Let’s Strut for Recovery

Behavioral Health Corporation Fashion Show

Smiles abounded as we walked the catwalk for Recovery in our finest clothes at the Arch Street Center in Lancaster on April 30, 2014. There were many participants from Keystone Human Services Southeast-Lancaster. These included Michael, Alice, Laura, Bernie, Cody, John, Jessica, Edie and Kelly.

Jo Anne contributed her talents in walk coaching and in styling as individuals prepared to walk the runway. Individuals were captured above in pictures during these proud moments.
Ways to Inspire!

Just wanted to take a moment to thank all of you who participated in this month’s Leadership Council call to commemorate Mental Health Month for our first time ever! This year we did more than talk about Mental Health Month and all the conferences, Art Shows, Walks around us we did something, we took a risk and shared our stories with others.

We are sending a personal thank you to Linda who shared a special poem to mark the occasion.

In our call on Thursday May 15 we were joined by Sandi Strobel of the KHS Social Media Committee who was inspired as she heard your stories and prepared to share them on Facebook. Thank you Heather, Lynn and Joanne for sharing your stories. Thank you John, Jeremy, Earl Marissa, Jim, Claire for participating.

In our call on Monday, May 19 we used the reading of the poem “We Are the Evidence” to have an informative discussion about where Leadership Council has been in the past and where we are going in the future. Thank you: Barb, Kim, Linda, Jovani, Dan and Chasidy for your participation in the discussion of who we are and where we are going.

As we continue into 2014 we will be exploring other alternative formats that will allow us to value individual stories and learn from them as we move forward together.

Let’s Inspire

We are not alone
When we live here
So why don’t we let
Us be with our peers
With what we can bring
We don’t have to be kings
We are just not with our self
If we help someone else.

So if we care
Why not share
When we feel the desire

Let’s All Inspire!!!! Linda Thomas
How I ‘ve Managed to Stay Alive
(And it hasn’t always been easy)

- Most important I gained the ability to laugh at myself
- Learned to see where I really fit in the big picture, I became humble
- Learned to step outside myself and view my life as a movie. If it was going to be Oscar-worthy in my mind I needed to become a responsible yet compassionate director.
- Learn that sometimes (most of the time) success begins with failure. After all, how could I measure my successes without failure, as a starting point? And only I can name that starting point, no one else.
- Learned that a lot of practice brings you closer, but never to perfection.
- Learned that there is only one who succeeded at perfection-Our Higher Power. For me it is the Great Spirit, the Great Creator of all things.
- Learned that it is not a wise move to challenge the “Perfect One.”
- Learned that no matter what happens to me today, the sun will rise and set tomorrow without my permission.
- Learned that humility and modesty are greater treasures than pride, arrogance or material wealth.
- Learned that despite my self-destructive thoughts, my spirit (the life force of the Great Creator in my soul) would keep my body alive until I could heal.
- Learned that I alone have access to my inner power to change but not the power to change without help.
- Knowing bad things can happen in my life that I cannot control but it is my choice to be crippled or strengthened by them (continued page 4)
One Step at a Time

When I was a teenager I made a statement to my neighbor to the effect that I would not live to age 30. I’m not so sure why, but I’m still alive thirty plus years later.

August 2, 2014 I will be 56.

February 24, 2014 my ninth grandchild was born and I was able to visit my daughter while she was still at the hospital.

On March 3, 2014 I celebrated thirteen years of being clean and sober.

These have been important dates in my life, they have been dates when the things that I thought I had lost in my life have come full circle and offered me a new life.

I am so glad that I was wrong as a teenager because I feel the best years of my life are ahead of me thanks to my higher power and my support systems. Kim Morrison

How I’ve Managed to Stay Alive (continued)

- Learning that this moment—Right Now—is all that exists and is my only chance to be thankful and productive.

- Learned that the past and the future are both products of this moment—Right Now!!

- Knowing that the best times of my life were when I was giving. The most difficult times have been learning to receive.

- Learned to take responsibility for where I stand, run, hide, fail or succeed. My two feet brought me to where I stand today.

    When I opened my fist and released my grip on the past in order to take hold of responsibility

Instantly I released the victim, I allowed myself to be.

Janine Blackburn, CPS
After years of advocacy from Leadership Council members, pondering about what was possible in this time of fiscal constraint, the Keystone Management team and Leadership Council members (Kim Morison, Linda Thomas, Venetia Waters and Richard Evans) have worked together with the county to envision and implement this new program.

The Rose Garden Centered opened for initial site visits by Supportive Living individuals and employees on July 7, 2014. Patti Uhrich and Kathyann from Leadership Council attended. At this time the program is open for referrals from the Supportive Living program for 45 day trial visits.

The Center far-exceeded what members had envisioned. It is located on the third floor (there is an elevator and parking) with lots of sunlight. There is a welcoming reception area, two class rooms (one with a Smart Board), a computer lab where individuals can learn to use computers or use them independently, a fitness area, a meditation room and a kitchen (with a used stove and refrigerator) for nutrition classes.

The Center’s director is Amy De May who is a CPRP, and has been a supervisor at Keystone’s Progress Ave Program. Nina Wolfe and Michelle Kelly both are working at the program where they are doing intakes and will be running groups. Nikki who is also working in our Peer Support program is doing the van runs for the program. Theresa is the Office Generalist and will be facilitating the computer classes.

