This is a story about nature being reborn in spring, and how people with mental illness can use this time to bring back to life, goals that lay dormant in the darkness of winter. It’s common for people, like nature, to be influenced by the cold of the winter months. We don’t have to let this persist and take over our life.

It’s March and this story starts with two rabbits Hippy and Hoppy. Over winter they spent a lot of time in their dark nest, feel safe and warm, venturing out only to feed. As the days grew longer and warmer Hippy became more active, but Hoppy stayed close to the nest. When Hippy returned to the nest he asked Hoppy why she didn’t come exploring with him. In a melancholy voice she explained that she felt safe in the nest and no energy to explore. She felt as though there was nothing out there for her.

The days passed, the sun grew warmer, the grass greener, and leaves returned to the trees. The bright blue sky became alive with chirping birds finding twigs and grasses to build their nest. Hippy, like any good friend, continued to encourage Hoppy to leave the nest and explore a little more each day. Hoppy wasn’t excited about this, but believed in her friend, and wanted to make him happy.

The sun stayed bright longer, feeding nature. The grasses grew greener and flowers painted a brilliant landscape. Soon with only a little encouragement Hoppy would leave her safe place. As they explored they found a patch of clover to nibble on. “This is so sweet and gives me energy,” Hoppy said to her friend. I’m starting to feel alive again Hippy agreed and pointed out how fresh and warm the breeze was, and how their fur shined.

As the days past the nest in the trees became alive with the sound of baby birds chirping. Soon after the bird eggs hatched, Hoppy was followed out of the nest by two bunnies. Having a family now gave Hoppy purpose in life, which brought her happiness.

It seems the rebirth of Spring has brought nature back to life, in the same way it can bring us back to life. Now is the time for us to think of something we are grateful for and establish goals. We can let the longer days and warmth of the sun influence positive growth in our lives. It can rejuvenate our lives just as it did nature. Let each of us take a small step, each day, away from our problems. Soon, like Hoppy, we can be part of a family and have friends around us who give us support when we need it. Let us paint a brilliant landscape in life as the flowers did in nature.

By: Karl Schwartz, Lancaster
Saying Winter Good-bye

With our last big snowfall it was very difficult for me. When I was getting up all I could see is bright white out my window. When I see that I just could go back in bed and stay there. Doing that though would be very unhealthy for me mentally and physically.

I need to get out of that I must find to do. For me, I have Leadership Council, AA and Double Trouble meetings. But those are mostly in the evening so I have a cat to keep me busy earlier in day. Of course, doing housework also. If I could find a way to enjoy it instead of drudging it. Whatever I do I need to do it fully and happily otherwise I’ll find a reason to stay in bed.

Enjoy all the reasons and all of life. 
Laugh a lot.
Spend time with others.
And never let life’s ups and downs rule your life.

By: Kim Morrison, Harrisburg

HOPE

Having
Opportunity
Present
Encouragement

By: Basil Boobee Talib, Harrisburg
Spring Wellness Tools

There are so many wellness tools that someone can think of. They can be crocheting, outdoor sports, massages, weeding the garden, volunteering, swimming, creating vision boards, and cooking/baking. I personally like to think of the outdoors in the Spring and some of my coping skills are taking a walk, working on outside activities, and going places. When it is Spring I do not like to be indoors because it is too nice to be sitting down in my apartment. I usually make sure that my house work is done but when I get the chance to go outside, I do it. I love nature and I usually take pictures too. All of these can be wellness tools for Spring and much more. I know that wellness tools are good for any type of season because they fit that. My wellness tools can be different than other people’s too. I feel that since I have these wellness tools I can get through the Spring and the next seasons to come.

