WRAP is one tool to promote recovery.

WRAP is totally voluntary and it is your choice to complete a WRAP, to create part of a WRAP or not to do any WRAP.

At Keystone you can build a WRAP:

- We can provide information and materials to do one on your own
- You can work with a Peer Support to build a WRAP 1:1.
- You can attend a WRAP group, learn from your peers and then create your WRAP

The choice is Yours!!!

“It’s a WRAP” Group

November 2, 2010

Session 1 1:00pm-4:00pm
Tuesday 11/9/10

Session 2 2:00-pm-4:00pm
Tuesday 11/16/10

Session 3 2:00pm-4:00pm
Tuesday 12/7/10

Session 4 2:00pm-4:00pm
Tuesday 12/14/10

Session 5 2:00pm-4:00pm
Tuesday 1/4/11

Session 6 2:00pm-4:00pm
Tuesday 1/11/11

Session 7 2:00pm-4:00pm
Tuesday 1/25/11

Session 8 1:00pm-4:00pm

What is WRAP
WRAP was created by Mary Ellen Copeland. It is based on five key recovery concepts: hope, personal responsibility, education, self-advocacy, and support. Your WRAP is specifically your own plan. It belongs to no one else.

Patriot Day Picnic: One Voice Matters

The Patriotic Picnic was so much fun. There was bingo, food, and speakers. There were speakers about what was going to happen to Keystone within the next year, about how the people with mental illness should vote, and about two people’s lives. The speakers were interesting. When they said we should vote because we want someone in the offices (congress, president, governor, etc.) we want someone to help us out. We mainly hung out with other Keystones from other towns like, the one in Harrisburg, and I forgot the rest. It was good to meet and make friends with the
“It’s a WRAP” (continued from page 1)

My WRAP has been my tool to keep me grounded and moving forward for the past five years.

With WRAP we all grow in our own directions and yet we stay connected to our supporters.

There are many reasons to create a WRAP. It is to help you stay as well as possible. It will tell others what to do for you when you are feeling so badly that you cannot make decisions, take care of yourself, and keep yourself safe.

There are seven parts to a WRAP: Wellness Toolbox - Daily Maintenance Plan, Identifying Triggers and an Action Plan - Identifying Early Warning Signs and an Action Plan - When Things Are Breaking Down and an Action Plan - Crisis Planning - Post Crisis Plan. If your WRAP is signed and dated by two witnesses in the state of Pennsylvania, it may also be used as an advanced directive.

I personally use my WRAP on a daily basis. It helps me a great deal to maintain my wellness. It is also a good idea to back every so often and update your plan. You may find new tools you can use to help you. You may be doing well with some things and would like to replace those with other things. The choice is always yours. You are always in charge of your plan.

Dana Carl
Harrisburg

The “I am” Poem finds a welcome in Maryland

We were able to share the I am poem in the KSM supportive living program. In both groups everyone was excited about completing the poem. There were laughter, joy, and tears as they shared their personal I am poem. The group as a whole learned something new about each other. All participants were eager to do this activity and it was truly a bonding experience. This exercise caused one member to reevaluate his family relationships and his desire to be a better Father.

~Written by Ruth and Christy Leadership Council Maryland members

Updates from MD: We had a Psychiatric Rehabilitation Program picnic on 9/30. Participants will be dining out in a local area. We heard William Anthony presentation on psychiatric rehabilitation in September.

We continue to partner with On Our Own of MD, NAMI of MD, and other community groups

Patriot Day Picnic One Voice Matters (cont)

people who we have been talking with on the teleconferences. We had door prices and little gift basket giveaways. The Keystone group made a great gift basket. I want to thank everyone that came to the picnic and I hope we can do it again very soon. Also, thank you to all the speakers that spoke that day. You did a very good job.

Alicia Kanelopoulos
Chambersburg

September 9, 2010 Leadership Council was privileged to hold a Patriot Day picnic with the guest speaker being Rachel Freud, from the Disability Voting Rights. The picnic was held at Penbrook Park with an attendance of 89 consumers, staff and even a few family
What is DBSA?? From my own perspective Part One

DBSA Depression BiPolar Support Alliance) is a National organization that is easily accessible on the web: http://www.dbsalliance.org. DBSA offers lots of internet information and help for individuals living through a crisis in their lives and may find it useful to talk to others who have gone through similar life situations. I believe that there are around 8,000 people who have attended or at least insterected through the internet with DBSA.

