviving didn't seem a given, but rather a hard-won battle, “thriving” felt like almost an impossible dream—a destination so far away that even to think of it could be perceived as setting oneself up for failure.

Rather, we feel that we, as a community of peers, must take the lead on a fundamental paradigm shift: that, although surviving is where we sometimes must start, we owe it to ourselves and our peers to promise ourselves that this is not where we will settle. And “thriving” is our word for that transformation—from symptoms to resiliencies, from illness to wellness, from settling to striving.

When we as a community can demand and achieve a higher standard of what “successful treatment” is, we will as a group and as individuals thrive.

A HARDIER VAIN

Broke, Busted and Disgusted?
Read from the dirty church window pane...
No tender touch did I receive
From Your God's Healing Rain...
Searching, deep within
To escape this perpetual pain
Bent down and out for far too long.
See nothing left to gain
For now my lot is riding
This lonesome train...
Broke, Busted and Disgusted?
Making me a HARDIER VAIN...
Jeffrey Hoose, Chambersburg



The Wellness Toolbox

The Wellness Toolbox is a self help way that you can write down some of the favorite skills that work for you, to keep you well. You can think about your feelings and write down some of the things that helped in the past (and the ones that did not) and the present. Then you can just keep sailing on with your life because you have your own tools for when things are good and for when you are in emotional discomfort.

Let your toolbox just keep growing so that it overflows.

Julie Johnson, Chambersburg

Making Psychiatric Rehabilitation a Reality in Harrisburg

It has been your voices that have helped to make this dream a reality. From your advocacy after seeing the program in Chambersburg, through the focus groups and the planning sessions your voice has been always present and instrumental in the creation of this service. Members of Planning Team include: Kim Morrison, Linda Thomas, Venetia Waters and Richard Evans. Thank you for all your ideas.

It is starting with individuals who are currently in Keystone Supportive Living Harrisburg to give individuals a choice of continuing their Supportive Living as a home based service or having a trial at the new Center where people can have a sense of what Psych Rehab is all about.

As dreams begin to become reality for this program we have located a site that promotes wellness at:

Rose Garden Center 2626 N Third Street Harrisburg PA. There are tours and open houses planned for June 2014, The focus of the program will be classes and activities around the topics of: Living, Learning, Working, Wellness.

If you are in Supportive Living and are considering this, yet have not been to an information session, the last two information sessions are:

Thursday May 1 Northern Dauphin Human Services Center, Elizabethville PA 11:30 a.m.

Friday May 2 Mid Town Scholar Bookstore Stage Two, Harrisburg PA 1:00 p.m.

For these information sessions there will be an opportunity to talk with Chambersburg staff and participants via Skype. To attend please speak to your Supportive Living worker as we begin our process of creating this program within the existing service monies to expand the capacity of Dauphin County to meet the needs of individuals where they are at.

We look forward to moving this journey forward together!

DIABETIC RECIPE: OATMEAL BANANA COOKIES

At our February Leadership Council meeting we tried this recipe and enjoyed it!!!

3 ripe bananas (mashed)	1/3 cup applesauce	2 cup oats
1/4 cup almond milk	1/2 cup raisins	
1 teaspoon cinnamon	1 teaspoon vanilla	

Mix all ingredients together. Bake 350 degrees for 15-20 minutes.

LEADERSHIP COUNCIL

8182 Adams Dr, Hummelstown 17036
Check out Faces of Recovery under
Agency Mental Health
Tab Newsletter
Phone 717 482 8500x131
Fax 717 482 8501
Look for us on Facebook during May
Mental Health Month!!!!

Many Thanks to :

Kim Morrison

Dan Rios

Patti Uhrich

For presenting your stories of Recovery to HACC in March 2014. Way to Go!

A D V A N C I N G T H E H U M A N S P I R I T

UPCOMING EVENTS

Leadership Council Meetings

April 17 Leadership Council Teleconference with Chambersburg 10 a.m.

April 28 Leadership Council Monday Night Meeting 8182 Adams Drive, Hummelstown 6 p.m.

May 15 Leadership Council Teleconference with Chambersburg

May 19 Leadership Council Monday Meeting 8182 Adams Drive, Hummelstown 6 p.m.

May TBD Celebrating Recovery Readings via Video Conferencing 8182 Adams Drive Hosting

June 19 Leadership Council Teleconference with Chambersburg 10 a.m.

June 30 Leadership Council Monday Meeting 8182 Adams Drive, Hummelstown 6 p.m.

Watch for Open Houses and more information about the opening of the Rose Garden Center in June 2014.

Collaboration

Peers Learning from Peers!

We are thankful for the many opportunities we have had to learn from each other this quarter. We have developed relationships.

Lancaster: We had peers helping to facilitate WRAP classes and working in the houses with the Ready Set Go discussions.

Chambersburg: Harrisburg had the opportunity to experience Chambersburg's Psych Rehab classes while contributing to their WRAP discussions.

Harrisburg: Hosted 25 individuals for the Wellness Fest and Getting to Know each other Q&A period.

Chambersburg: Has been skyping into the information sessions.

What is Leadership Council?

Leadership Council celebrating its sixth year.

Leadership Council meets twice a month with one teleconference and one face-face meeting. Leadership Council works in partnership with the Mental Health Services Management Team for the purpose of the development of recovery, person centered services. Using a variety of formats from speaking at conferences and community colleges to conducting evaluations of Mental Health Services, members have opportunities for both education and empowerment by learning from peers.

www.keystonehumanservices.org/kcmhs/newsletters