Recognizing Contributors to Faces of Recovery

As we enter the New Year, Keystone would like to thank each of you who have shared your work in the Faces of Recovery over the years. Your stories have provided hope to many, empowered others to take that first step towards defining their own Recovery, and touched the hearts of many readers renewing within them their commitment to do the work that they do in supporting individuals.

We would like to offer special thanks to those who are sharing their voice for the first time. Sharing your work means overcoming that fear and allowing your work to speak for the person that you are, Thank you!!!!

Recognizing New Individuals Submitting Work Include:

D Hu (DelCo), Krista Lancaster (South Central), April Shaffer (Central), Barb Yake (Central)

Earl (Southwest)
Lancaster Recovery Fashion Show

The Annual Fashion Show was at 5:00 pm on 6/10/15 at Brightside Community Center. The show was run and sponsored by Lancaster County BH/DS, BHC, CSG and Keystone Human Services. Many people from the community and the various service provider employees donated clothing, food and make-up supplies. We had 22 individuals walk in the runway show this year and a sit down dinner was served to all who attended. Everyone looked beautiful and handsome. It was a great time. The models keep all the clothing modeled in the show.

I am thankful for:

T – Tempo Clubhouse – my work program
H – (my) Home
A – (Positive) Attitude – mine and others around me
N – Nate – (my brother) who is in heaven
K – Keystone RPR - the staff are my support system they are like a family to me
F – Friends (who support me on my Journey)
U – Understanding People that come along on my journey
L – Life (I am alive!)

I am thankful that I am alive and live every day to its fullness and do the best I can to be positive and live to help anybody and everybody I can help to make that persons day better which makes me feel better about myself.
Ten Years of Keystone’s Recovery Journey  (continued from p1)

The Leadership Council is resilient. Through celebrations and losses, members have found unique channels to demonstrate their voices and skills across Keystone and continue grow. Whether it has been educating students at the Human Service classes at Harrisburg Area Community College or being on the initial team to develop the Rose Garden Psychiatric Rehabilitation Center, members have embodied the Keystone tagline of

“Advancing the Human Spirit”

Today our Peer Support unit has expanded including both the Central and North regions. We have 3 full time Peer Specialists, 4 Casual Peer Specialists, 1 Peer Support Supervisor and Director. Having individuals who can walk with our people in services as they discover their own personal road to recovery has offered hope to many of our individuals at Keystone.

Now as we look forward, Leadership Council has grown far beyond the walls of 8182 Adams Dr. to include Chambersburg and Lancaster in face to face Polycom connections. We have begun the development of Recovery In Our Own Words II which will focus on the SAMHSA Dimensions of Recovery: Health, Home, Purpose and Community; and the book will reflect the voices of all stakeholders in the Recovery principles. Members are committed to making Recovery based services a reality across Keystone Human Services Mental Health and become a more visible presence of Recovery in the community.

HAPPY ANNIVERSARY

Evolving Growth at Keystone since January 2006

Living Proof that Change is Possible
Visible Office Space with a Mobile Team
Individuals in Services Attending Trainings
Kinder, Gentler Organization
People have Found More Hope
People have more Confidence & Advocacy Skills

More Acceptance & Reliance on Peers
Peer Support: Transformational Partner
Helped starting Leadership Council
Challenges us to Take Risks & Grow
People Graduating from Services
Peers Supports are There in the Hard Times

Reflections from Peer Supports, Harrisburg
Moving Forward Through Dark and Cold

It’s November and Fall has departed, the darkness of Winter approaches. Flora dies, fauna sleeps, and the air freezes. Nature stops growing for many of us this time of year is an analogy of our depression. The darkness of the shorter, colder days makes our already hard routine tougher. It’s nature depression trying to influence our own. It can win unless we fight back.

Fighting depression is a 365-day battle we fight each year, but becomes harder during the dark, cold months. Even during this time we can find things we enjoy if we look. We must be the birds that find the seeds of life during the dark times; we must know the dark and cold will pass. During winter it’s more important than normal to have a routine and stick with it, because it’s easy to find reasons not to leave house and look for things that bring us joy.

Finding things that bring us joy is an important part of fighting depression. For me it’s helpful to make lists of these things, and make a daily record, when I experience them. I also keep a daily journal of my positive and negative emotions each day. This way I can better monitor what’s going on with me.

