Finding your Path!

There is a place for everyone along the advocacy path, and by choosing just one of the parts of the path, you are an advocate and an agent of change.

Elisha Coffey
WORDS IN THE SKY

There are No Judgment Zones                  Happiness is a Journey not a Destination

Perseverance is falling 19 times and succeeding on the 20th. Inspiring Sweet Staff with Perseverance.

SUPPORT SIGN ON THE TREE

The Support Sign is from the actual sign language symbol for Support. The Support Sign meant that from Day One TAP has been a huge support system to them by being there and keeping them motivated. By placing the sign on the actual bark of the tree it illustrates strength and forever lasting.

SUNRISE-SUNSET-NEW DAY

This creative expression was an image of how TAP Program was a New Day for them. This described how they felt in a dark and lost place in the past and now were finding opportunities to shine even brighter with new steps for success in their life.

From the TAP Residents in Harrisburg
Discovering my Wings of Recovery

Karl Schwartz Lancaster Art Work and Story

For most of my life, I suffered from depression. I learned to exist in the community while hiding my depression. I awoke each day dreading what it would offer. Just waiting for the day to end, I would handle each day, suffering from inner turmoil wanting to escape to the safety of my home. I felt safe with my small group of family and friends. I suffered for so long that depression became the norm for me. I never sought treatment or even understood that I needed it. The whole time this was going on I was planning to “complete” my life on my terms. Each year that passed, the stronger the feeling of “completing” my life grew. I was trapped inside my shell of depression much like the eaglet inside its shell, both unable to break out. At the age of fifty-eight I unsuccessfully tried to “complete” my life. I was hospitalized for a year. During this year, I started to develop hope inside my shell of depression, just like an eaglet develops from the yolk of an egg. During this period of time, there were people who cared and kept me warm. This time produced the hope of breaking out of my shell, much the way the eagles warm their eggs, allowing the chicks to develop and emerge into the outside world.
We would like to thank Elisha for the presentation on September 18, 2015.

We talked about what it means to be an advocate. This is the question we each need to ask ourselves: what do we do that are actions of advocacy? Individuals shared examples of walking advocacy paths by speaking up for change, talking with congressmen, writing letters, and attending a rally. Each of these actions allowed people to be part of making a difference. We discussed why advocacy is so valuable and each person was encouraged to find a place in the spectrum of advocacy.

We talked about the minimum time that is takes to be an advocate. We discussed the fact that when a congressman hears from 10 individuals, just 10 individuals talking about the same issue, that is enough to have the congressman have his staffers explore the issue and make recommendations. We discussed how long it takes for a person to reach out, 5 minutes, just 5 minutes, and when a legislator finds emails and letters action does begin, even when it is slow.

Welcome to the Take 5 Campaign.

Do you have five minutes to spare?

Join Take Five, the community of change agents who are taking five minutes, once a week, to make the world better for people with mental health conditions. Take Five is an initiative of the Mental Health Association of Southeastern Pennsylvania.
Spreading the Wings of Recovery (cont from p 4)

**What am I signing up for?**
You are signing up to receive one email per week, asking you to take five minutes to engage in some type of advocacy activity, like sending an email, signing a petition, or calling a legislator. We’ll give you everything you need to make it happen. You should receive a message every Monday afternoon, and we promise it will be only one message per week!

**What difference does it make?**
A big difference. We know that people can and do recover from mental health conditions, with the right support. The activities of the Take Five community will help legislators understand how important it is to all of us that people with mental health conditions have what they need to live successful, productive lives in their communities.

Protecting your privacy is our top priority and responsibility. Take Five will not give any of your personal information to any company or organization. If for any reason, you don’t want to hear from us anymore, you can unsubscribe at any time through the footer at the bottom of all our emails. We surely will miss you!

One tool Elisha shared was how to write a short impactful letter to legislators. It included a three prong approach: (1) Telling your story in one-two sentences of what change needs to happen, (2) Stating why the change is needed and (3) Demonstrating how you are now contributing to the community where you live.

**Path to Advocacy One: VOTE!**
At Keystone we have offered a variety of voter education events. You can just go to a library to get a voter registration form. It is important that if you move that you complete a change of address form. Tuesday, November 3 is our next election day! It is quick and easy. There are volunteers there if you have questions. So just plan to take 5 minutes to vote. That simple step ensures that your legislators will know that you are a voter and he is accountable to you!

**Path to Advocacy Two: Be a Community Presence!**
A powerful way to be an advocate is to be socially visible in places where it is safe and appropriate to be open that you are a person living with a mental health challenge. Each time that you can share your story at a church or with a friend you can be an agent to change the stigma of mental health. Sharing your story is being an advocate!