By: Telissa Felix

Presently

I keep a sense of wellness everyday using tools in my wellness toolbox. Like a mind that envisions good thoughts of a better living. For my next move is my best. More so with that I put one foot in front of the other on my journey to recovery. Getting the body the rest it needs to heal properly. For the mind and body both get weary from life’s exercises. As I use knowledge, like a vitamin daily, to detox the old ideas that bring the same results. As I reach out to community outreach programs to vent, listen, and share while I start the healing process by forgiving myself as well as other’s. Being reinvented with a clean spirit. Recovery is a gift to cherish. By: Basil Boobee Talib

Nourishing Yourself as a Leader: Rituals of a Resilient Leader

1. Live one thing that keeps you centered and feeds your soul.
2. Refuel daily. Make time to take care of yourself physically and walk.
3. Nurture yourself. Give yourself time to connect with the people who nourish you.
4. Play to your Strengths. Recognize your top 5 strengths.
5. Progress is better than perfection. Take the small steps.
6. Ask, R U OK? Be open to talk about good and bad days
7. Be true to Yourself! Yesterday is gone. Live life today to the fullest!

By: Graeme Cowan
My 12 Steps of a Healthy Relationship

First and foremost, all praise be to the almighty and pray together.
Respecting the time together or apart. Be patient, stay true. There are no “I’s” in team.
Take care of family. Don’t deprive the family you built.
Go beyond oneself loving unconditionally. Show you care in a variety of ways.
Build a strong bond of belief and trust in one another.
Be mindful and thankful. Sow gratitude, affection and compassion. Speak with a soft kind of words.
Be a reminder that true relations are our reward to each other.
Lend your time. Volunteer your ear and heart.
Be aware, comfortable is a bully. Always work on getting things together—values, goals, expectations one can handle.
Be responsible.
Have fun. Live, laugh, love, learn one another truly and sincerely respect options.
Help each other on every level to rise to each others potential.
Learn to celebrate differences. Life is too short.
Don’t let excuses or past baggage interfere the now.
Honor the past by living your best today and believing in a better future.
Be faithful and honest. Express feelings emotions.
When you talk about finances don’t let pride come in between. Always count your blessings.
Seek forgiveness. Have admiration.
See that sacrifices open doors.
Be yourself. Be who you say you are. True in word and deeds.

By: Basil Boobee Talib Published: Take for Keeps
Journey of Life: A Path of Resiliency

Life is a journey of uncertainty.   Life is Living.   Life is shown by growing & producing.
Life is a record of time, being.   Life offers rewards known as blessings.   Life is a see-saw of ups & downs.
Life is beautiful regardless of one's struggles in life.   By: Basil Talib

How Diabetes Affects My Life: Living My Life To The Fullest

I have to take medications daily or I will end up in the hospital. I have to take the right amount of insulin in my shots whether or not you have a high or low blood sugar reading. I have to watch what I eat and drink, as well as my weight. Sometimes, diabetes is hereditary and age can play a role in diabetes too.

I watch my diet and weight, as well as have my feet checked for sores, ulcers and complications. I watch my sugar readings, weight, how I take care of myself, and see the doctor regularly. I have had diabetes for 29 years now and have to take insulin shots daily.

By: Kelly Perry, Keystone Center, Chambersburg

Goals, Growth, Gratitude

I long for love and new beginnings that are surrounded by promise-potential-purpose. Realizing that in this crazy world it takes a lot to get ahead. So I switched my pitch. As I promise to love, educate and protect myself. Understanding the potential runs through my veins for it’s up to me to inspire new ways for a better day. For my purpose is to fight, protect, provide for my family to look at positive images of “Blackness” and what it means” As I stay awake for no more loss of sleep, my dreams are my destiny and are inside me on this journey waiting to be discovered.

By: Basil Boobee Talib, Harrisburg
Recovery Is Your Name

Down that lone and darken road
I found you.
You reached out to me and took my hand,
Saying come with me for a new journey is to begin.

I saw a new light as you told me your name,
You told me it is recovery.
You smiled
As I slipped my hand into yours,
I began walking beside you.

You said I will show you a new way to go,
Hard work and filled with adventure
And along the way you will find goodness.

I will cling on tight as the journey began.

Facing all the hurts and shedding all the tears,
Yet feeling the love and learning it would be good.

You introduced me to your friends hope, acceptance and love,
And I began to see how I could return to a well life.