Each person has an opportunity to go to a DBSA meeting in their own area and brings his/her life experience to that location. In the Harrisburg area there are several locations to go to see what is going on for people who may be facing difficulties in their lives that they cannot completely handle on their own.

I regularly attend meetings that meet every Tuesday evening from 7pm-9pm on the first and third Tuesday of the month in Harrisburg. There are also meetings on the second and fourth Tuesday which meet on the west shore of the Susquehanna River. It is comforting to me to know that these meetings are taking place every month whether I show up or not. This is a place where there are other people like me who know what depression is and can relate to what may be going on when manic episodes take over someone’s life, manic behavior that have never led to anything but more trouble in life.

If you have ever been depressed for more than just a few days and your sadness seems to overwhelm aspects of your life for reasons that other people around you do not seem to grasp or care about. If you’ve been blue and down on yourself and the darkness of you’re reasoning has you in a slum. If you do not have the energy and no one who is close to you understands that this is not your fault then think about DBSA. DBSA meetings always have buddies who know collectively where you are stuck in a rut that you cannot get out of by yourself. (cont p 9)

Transformation: Our Personal Journey

Last month three of our Leadership Council members from Allegheny County: Robert, Wayne and Sherlene had an opportunity to speak at the Pennsylvania Health Care Conference at Seven Springs Resort in Western PA. Their presentation was: “Transformation: Our Personal Journey”.

During the presentation they had a variety of opportunities to make connections from their heart their own personal stories of having lived at Mayview State Hospital and in intensive residential settings and what it meant to now live in a personal care home and what recovery has meant for them in their lives. Wayne said: “I had a great time and enjoyed telling people about my experience at Keystone.” Bob P “Keystone opened the door for me to get the help I needed, and now I am glad to give something back. I have gotten so much back in return”

Congratulations Allegheny!!!
Pedestrian Safety Part 1

Being in Recovery is about having all the facts and making the choice that is right for you.

I myself am a pedestrian and have come close to getting hit several times so I know how important this information is. I’ve learned over the years that I need to watch out for me not expect the driver to watch out for me. So here is some helpful information highlights and tips for other pedestrians like myself.

When we have the information than we can live in the community and celebrate how beautiful the world around us is while we are walking.

Main Points

Emergency physicians see thousands of pedestrians injured every year. Alcohol involvement — for driver or pedestrian — was reported in nearly half of all traffic crashes resulting in pedestrian deaths. In one-third of pedestrian fatalities, the pedestrian is intoxicated.

Who is at risk for pedestrian injury and death?

More than two-thirds of pedestrians (70 percent) who died were males. Older pedestrians (over age 65) account for 18 percent of all pedestrian fatalities and 10 percent of all pedestrian injuries (National Highway Traffic and Safety Administration).

When do pedestrian deaths and injuries happen?

Pedestrian deaths are more likely to occur Fridays, Saturdays or Sundays than on other days; nearly half (49 percent) of all pedestrian fatalities occurred on these days. Many occurred between 3am and 7am.

More pedestrians die on New Year’s Day than on any other day of the year

Halloween is the most dangerous day of the year for pedestrian injuries and deaths among children. Children are walking at night and in costumes, which may impede their vision and create tripping hazards.

How can I stay safe while walking???

Use sidewalks. Know and obey safety rules.

Cross only at intersections and crosswalks and only with a green light.

Look left, right and left again for traffic before stepping off the curb.

Be alert and aware when you are crossing the street. Do not be distracted by cell phones, PDAs or headsets.

See and be seen. Walk facing traffic.

Closely watch children and teach them safety rules.

Let’s make good choices about being safe, encourage your friends to do the same and just keep walking!!!

Information submitted by Kim Morrison
Harrisburg
Pedestrian Safety Part 1 (cont)

How often is alcohol involved in a pedestrian injury or death?
Thirty-six percent of pedestrians killed in traffic accidents had blood alcohol concentrations of .08 or higher. In 6 percent of accidents, both the driver and pedestrian were intoxicated.

Is cell phone use associated with pedestrian injuries?
The rate of pedestrian injuries resulting from walking while using a cell phone, either to talk or to text, has doubled twice in the last four years.

