Getting Out and About: Conversations on Transportation

We need your Stories!!!

During the 2012-13 we have had extensive brainstorming conversations surrounding the topic of Transportation and getting out and about. Individuals have come from suburban communities where transportation is offered on a fixed schedule and rural communities where there are even more limited options.

There have been conversations on how to obtain a license, how to talk to the family doctor about driving and what kind of questions one may want to ask and some phrases to help begin that conversation.

These conversations have veered in a variety of directions from surviving the buses, the advantages and disadvantages of driving, dealing with anger and frustration on the road as a driver and as a passenger, to talking about what one’s next step is in making transportation decisions.

We are now at the point where we are looking for personal stories!!
From Journey to Dream (cont)

How did HACC support you in reaching your goals?
Willingness of teachers to work with me
Professors who knew when to push me and challenge me forward and when to let me find my own way
Teachers who saw the great potential in me even when I did not yet see it in myself
Teachers who supported me in helping me become a scholar
Offering me opportunities which resulted in me becoming Literary Editor of “Wildwood” our college literary magazine
I completed my studies at HACC in December 2012

What did you do to create the next steps towards my Dream?
I started the year before by planning my move and I went to www.meetup.com. Through the website I researched groups that matched my areas of interest in Pittsburgh. Topics I researched included writing groups, photography circles, coffeehouses and support groups for anxiety and depression. Through the website I was able to connect with individuals and groups who could be supports for me after my move.

When I applied to the University of Pittsburgh, the Admissions Dept. worked with me. They linked me with a group called Path Finders who are upperclassmen at UPitt and connect and mentor potential applicants through the process of applying to the college.

My mom supported me as I found an apartment and we furnished it with me starting my classes there in January 2013.

As a result now my journey is moving me forward towards my dream of earning my Masters in Fine Arts and becoming a teacher/editor for a publishing house in New York City or at a college.

WRAP Wellness Festival
Feedback from Lancaster and Harrisburg

Fall Wellness Tools Festival was very-much appreciated by the individuals served at the programs. The wellness stations were really enjoyed as well as the sharing of wellness tools and stories of recovery. I also participated in the stations and events throughout the day and it was a very valuable educational and networking experience.

The WRAP Recovery Stories over lunch had a profound impact on many as they realized they were not alone in their recovery journey. Through hearing the WRAP stories I began to understand how deeply WRAP had transformed people’s lives.

I had never really heard stories from people who are like me and survived and are now leaders. It gives me hope for tomorrow.

Join us for our next WRAP Wellness Festival Relationship Building March 15th 10am -3pm 940 East Park Drive Large Conference Room downstairs.
This is a Spotlight from the DBSA National Newsletter, on our own Leadership Council member and Peers Connect co-chair walking with us one day at a time.

DBSA Newsletter Excerpt:
This October, DBSA would like to highlight Paula Cole-Miller's ambassador story. Her optimism and creative use of language exemplify the plethora of talents possessed by many who are affected by mood disorders. She hasn't let her diagnosis keep her from striving to achieve great accomplishments, and she is an inspiration for others to do the same.

Paula Cole-Miller - DBSA Ambassador

Many Thanks to My DBSA Ambassador Network

Diagnosed But Not Defeated!
At 59yrs. of age, I have lived with Major Depression and several other debilitating afflictions...all of my life! I was 40 when I was actually diagnosed and the tsunami of emotions, questions and the deep feelings of hopelessness and despair, seemed powerful enough to destroy me. However, I chose to not let that happen and started down a path of self-education, regeneration and a sense of purpose! For almost 20yrs. now, I have been in a constant struggling. Not to regain my life, because in spite of it all, I managed to have some significant successes. But to have the fullest life imaginable and to help others, like myself, to have the same. I have become a Certified Peer Support Specialist, and am in school on-line to acquire an Associates Degree in Human services and a Diploma in Substance Abuse Counseling. I sit on a Consumer Family Focus Committee, and I am a Disability Advocate. It's time for change to begin...for us all!

Black is Beautiful
When it's Polished
But even more Beautiful
When given Knowledge.

Chuck Pitts
Energize, Organize, Act

In my life, I'm not going from point A to point B, I'm coming full circle...three-sixty degrees! See, I've always known God had a plan for me; A purpose to help set the captives free. To Energize, Organize, Act.

I was born with mental illness; "...a thorn in my flesh"! But it made me work harder to do my best; Not understanding why I was so different from the rest... Still reaching and striving to pass every test; To Energize, Organize, Act!

Then there came a time of testing, when God took the reins, A time that was fraught with humility and pain! To be remolded and transformed for a path that was planned; That I'd fulfill my true purpose in this fallen land! To help my like kind, to answer THEIR call... To Energize, Organize, Act!!!!

Paula Cole Miller  Published Insight 2011

God of Abraham

Who put the clouds in the sky And swung the stars in place?
Who is a Doctor Who never lost a case?
Who made Adam Then made Eve?
Who made the oceans The rivers and seas?
The true and living God Who made man from dust
Chuck Pitts
WE ARE EACH A PIECE OF STARDUST OF CREATION

We are each a piece of stardust of creation
Created with unique talents and gifts
Which can touch the lives of those around us.

The heavens give us a piece of stardust
To hold the stardust in our hand
Reaching out to touch another.

In this transformation a new star is born
Bringing Light to the blackest of the midnight sky
Creating a tapestry where new beginnings receive life.