**Pathway to Advocacy Three: Systems Change!**
Systems advocacy is working on changing systems. Systems advocacy is noticing gaps in services and bringing them to the attention of the people who can make changes to the system.

We have a chance to be part of that systems change, to be part of the squeaky wheel. Being part of CSP (Community Support Programs), Leadership Council, and spreading the message through stigma education events such as “I am the Evidence and HOPE Troup” are all ways that you can be part of creating change in the system. It may take time for the change to happen, but being present is how you can be the squeaky wheel. Keystone advocates for systems change through statewide organizations and conversations on how we can implement changes to make the system move forward in doing recovery focused services.
Pathway to Advocacy Four: Letter Writing Campaigns

Our letter writing has created change in the past. When there was an effort to reduce funds for Human Services by 20%, there was an outcry that created change. From editorial letters by county administrators, to letters from the many individuals in psych rehab and drop-in programs, people wrote letters from their heart and they were heard. While the change process has been very slow and at the cost of people losing jobs, we continue to find ways to be able to grow while advocating for the need of change.

Letter writing campaigns do make a difference, and are a powerful way for allowing your legislator and their staffers know the impact of their decisions.

Sample Letter:

Problem statement: “When I was struggling with newly diagnosed bipolar disorder I lost custody of my kids.”

Personal statement of change: “Because of the support of my Certified Peer Specialist at the recovery center, I am better at doing the things to take care of myself.”

Human and Fiscal statement: “I am following my WRAP Plan, and I have been seeing my kids every weekend and we have a overnight scheduled next month.”

A short letter makes both the human argument and the fiscal argument for the funding of community based services that are less expensive than crisis services.

Pathway to Advocacy Five: Being part of the Recovery Community

Staying informed, being part of the larger recovery community, and being part of the presence our community has with legislators is the fifth step on the advocacy pathway.

In working with legislators, we need to be able to communicate clearly that we are an expert in our own experiences. If we can share our recovery journey with legislators and policy makers, we can remind their decision makers that with high quality, well funded, community based services, recovery is possible. It is important that each legislator knows that for each person who votes for them, one person in five is living with mental health challenges personally or in their family. The legislators need to understand these facts and the reality that individuals do recover and become contributing members of the community. Legislators want to know what is relevant to their constituents. They are looking for community members to be their experts. One step we can each take is to create a relationship with your legislator. You can drop in and tell them about the programs that you use that have helped your recovery and are in their district. When you do this, you are illustrating to the legislator that you are the expert. When the legislator wants your perspective on mental health, you are the advocate that the legislator can learn from.

There is a place for everyone along the advocacy path, and by choosing just one of the parts of the path, you are an advocate and an agent of change.
Discovering Wings of Recovery (continued from page 3) Karl Schwartz Lancaster story & art work

This would allow me and the eaglet, once the shell was cracked; new horizons would be opened. I needed to be fed hope that there was a world without depression. The eaglet needs to be fed fish, so he can learn of the world outside its nest. The more we were fed, the stronger we would grow. We were both dependent on others to gain strength. For me, realizing I needed the help of others was an important step in my recovery.

As an eaglet grows his wings, he hops around the nest, preparing himself for the opportunity to fly. As my strength grew, I would feel more hopeful that recovery was possible. For myself and the eaglet, the growth and the progress made was of series of many steps. We both needed to take small steps to keep us from falling out of our nest to failure. For me, I was able to move forward and gain strength with each accomplishment. Moving from the hospital to a CRR where Keystone employees and my family offered support was a large step. This, in turn, allowed me to make progress toward independent housing, so I could live in and contribute to the community. The eaglet, with the support of his family, continues to grow. This allows him to stretch his wings, venturing from the nest to nearby branches. Both of us continue to work toward our goal of spreading our wings and breaking free of our restraints, while all the while depending on our determination and the help of others to reach our goal. Then, the day will come of awkward flight. We allow ourselves to spread out wings and with the freedom of the sky and wind beckoning, we allow ourselves to soar. And so, we begin our journey toward self-fulfillment and self-sufficiency. During our journey there were many difficult steps, but we focused on the next step and our ultimate goal, living free of restraints. For me, it was depression and the thought that my life was “complete.”