This is when My One Voice has made a Difference

Progress Avenue
   My voice has had an influence on others
   I bring my voice to share at the meetings
   Working together we can talk with one voice

Supportive Living
   When I make my own decisions than I can do what I want to do
   When I can be assertive and not aggressive
   When there is conflict I try and find harmony but I have also learned that I can speak up with my own voice
   My voice made a difference when the doctor listened when I talked to him about my mothers medical care
   When I interviewed staff my voice was valued in the decision process
   When I learned that I can speak up for myself

Chambersburg
   When I can listen to other and they listen to me
   When you can just talk to people and they really understand

Taylor Park
   At CSP, his nomination and reasons for the choice in nominating someone as a co-chair influenced how others voted. This person got the co-chair position.
   When I influenced how others thought of a person of another race in his small town growing up. He told them to stop calling the person names and the person should be respected as a person. The person went from being called “milkshake” and low esteem to someone who is very respected in the town.

Election Day 2011  November 2, 2010
Remember your one vote does Can Make a Difference!!!
For non-partisan information of the candidates check out:
PA http://palwv.org/  MD http://www.lwvorg/
Upcoming Education and Empowerment

October
10/7/10 Meet the Peer Day Danville State Leave KCMHS 8:30am
10/12/10 WRAP Basics Overview 10am-12pm
10/26/10 Using Shared Decision Making Tools 10am-12pm
10/27 HACC Presentations for Human Service Development Classes
2:00 Dr Ruby Poor Advanced Class 6:00 Jeff Glass Intro class

November
11/2/10 “It’s a WRAP” Class 8 week training on Tuesday afternoon
11/10/10 Graduation for Illness Management Recovery Class (IMR)

December
12/13/10 Leadership Council “A Time to Remember” Special Meeting
Note there may be upcoming information on STAR teleconferences but information is not confirmed.

Black, White and Gray

The sky is at times black, white and gray
My recovery has been black, white and gray
Twenty five years ago when first diagnosed with mental illness
My days were filled with black
Life seemed to be at an end
Suicide attempts, hate and nothingness filled my life.
As the years passed I seemed to find some white coloring my life
It was finally seeming that people cared
This showed me that I could care for myself.
Today life is filled with a grey
I love myself and realize that others love me too.
So I have traveled through the black,
Seen the white and live in the grey.
Today Life is good and recovery is great
For the first time I enjoy sharing my recovery with others
I’m glad to have lived through the black and white
And now I cherish living in the grey.
Linda J Thomas
Wellness Tools and Holidays

It barely seems like summer is over and the trees are beginning to turn their rich colors of autumn but now is the time to monitor your wellness. It is now as the days are getting shorter and nights are getting colder and longer that it is time to start a routine for yourself that can help keep yourself well.

Begin with Prevention: Schedule the doctor’s appointment and get a flu shot. Ask the doctor what you can do if you become sick and if you need to watch out for any other warning signs.

Build a routine for yourself that works in the cooler weather and keeps you moving. Whether it is taking brisk walks or planning indoor exercises just keep moving.

Try learning to do one thing special for yourself that you enjoy whether it is making a new friends, trying a new recipe or just trying a different route home let it be something you are doing for yourself.

Know your triggers. As the holidays approach this is a time when we can find ourselves overwhelmed with memories and that can be paralyzing if we do not recognize it for what it is. Recognize why the trigger is occurring and try to find some way of honoring the memories while continuing to maintain your wellness. Do not be afraid to be straight with your friends and supporters and ask for their support because then you can plan to do something that can work and you do not feel so overwhelmed.

I always find it helpful to remember the importance of the little things whether I:

- Lighting a candle,
- Writing a Christmas letter,
- Calling a friend or baking

Some cookies those little things can add up as you begin to create your own plan.

Exploring DBSA Online Tools

Daily life is filled with ups and downs...charting them is a great way to spot trends affecting your health and treatment.

On DBSA Wellness Tracker, you'll track key mental and physical health trends related to your:

- Overall Mood
- Mood Disorder Symptoms
- Lifestyle Choices
- Physical Health

DBSA Wellness Tracker is an online tool to help you better recognize potential health problems and mood triggers in your daily life. Each section of the DBSA Wellness Report provides helpful information to help you better partner with your clinicians on treatment plans that address your overall health and well-being.

https://www.facingus.org/tour/tracker

Site includes: journal, wellness tracker, a wellness book and a wellness planner.
Patriot Day: One Voice Matters (Cont)

members. Some of our Leadership Council members from Chambersburg were there to join us. It was catered by a local restaurant and desserts, water and tea provided by various programs. Funds to hold the picnic came from a source through which the Leadership Council is using to continue its efforts to promote recovery from mental illness. Each program was to make baskets. We had 12 baskets of which the one most wanted was the Pittsburgh basket from our Leadership Council members in Pittsburgh. (Thanks guys) The day started out with socializing and playing bingo (with prizes from Beth Miller who coordinated with the Central PA Food Bank and others for donations). Next it was time to eat and enjoy the music provided by Kim Morrison. Next it was time for the guest speaker Rachel Freud who spoke of two people who had concerns and decided to use their one voice to express their concern in a positive manner. After some time their one voice was heard and changes were made. During the time that Rachel was speaking I noticed that she had gotten people to get involved in the conversation by asking questions and providing the correct answerer with a t-shirt. People had gotten so involved that they began to ask questions. Next was the basket drawing done by Kathyann Corl, Linda Thomas and Kim Morrison. Then was some more bingo as we began the clean up process.