This is the time for individuals from Supportive Living who are interested in a trial at the program to speak with their SLS worker and then contact the Rose Garden staff for a visit and interview at 717-412-4268. Please note that referral to this program does include working with your team to obtain a certification of medical necessity for the program.
Leadership Council Spreading our Wings to Embrace Recovery

At our June Leadership Council meetings we began a roll out of discussion questions, based on the SAMHSA Definition of Recovery. We are using that as our guide to have heartfelt conversations about what this means in the lives of individuals being served. Linda Thomas and Kim Morrison have begun developing the SAMHSA definitions into discussion questions that we can discuss while preparing for the October event. When these stories are collected we will be working with Keystone to illustrate these stories in an appropriate format, recovery stories from across the agency.

The kick off event will be a ‘Virtual’ Recovery Picnic on October 14, 2014. This virtual event will allow individuals across the agency to be part of our webinar, as we welcome Shelley Bishop, an inspirational and motivational speaker from A Collective Journey. Many of you may remember the work of Shelley in the mental health education program: “I am the Evidence” which we used in May 2014. The event is planned from 10am-3:30pm with a combination of inspirational stories, small group discussions of the questions over lunch, and then a brainstorming session in the afternoon about next steps. For a copy of Linda’s questions please email: kcorl@keystonehumanservices.org

Spreading beyond our Borders

When Leadership Council wrote Recovery In Our Own Words one of the endorsements came from Dr. Barbara Granger who is a Recovery Trainer out of Philadelphia. Over the years as she has been involved in creating Psych Rehab Orientation classes she would share stories from the book. When Dr. Granger was invited to be part of starting a psych rehab program in Karachi, Pakistan, she brought with her several copies of the book to gift this new program. As she read the stories, she could see that they were speaking to the heart. Since this training, Kathyann met their director Shaneen Ahmed at the PRA Conference, and in discussion with Leadership Council members, indicated a desire to help engage these individuals who are working to do recovery in a very medical model country. What is being discussed is offering webinars twice a year so that they can learn from each other. This project is being developed but watch for more information in the future. Webinar calls will be at 8:30am due to the time differences. To learn more about the Recovery House you can check out their Facebook page and search The Recovery House.
Please note that in each county Keystone serves, there are similarities ad uniqueness designed for that county:

**Interview with Troy Boyd Director of SLS Delaware County**

In Delaware County, it is all about meeting the need of individuals while facing challenges, and creatively developing solutions. Delaware County had participated in the CRIF (Consumer Reinvestment Funds). As this grant came to an end, there was an ongoing need to find reasonable and affordable housing. This resulted in the development of a design for housing where while individuals are waiting for Section 8 vouchers they can receive county subsidy monies through Keystone to assist in making monthly rent payments while still being personally responsible for paying 30% of their rental costs until their Section 8 rental assistance is received.

This approach became a significant resource for individuals with forensic histories and poor credit histories as through a master leasing approach where Keystone was the holder of the lease while individuals had opportunities to develop relationships with landlords & neighbors and build credit histories. In this program there is a high level of personal accountability to maintain self care and to maintain the apartment. With these elements individuals have been able to move forward into housing with their own name on the lease. Critical components that have made the program successful are the collaborative partnerships with other providers and the relationships with family members who helped Keystone to build links within the local community.

**Celebration: Your Voice and Work Does Matter**

**Opportunities To Grow:**

Chambersburg: Telissa was elected secretary of Franklin Fulton CSP.

Chambersburg: Two people found volunteer jobs, one at a hospital and one at a local thrift store

Chambersburg: One person is doing contract work with the Chamber of Commerce updating their Business resources directory.

**Opportunities to Advocate:**

Leadership Council members were invited by PMHCA to give significant input on their personal life experience with First Responders and recommendations for training First Responders when dealing with individuals who are experiencing mental health challenges. These contributions were recognized at the Central Region CSP meeting as the OMHSAS CRISIS Workgroup has completed their data collection and is now preparing to find trainers to develop the workgroup’s feedback into a training curriculum.
Chambersburg Art Show Creations  Chambersburg Mall  May 16-18

The Chambersburg Art Show is an annual event in Franklin Fulton County and is known for the exciting art work and artistic mediums that individuals use to display their Creativity. This year when the prizes were awarded, five people at Keystone were recognized for their art work and received awards. Congratulations to all who participated in this show that demonstrates how all are members of the community and celebrates these endeavors. Creativity was again embraced at the Christmas in July Picnic in Chambersburg with a guest speaker of Dr. Michael Cornelius of Wilson College who spoke about Poetry & Good Mental Health.

Leadership Council Meetings

July 17 Leadership Council Teleconference with Chambersburg 10am
July 28 Leadership Council Monday Night Meeting 8182 Adams Hummelstown 6pm
August 21 Leadership Council Teleconference with Chambersburg
August 25 Leadership Council Monday Meeting 8182 Adams Hummelstown 6pm
September 18 Leadership Council Teleconference with Chambersburg 10am
September 22 Leadership Council Monday Meeting 8182 Adams Hummelstown 6pm

Watch for Community Open House Dates for the Rose Garden Center.

October 14  Virtual Recovery Picnic Agency wide Webinar with Guest Speaker Shelley Bishop!

Advancing the Human Spirit!