For the eagle, it was his shell and his nest. Now, we both soar high with success. I’m able to walk the streets knowing I can contribute to the community. The eagle glides through the sky and fishes while looking to build his own nest. Both of us looking to be the provider for the next in line.
Discovering the Leader within Me

I had some leadership training while I was in high school. It was during my eleventh grade year. They taught me to be myself and to step up to the plate and lead instead of being the follower. This taught me that I need to come out of my shell and be the one to lead.

Years ago I was shy and did not want to do this. Now because of Leadership Council and the training I received, I am brave because of this. I think that leadership has taught me these things and I will continue to use them.

When I look back from the time that I did not know information on leadership and how much I have learned from peers who are leaders, I have become the leader that I know I am now.

Leadership Council has given me a sense of hope.

I have used these skills to get my job at the Mental Health Association and my volunteering job at the Chambersburg Hospital.

Leadership Council inspired me to want to learn more. I take on the role of a leader because now I have learned how to get people motivated.

I took Leadership Academy last year and it taught me that I should not be afraid to get on boards; this is for a job or even in the community. The academy also taught me that I can be the one that steps up to the plate. It has helped me to grow and I can help others.

Tessibel Felix, Chambersburg, PA
Christmas In JULY

July 17, 2015 was mental health Association’s Christmas in July picnic. There were a bunch of people that came from the Keystone center, Club House, and MHA. It was a potluck lunch. The Keystone Center cooked and made dishes for the picnic. Before lunch we had a speaker named Brittany Leach. She talked about relationships and how to make friends. After Brittany spoke we did activities with her. The elections were held after Brittany spoke. Sheri M did all of the explaining on what the co-chair and the secretary does. Then we voted. The nominees that were running were Telissa, Jeff, Kim, Danielle, and Lynn. Then we ate lunch. After lunch some of the people attending the picnic went down to the volleyball nets to play volleyball. The rest of us played bingo. I won once and it was a pull string gym back. Then we adjourned the day. The picnic was a huge success.

Keystone Center, Chambersburg

More Than Winter Blues: Finding Creative Outlets To Lessen the Effects of SAD (Seasonal Affective Disorder)

Often dismissed as winter blues or cabin fever, Seasonal Affective Disorder is a depression that returns during the same time each year. It usually begins in the fall and worsens through the winter as daylight hours lessen. Symptoms begin to diminish as Spring approaches.

According to the Cleveland Clinic people who suffer from SAD have many of the common signs of depression, including:

- Craving for carbohydrates and accompanying weight gain
- Sadness
- Anxiety
- Withdrawal from social activities
- Irritability
- Extreme fatigue
- Loss of interest in usual activities
- Inability to concentrate
- A ‘leaden’ sensation in the limbs
- Increased need for sleep

Finding your creative outlet can help with symptoms of SAD and lessen the effects.

Shorter daylight hours and a lack of sunlight in winter have been linked to a biochemical imbalance in the brain, notes Psychiatry.org. “Just as sunlight affects the seasonal activities of animals, SAD may be an effect of this seasonal light variation in humans. As seasons change, people experience a shift in their biological internal clock, or circadian rhythm, that can cause them to be out of step with their daily schedule,” the site reports. While the exact cause of SAD remains unclear, we know the winter months do tend to make us less social. We are indoors for longer periods of time, and we interact less with people and that can be isolating.

Finding creative ways to stay active during the winter solstice can jump-start the artist in you. Here are some ideas:

- Join a painting group
- Take a cooking class
- Try cross-country skiing
- Start a creative winter garden
- Take photos
- Start a new exercise

It’s also important to keep to a routine—eat, work, exercise, play, and sleep should be on a regular schedule to keep our internal clock in check. As you’ve heard us say before, the key is finding something that excites you creatively and will move you forward.
Recovery and hope are bound together like trees to the forest. A forest starts with a single sapling; recovery starts with a single step. With this step we don’t know where our recovery will take us the way that the sapling knows not where the forest will grow.

In recovery, we need to take that first anxious and mysterious step. When we do, we start our journey forward away from what has been a difficult past. The forest will start its growth as that single sapling is joined by others. The first step is hard to take in recovery. Once we do, the positive feeling we have helps us to gain hope. Through the hope we gain from that first step, we are able to another and gain more hope.

The sapling that started alone, small and fragile is now growing with others, hoping to become tall and strong. Recovery, like the forest, depends on and is encouraged by the hope of something larger and stronger. As we travel along the recovery road, we need to focus on one step followed by another. The same as the trunk of the tree is followed by one ring after another. Each step we take and each ring the tree gains, strength is built. Both are dependent upon nutrition for growth and the nutrition is hope. For us, hope is a life with fewer restrictions and less pain. For the saplings, which have become trees, it’s the continuation of the family. Hope produces strength and strength produces more hope.