What is Recovery and Leadership Council

Recovery is about opportunity. Opportunities to make informed choices and be part of the decision making process, to learn from others in recovery by sharing the stories and to have environments that allow for asking the questions about services in order to create a better way. This is what Leadership Council is all about.

“We each have a story to tell as we have learned that we are not alone. We can connect to others by telling our story”

“As we move from the shadows of mental illness to the light of empowerment and recovery, we discover we have a voice, that when we speak we can make our choices become reality”

“Through working with Leadership Council I found that I have a voice in my own Recovery. Having a personal vision of recovery allows me to partner with others for change.”

“Leadership Council is where we can express feelings and know that we are being supported by people who understand. Being able to tell my story has given me courage and strength.”

KCMHS Purpose Statement: Our Purpose is to support and empower people on a personal journey of Recovery. Working together with the person, we will explore opportunities for community based, hope-filled relationships. We support growth and individual choices that lead to lives filled with dignity and respect and valued social roles. Written by KCMHS Management+ Leadership Council

Leadership Council would like to thank all of those who helped with the picnic whether it be providing desserts or transportation to helping to set up and clean up. We’d also like to give a special thanks to Michelle Porter for acquiring the park for us and Beth Miller, whom without her socializing expertise and input it would have been difficult to pull off such a great day. Lastly we’d like to thank Kathyann Corl for her long hours of hard work in planning the picnic. Kim Morrison
What is DBSA?? (cont) If you are somewhat like me in thinking it wouldn’t hurt to explore and listen to what peers at a DBSA meeting are doing to cope with their life ups and downs, DBSA brings a group of problem solving, brain storming that I cannot get there by myself.

Anyone can come to a DBSA meeting without any problem in their own life if they are supporting some one as a companion or are a family member to learn more about depression, bipolar and its impact on daily life. DBSA friends often discuss medications that work for them, where to go for help with important things in a persons life like the basic necessities. DBSA people meet you right where you are at with valuable input and discussions about todays feelings and problems.

DBSA meetings provide a safe free exchange of ideas that just might help the very circumstances in your life that bother you the most. DBSA people do not judge, any one as unworthy but provide help and caring that is safe for each person.

Mark Underwood Harrisburg

Where Can I Find a DBSA Meeting??

Dauphin County
1st&3rd Tuesday 7-9pm
Landis Bldg Polyclinic
Harrisburg
Cumberland County
2nd&4th Tuesday 7-9
Chambersburg
This area does not currently have a support group. Do you want to start one?
York
Closest is Camp Hill
Contact Susan (717) 557-4477
Carroll County MD
Contact Daniel (443) 244-1918
Allegheny
Contact Dave (412) 321-6325

Living with Depression Bi Polar and Surviving

Living with Depression and Bipolar is really hard. Most people around you won’t understand you at all. I mean they might understand you, but they won’t understand the mental illness. The normal day for me is getting up out of bed, taking my medication, getting ready for the day and leaving my house. But, if I am having a bad day (where I don’t feel like getting out of bed), or in a manic state. It gets really hard.

When, I feel like not getting out of bed, I am depressed. I feel like what’s the point of getting up. I feel that if I won’t get out of bed; know one would even notice that I am alive. If I don’t get out of bed, I usually will get worse off. I will start cutting or get suicidal. In my manic state, I feel like spending all my money, or so happy that I am bouncing off the walls. And know one can stop me. It scares me that I will get into the manic state or the depression/suicidal state. Because I usually have to put myself in the hospital.

My therapist, Lori, and David (at the Chambersburg Keystone Center), is trying to help me figure out coping skills to deal with my depression and bipolar. They tried medication on me and it did not work. So I have to go through it without medication. I am thankful that there is an organization out there to help me out at my time of need.

Alicia Kanelopoulos

LEADERSHIP COUNCIL=EDUCATION AND EMPOWERMENT. IT IS ABOUT FINDING OUR VOICE TOGETHER.