Things that are helpful for me are going outside at least twice a day. For some this can be short walk, for others a walk to the park and feed the squirrels. I try to be mindful of the surrounding environment. Focus on the trees, the way the branches grow or the color of the bark. I focus on anything to take my mind off the inner demons that keeps joy illusive. Then a pine will appear, still full of life and colors, showing me the way life can be.

I like to go to the park with a bag of peanuts and feed the squirrels. I go the same time each day; soon they are waiting for me to arrive and give them their treat. They bring life into the coldness, and I feel good that they look forward to seeing me. One of the squirrels reminds me of my mother. She is running from tree to tree looking for something, the way my mother did looking for her watch or keys. This brings back joyful memories.

Keeping in touch with family or friends during these months, as always can be a positive thing. Knowing people care and think about you can bring warmth and light, into these cold and dark times. The important thing is that we work to find the things that bring into our lives. We don’t want to become paralyzed by our depression, which can be influenced by every environment.

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Soon the days will grow longer and the warmth of spring will appear. Nature comes back giving birth to its young. We who suffer from depression can give birth too. Finding new things that bring us joy and nurture them to maturity, and let them into our lives. This will enable us to take another step forward in our recovery.

By Karl Schwartz Lancaster
It only takes a minute
Some people just don’t realize the difference
They can make in a person life
A gentle touch on hand that says “Hey I’m here”
The nod of the head
That says guess what
I heard you and it’s going to be OK
The look that says in a loving way
That you’re worth it; so keep fighting
There is more to live for so don’t give up
That is what I see
Here and feel from all the staff
Here you give us the courage to be better than we ever thought
We could be so thanks to you all for not only making difference in my life
But everyone of us who walk through these doors with loving care and for putting the joy
Back in so many of our lives
By LJT, 11/16/15

Artwork by Rose Garden
New Beginnings

As I sit here and ponder,
The days grow shorter and shorter
I will soon be leaving this place,
And believe I will grow stronger
New challenges are beginning
As the time is coming near
For me to leave this place
And see what the world holds for me
I gather up my thoughts
To see the possibilities
A Star, A Poet, A Queen
Who knows what I will be
The Things I strive for most
Is a new beginning for me! By LJT 11/8/15 Harrisburg

Reborn
When we are where we are
For reasons unknown
We sometimes don’t want to
But we have to be here
Sometimes slowly we think
Some of us make up our minds
To try and get better
That’s not to say
That some of us don’t
It just takes more time
To finally come home
By LJT 11/12/15 Harrisburg

Little Girl

Little girl with eyes so blue....
I want to take care of you
I’ll take you to where no one can hurt you
In my loving arms that will surround you
Let me teach you all the things you need to know
So no one in the world can make you ever feel so low
Child looks into my eyes and sees
This is the place you’ll feel safest is with me
Will take soft will take it slow
Will take you the place to the place you need to go
Where the grass is so soft and green
I’ll take to the lake that so serene
Follow me and I’ll take you to see the evergreen
Where the air is ever so clean
Always remember is goes need anything
I’m you, you are everything

DHu DelCo (Delaware County) Southeast
DON’T GIVE UP

Don’t give up - Because you’re not where you would like to be.

Don’t give up - Use your spiritual 3rd eye to see.

Don’t give up - Admire your strength and beauty.

Don’t give up - Acknowledge your purpose.

Don’t give up - Remain benevolent.

Don’t give up - Stay acquainted with your liberation.

Don’t give up - Work full time against procrastination.

Don’t give up - Know thy self.

Don’t give up - There’s nothing you can’t do.

Don’t give up - Make the best.

Don’t give up - Make hard work a habit.

BY BASIL BOOBEE TALIB   T.F.K Harrisburg
**Growing into Recovery Oriented Care: 10 years into the Journey**

| Seeing More Opportunities to Learn and Grow | Better Medications |
| Polycom: We Can See Each Other | More Aware of Personal Health |
| Feeling Awake & Alert Each Day | Being a Survivor Who Thrives |
| More Support From Church and Community | Writing Advanced Directives |
| Being Listened to During Treatment | Individualized Recovery Journey |
| Creative Problem Solving | ‘I Am The Evidence’ Recovery Works |
| Telling Recovery Stories | Mental Health is a Public Health Issue |
| Increased Relationship Physical & Mental Health | Physical Health in WRAP Plans |
| Hospitals More Person Focused | More Co-occurring Programs |
| Increased Stakeholder Input | More Shared Decision Making |