Soon, the person and the tree become more beautiful than they were in the beginning. During this growth the air might chill, but both the person and the tree can count on the warm air of spring to come and start the steps of recovery again.

Before long there are many trees, flowers, and birds living together in a beautiful forest. Soon we can be living on our own feeling positive, wanting to awake each day and join our family and friends in our forest, the community. The binding source of recovery is hope which grows exponentially with each small, anxious step we take. Karl Schwartz (Lancaster)
CONGRATULATIONS TO OUR MANY PEER SUPPORTS ON OCTOBER 16
NATIONAL PEER SUPPORT RECOGNITION DAY!!

Modified Leadership Council Dates

FRIDAY, OCTOBER 16, 10:00 AM-11:15 AM  8182 ADAMS, CHAMBERSBURG, LANCASTER, AND HARRISBURG POLY
NO TUESDAY NIGHT MEETING AT 8182 ADAMS

TUESDAY, NOVEMBER 17, 5:00 PM-6:30 PM  8182 ADAMS, HARRISBURG, LANCASTER
FRIDAY, NOVEMBER 20, 10:00 AM-11:15 AM  8182 ADAMS, CHAMBERSBURG, AND HARRISBURG POLYCOM

FRIDAY, DECEMBER 11, 10:00 AM-11:15 AM  8182 ADAMS, CHAMBERSBURG, AND HARRISBURG POLYCOM
TUESDAY, DECEMBER 15, 5:00 PM-6:30 PM   A TIME TO REMEMBER   8182 ADAMS DRIVE

DEADLINE—FACES OF RECOVERY DECEMBER 11, 2015 FOR JANUARY ISSUE!

Upcoming Trainings at Keystone
If you are interested in trainings below please contact Christina Whitmer with your name & phone number, should there be cancellations. Classes are at 8182 Adams Drive Hummelstown PA & Polycom. Individuals in services are welcomed & encouraged to attend. These classes offer you with significant and meaningful training but your presence and sharings allows us to learn from your life experience.

Thursday, October 22, 9:00 am-12:00 pm - Empathy, Support, Problem Solving and Decision Making
Monday. November 2, 9:00 am-12:00 pm - Recovery Leadership-Values, Vision and Reality
Wednesday, November 4, 12:00 pm-3:00 pm - Managing Crisis
Wednesday, November 11, 1:00 pm-4:00 pm - Recovery of Valued Social Roles
Thursday, November 12, 9:00 am-12:00 pm - Integrated Interventions for People with Co Occurring Disorders

Thursday, November 19, 12:30pm-3:00 pm - Managing Suicide Risk
Friday, December 4, 9:00 am-3:00 pm - First Aid/CPR
Thursday, December 10, 9:00 am-12:00 pm - Motivating Change

Cancellation Policy: If you are registered and unable to attend please contact Paul Snyder or Christina Whitmer at 482-8500. Please give as much notice as possible so that someone else can use that space.

Keystone’s Message of Partnership & Recovery is being Heard!

Feedback from WRAP around the World Conference
Kathyann Corl and Ellwyn Andres were presenters for two of the workshops at WRAP Around the World here are a few of the comments: Seeing how all levels of Organizational WRAP benefits the growth and well being of all, Practical Tools to promote Recovery and active participation of peers and staff, refuels the creative juices and refining the lines of communication and paths of listening & education. Our creative approaches of partnering with the people we serve were appreciated by all.
There is a place for everyone along the advocacy path, and by choosing just one of the parts of the path, you are an advocate and an agent of change.

Elisha Coffey

Leadership Council Meetings

Please note changes due to Facilitator Health Challenges

Friday October 16 Leadership Council Teleconference with Chambersburg and 8182 10am Polycom

Friday November 17 Leadership Council Teleconference with Chambersburg and 8182 10am Polycom

Tuesday November 20 Leadership Council 8182 Adams Hummelstown and Lancaster/Delco 5pm Polycom

Friday December 18 Leadership Council Teleconference with Chambersburg and 8182 10am Polycom

Tuesday December 15 A Time to Remember Teleconference Harrisburg and Lancaster/DelCo

Meetings are available via teleconference call in please email Kathyann if you plan to join so you can receive phone informat

kcorl@keystonehumanservices.org

Advancing the Human Spirit!!!!

INSPIRATIONS FROM TAP HARRISBURG RECOVERY TREE

perseverance is falling 19 times and succeeding on the 20th.

Inspiring and sweet staff and they have lots of perseverance :)

Happiness is a journey not a destination..