When we offer star to brighten the life of another
We usually never know how it will create new life
That star takes on a life of its own rippling through the heavens
Transforming the life of another into creation.

This is the stardust that we bring with us in our travels
A glimpse of stardust that can mold, empower and transform another
A spark of life and creativity that gifts another
With a glimpse of hope for tomorrow.

Kathyann E Corl

Published in Insight 2010
Getting Back to the Basics:
Vegetables from the Garden

The Keystone Center of Chambersburg gets fresh veggies from the Wilson farm every Tuesday. We have lots of healthy veggies from there. We have a large kitchen where we have nutrition classes.

We have made sweet potato fries, stir fry, salad, chilli, chicken surprise, zucchini patties, and lots of healthy stuff. I like the zucchini patties the most. I shared the recipe for zucchini patties from my house.

The zucchini patties came from a recipe that my foster Mother got from a friend of hers. My family and I enjoy this every time we make them. We also made zucchini soup with potatoes, shrimp, clams, and onions. It’s like a New England Clam Chowder. It tastes good on a cold day and it’s very yummy. It warms you up when you are feeling cold. With crackers in it makes it really good too. Fried zucchini is okay to me but I don’t really care for it. But my two different ways I like zucchini is patties and zucchini soup.

Danielle Lefever

Hope Connects

Having started back in September we have developed a core group of members who attend regularly and value the time we spend together.

There is a morning check-in with every one before we start our educational activities.

To date we have been using the Coming Out Proud to Eliminate the Stigma of Mental Illness materials. Topics included are: Considering the Pros and Cons of Disclosure, Different Ways to Disclose and Telling Your Story.

Currently they are still on Lesson One: Considering the Pros and Cons of Disclosure where we have had conversations around the discussion questions which have created more questions for us to discuss.

Upon completion of this program, Kimberly Pry and Dan Rios are planning to offer the Peer-Peer Curriculum we were trained in by NAMI in the Fall of 2012.

This program was spotlighted in the “I am the Evidence “ Nov/Dec issue for its efforts in collaborating resources between the individuals from the former Dauphin Clubhouse and Leadership Council members to create a place for growth and opportunities to learn together. Members continue to participate in the Monday evening Leadership Council meetings by face-face or teleconference meetings to help both groups in planning for the future.
HOLIDAY HAPPENINGS IN 2012

Harrisburg The Dauphin CSP had a Holiday Open House for December and this included recognizing the work of Commissioner George Hardwick in the state budget advocacy with an “I am the Evidence” plaque.

Harrisburg Fifth Annual “A Time to Remember” was on Monday, December 17. It is a shared meal with a ceremony of candle lighting and readings. One member shared with us a recording of the songs she and her late brother had selected. We shared a poem entitled “We will Survive” and lit candles and did a naming of those we lost in Connecticut and those individuals lost personally. We ended with a Leadership Recognition where one of the co-chairs was given a book of photos and stories of her journey into Leadership.

Harrisburg We had the annual Ornament Painting in our Supportive Living Program on December 18th with food and music shared by all.

Chambersburg Keystone Center members have been engaged in a competitive card-making competition. These are huge cards that are being made for the Veterans in Martinsburg, West Virginia.

Chambersburg and Harrisburg Planning call on December 19th was spent talking about Ways to Deal with Holiday Stress, Coping with the Holiday, Wellness Tools to Use over the Holidays, Coping with the Holidays When You Are Alone.

Chambersburg On December 19th and 20th, Keystone Center celebrated the holiday with fellowship and fun sharing secret Santa gifts with each other, and music and holiday crafts together.

GETTING OUT AND ABOUT (CONT FROM P1)

In sharing a recovery story about driving think about the freedom that transportation has offered you and the impact of financing and budget for expenditures, and what strategies and resources you have used to help yourself move forward.

Our intent is that through the collection of these stories and matching them with some of the questions that we have been discussing that we will be able to develop a Resource Book of information that will support peers and staff in discussing the subject together.

Stories may be submitted to Kathyann Corl Kcorl@keystonehumanservices.org
Prayer for Our Sandy Times

Dear Creator of Our Universe
We in this region are still reeling from
The devastation of Hurricane Sandy.

Now our hearts, souls and spirits
Must Grieve, Endure and somehow
try to make sense out of Sandy Hook.

Please help us Honor those adults
who courageously risked
Their lives saving children. Help us to
Comprehend the meaning of true
Sacrifice Our Beloved Children.
Help us to grow, forgive, prosper and
Triumph over these Sandy Times.

Robert J Richert CPS WRAP Facilitator

What is Leadership Council?
Leadership Council celebrating its sixth year.
Leadership Council meets twice a month with one teleconference and one face-to-face meeting.
Leadership Council works in partnership with the KCMHS 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 KCMHS agency members have opportunities for both education and empowerment by learning from peers.

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Check out Faces of Recovery under Agency Mental Health Tab Newsletter
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UPCOMING EVENTS

ADVANCING THE HUMAN SPIRIT

January
22 6-8pm Opportunities to Serve on Boards CMU

February
5 12pm Opportunities to Serve on Boards 12pm Aurora
19 and 21 Wellness Tools to Live with Trauma (4 da) 10am-3pm 3609 Derry St
26 and 28 Wellness Tools to Live with Trauma (4da) 10am-3pm 3609 Derry St

March
15 Wellness Festival Building Relationships 10am-3pm 940 East Park Drive