The journey sometimes was not always straight.
There were many twists turns and hill tops
And you were there with me all the way.
You gave lessons on support and empowered me to be myself
and learning how to become well.
Helping me to build a tool box of things
That would create a new healthy life,
And let go the hurts.

You taught about the gift of education.
I could learn personal responsibility that will last a life time.
You gave me the gift of your friend self advocacy,
Always leading me into true support and never judging me.

Recovery, you have become my lifelong friend.
Daily, I visit with you and no longer need to hide.
You remind me that the journey is not just for a moment,
But for a life time to revisit that which keeps me strong and most of all well.

By: Gerry Curylo, Harrisburg
Helpful Hints in Talking to Legislators

Be authentic and passionate but professional.

Make sure you identify who you are and who you represent.

Make sure you know and understand your issue.

Present accurate facts and statistics that are relevant to your area

1. You can find this kind of information at the Mental Health Association’s website at http://www.mhap.org/mental-illness/facts/

If you are asked a question and you do not know the answer, tell them you will research the question and will get the answer back to them.

Tell your story, but BE BRIEF and make sure to relates it to the issue.

When contacting an Elected Official via mail or phone make sure you:

1. If writing a letter, try to make it only 1 page and do not write on the back of the page. Also, make sure it’s legible.

2. Make sure you find out who the Legislator of your district is and clearly state you are a resident of their district. They will not respond to someone outside of their district.

3. Identify who you are and who you represent. *If you are registered in his/her political party, you should mention so. Then they will know that you share similar political views and have power to vote for them in the primaries. If you are not registered in the same party, it is best not to mention which party you are with.

4. State your purpose for contacting them.

5. Refer to legislation whether or not you are for or against it.

6. State why you are concerned.

7. Explain how it will affect your local community.

8. State the facts and statistics.

9. Ask if they support your view.
Helpful Hints in Talking to Legislators (Part 2)

When contacting an Elected Official via e-mail make sure you:

1. Try to keep it one typewritten page.
2. Use proper net etiquette (for example: avoid using all upper case letters as this connotes shouting, do not use “slang”, etc.).
3. In a brief paragraph, state your purpose. Stick with one subject or issue and support your position with the rest of the letter.
4. Be factual and support your position with information about how legislations is likely to affect you and others.
5. Ask for the legislator’s views but do not demand support. Remember that Senators and Representatives respond to a variety of views and even if they don’t support your position on one issue, they may support it the next time. Contributed by Lancaster from the Rehabilitation Community Providers Association.

Exciting Opportunity: Inclusive Educational Opportunities

Advocacy comes in many forms. One such way to advocate for you comes from participation in opportunities of growth through learning and sharing. Members of the Leadership Council know this first hand. They continue to learn more about themselves, their illness, and the path to Wellness using tools such as Wellness Recovery Action Planning. Their growth is further strengthened by their participation in learning opportunities sharing their personal stories and co-facilitating with members of Keystone. These opportunities are not just available to members of the Leadership Council but are open and available to anyone living with a mental illness.

Learning and participating opportunities will now be part of the monthly invitation and quarterly highlights will be included in this newsletter. Each month you will find a list and description of events that you are encouraged and welcome to attend. Should you be interested in attending, contact Paul Snyder, Education Manager at (717) 482-8500, x133. We ask that you provide your name, the learning event you wish to attend and a contact number to reach you in the event of cancellation, delay or relocation. As much notice will be provided as possible. You will be responsible for arranging your own transportation. Family members and natural supporters are welcome to attend trainings with you.
**Finding a Purpose**

Everything in life has a purpose,  
But at an early age I saw things  
I shouldn’t have,  
And they colored my dreams.  
For the seed of wellness was planted.  
But when I lost my mother at 5  
I felt like I died. Losing my compass  
made me off balance and I had no purpose in life.  
Now I lived with no self direction.  
I felt the purpose to hurt people  
and share my pain.  
Whereas I come from an intelligent family,  
I just felt I was misunderstood.  
Using my anger to crave for attention,  
It was like living as a turtle in my shell.  
Camouflaging myself not knowing who to trust.  
One day I became tired of being tired.  
And realizing playing cops and robbers  
wasn’t my purpose in life.  
As I start to grow like the seed my moms’ planted,  
I started to blossom and nourish my purpose,  
And take the only message I get from my Mom,  
To live for my purpose. To live a pious life and  
carry traditions. To be the man I’m supposed to be.  
Now I see my purpose being a father, a man of valor.  
A youth leader, giving back something.  
I never had a mentor, a warner, adviser, and  
facilitation of truth that’s worth it.  
A purpose that was worth it.  
Like a puzzle, I put pieces together with a purpose.  

By: Patti Uhrich, Hershey

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**Welcome to the World of WRAP**

For myself, I was introduced to WRAP and then started mentoring peer supports in WRAP in 2006.  
By 2008 I was selected for a WRAP Facilitation course being done by OMHSAS. For me this WRAP journey has been one of developing skills for a new leadership position, dealing with increasing chronic health issues, dealing with the loss, developing my skills as a writer and dealing with a life of unexpected medical detours. As the physical challenges continued and I used my WRAP to deal with the complexities and side effects of treatment, I have been able to balance my life, while giving myself space to continue to grow.

Yet through all of these life adventures, the basic WRAP that I wrote in words has expanded. This WRAP has expanded to include pictures, illustrations, affirmations and writings that have helped to ground me in moving forward. I use a scrapbook of Feelings Pyramids that allows me to stay grounded by naming the feeling and using colors and sketching to release the baggage that negative feelings bring me.

By using my WRAP, staying grounded to my authentic self of who I am, I am able to passionately open my heart to others and help them find their own life story and how they could WRAP and its tools to become the person they want to be.

**WRAP Seminar One**: The WRAP Seminar One is designed by the Copeland Center to give you an understanding of WRAP and the ability to develop a WRAP in an area of your life where you could like to grow.

**Weds., June 1, 2016 through Fri., June 3, 2016**

9:00 am — 4:00 pm

Large Conference Room

8182 Adams Drive, Hummelstown, PA 17036

Kathyann E. Corl, Advanced Level WRAP Facilitator
BITTER/SWEET Healing Community

By: Basil Boobee Talib, Take For Keeps Publishing

Let us, the people, together partake of those things which are blissful, upright and good with a desire for love, trust, knowledge, wisdom and understanding.

We cannot spell community without unity but on the contrary, all over the world we seem to be in a plague right now. It lies around us and in us with a hypnotic spell. That curse hurts. It is one reason we cannot unite.

But what has happened is our communities have been stripped completely of the beliefs, senses, and identity. When this change happens our focus we have moved into a state of materialism and discomfort. We have lost our sense of searching for facts and seeking spiritual enlightenment. This change throws us out of balance with who we want the community to be.

We all too often choose the path of immediate gratification and we have become unaware of our loses, without proper guidance and direction, a sickness that forms mental ignorance and cultural direction, a sickness that forms mental ignorance and cultural negligence begins to take hold.

This ignorance leaves each of us with the need to make a decision. What are we willing to give/give up to allow the community to begin the process of healing. As people turn away ‘because it’s not my problem’, the work of healing becomes harder.

Now like a sheep herder adopting a life of modesty and humility, we each need to begin to care about the community. It is when we strive towards unity while protecting and uplifting the flock from the wolves waiting to ambush those with a covering over their eyes and a veil covering over their hearts.

It is time for each of us to listen to the cries of community and walk into the pain knowing that we do not walk alone.

By: Basil Boobee Talib
A Vision of Pure Love

Be thou my Vision that my eyes may be open to your Love
This Love light found in its purest form
This light is a source of Healing Love
Encompassing the body, mind and spirit of all of humanity
It is this Creator of Love Light that nourishes my soul with the beauty of the Sun
Cleansing the deep recesses of my mind
With this all consuming Love

K E C

Art Work by: Karl Schwartz

I am who I am
Come, Come and be with me
You are the only true love
Up high or low your there
To take control
I know where to find thee
Because you told me so
Straight from my soul
I know high or low
From deep within
You guide which way
So, softly you say

Come, come be with me

Be like the little children
And do not fear
Just speak my name
And I’ll come be with thee

By: L J T

Come
Loving, loyal, trustworthy hones
Respect me for me
Don’t judge by any other’s standard
I am who I am
It’s not for you to change me
Your job is to help me grow
Point me in the right direction
Pick me up when I fall
I am who I am
Human
See me as a person with feelings

Goals and dreams to be all I can be
I am who I am
Just love me for me

By: Melissa Branch
**Upcoming Spring events 2016**

Leadership Council meetings are usually the third Tuesday and the fourth Friday of the month.

Please note that the Friday meetings are now on the fourth Friday to ensure availability of the Polycom.

- **Friday, April 22, 2016, 10:00am**
- **Tuesday, April 19, 2016, 5:00pm**

**Friday, May 13, 2016**

*Spreading Wings of Recovery Person Centered Polycom*

Story collection for the “Recovery In Our Own Words II” book. The principle being discussed is Person Centered Services, the Guest Speaker is Sue Rowell from the Keystone Institute. Lunch is provided and small group discussion on this principle.

- **Friday, May 13, 2016**

**Leadership Council meetings are usually the third Tuesday and the fourth Friday of the month**

- **Tuesday, May 17, 2016, 5:00pm**
- **Friday, May 27, 2016, 10:00am**

**Monday, May 23, 2016 9:00 am—3:00 pm**

*Dauphin Cumberland CSP Conference Radisson Camp Hill*

*Empowering My Life: What I need to Know About*

Dauphin and Cumberland Perry consumers and Peers (free) Local Providers $25 Out of County individuals $40. Register with Brenda Levy at CMU blevy@cmu.cc.

- **June 1-3, 2016, 9:00-4:00, Large Conference Room, ALWF, Facilitator Kathyann Corl**

**Friday, June 10, 2016**

*WRAP Seminar One ,3 days, June 1-3, 2016, 9:00-4:00, Large Conference Room, ALWF, Facilitator Kathyann Corl*

**Wellness Festival, 3700 Vartan Way, Harrisburg PA**

*WRAP & Wellness Tools for Total Health Basic Tools*

Leadership Council meetings are usually the third Tuesday and the fourth Friday of the month.

- **Friday, June 24, 2016, 10:00am**
- **Tuesday, June 21, 2016, 5:00pm**

- **Friday, July 22, 2016, 10:00am**
- **Tuesday, July 19, 2016, 5:00pm**

- **Tuesday, August 16, 2016, 5:00pm**
- **Friday, August 26, 2016, 10:00am**

- **Friday, September 23, 2016, 10:00am**
- **Tuesday, September 20, 2016, 5:00pm**

Meetings are available via polycom at sites where equipment is available and teleconference.

Site Trainings are hosted by 8182 Adams Drive Hummelstown unless otherwise listed.

Please note that Kathyann will be on medical leave for several months over the Summer/Fall of 2016. During that time Leadership Council questions can be filtered through Chris Whitmer, cwhitmer@keystonehumanservices.org or by calling 717-482 8500, x120.

- Leadership Council Meetings will be continuing with Management and Clinical Support on a monthly basis that will rotate.

- Please continue to send your stories, artwork and photographs for the Faces of Recovery Newsletter (Chris Whitmer and Rose Garden coordinating with the co chairs) and stories for the upcoming Recovery Book. Leadership Council does have a mailbox to receive information.

- If you are in Supportive Living and seeking transportation support please read your May and June invitations for call in times. This is being coordinated through Beth Stevenson 717-482 8500, x110.

- Over the summer Leadership Council members will be reaching out to the residential programs. This will include telling Recovery Stories and Collecting stories on the Recovery Principles. In the Harrisburg area Cindy Suhring will be coordinating these invitations