**Reflections from Keystone Center Chambersburg Southwest**

**Artwork for Recovery by the Rose Garden**
WRAP Wellness Festival 2016

Have you ever been to a Wellness Festival at Keystone? Keystone has been offering Wellness Festivals in collaboration with Leadership Council for over the past five years. The theme for the 2016 Wellness Festival is WRAP & Wellness Tools for Total Health. These interactive educational events will be on June 10, 2016 and November 11, 2016 at the Second Floor Education Room at 3700 Vartan Way. We will be taking the Wellness Tools off the flip boards and sharing them in a peer—peer environment as we learn from each other wellness tools that have worked for individuals while learning some new wellness tools to try personally while using the Key Concepts of WRAP. Individuals from across Keystone have found it to be an opportunity to meet others in recovery, learn from each other, and develop friendships.

Support: Is being discussed including a tin of pre-cut colored butterflies where participants could use markers and pens to identify 5 Supporters they can contact. (Pets, writing letters, etc. were included.)

Hope: Discussion on what they had hoped for in the past, Individuals were then invited to what they hoped for today and in the future lighting a candle for each.

Education: Individuals explored books of recovery stories and inspirational and motivational stories and photos. Individuals the had the opportunity from a webcast on Mindful exercises on ways of reducing depression and blues.

Personal Responsibility: Each person had the opportunity to identify 3 things they could do to keep themselves well.

Self Advocacy: Individuals had the opportunity to hear a scenario they could encounter in daily life activities and practice expressing themselves and their choice.
Good Time Celebration 2015

I attended this year’s Keystone Center’s holiday party on Thursday, December 17. We played games, like a holiday themed Pictionary and holiday Family Feud. I really liked the food offered by the Center, don’t really like sweets but everything else was good. I even went back for seconds.

I talked to people throughout the day, having many conversations. I also colored the Adult mandalas throughout the day. I talked to people about what I could do with the mandalas I have been coloring; such as, creating a picture frame from them. One of my peers was very helpful in giving me a lot of ideas for the picture frame.

I like attending the Keystone Center holiday parties to have something to do and not be sitting around doing nothing. Attending the party helped me get into the holiday spirit. Sitting at home doing nothing doesn’t really help me really feel like it is the holiday time, so being around other people and taking part in activities helps.

Earl Harding—Keystone Center, Chambersburg, PA

Winter Wellness Tools

At Keystone Center, we talked about winter wellness. This was in class at the Keystone Center. Some of the things that we thought of were positive wellness tools. We talked about that when the holidays arrive then we tend to focus on the negative instead of the positive so that is why we came up with a list of things that we enjoy in the winter. Some of those things that we thought of were: migratory birds, skiing/ snowboarding, ice skating, Christmas, sledding/snow tubing, hot chocolate, ice fest in Chambersburg, and much more. We also decided to list the food that is associated with the winter we like: spiced hot apple cider, green bean casserole, pork and sauerkraut and this is especially for New Year’s eve, chicken and dumpling soup, and much more food. During the winter months we tend to have a lot of holidays like Thanksgiving, Christmas, New Years and much more. But the negative thoughts arise and we don’t know what to do. So we will need to substitute that with the positive coping and food to make it through. I think for me and all other people that we should keep this in mind because we need to stay positive and healthy too. So that is what we did and what we put on the board at the Keystone Center.

Telissa Felix—Keystone Center Chambersburg

My Wellness Tool: My Radio

I miss my radio
When I got home
I needed to be alone
With my music stations
I like rock, pop and country
Without music my world would come to a halt
I hope I don’t get zapped with lightning bolt

April Shaffer, Harrisburg
Art Work by Karl Schwartz, Lancaster

**Why Are We Here?**

LJT 11/11/15

Where are we going?
Some of us already know!
Some of us don’t.
Why does this road
Bring us together?
Some of us really share
When we leave here.
Some of us are better.
What seems like forever?
We hold on together
Are we here?
Today we are not sure
But when we leave here
We can all have memories..

**Forgiveness is the keys**

Forgiveness is The Tools
That truly inspires me
That truly Transpires me
As it should touch each and every one of us
Say like a Wild Fire, say like when two sticks
Rubs together, Say like a smoke signal helps
In great distress in a time of need
Forgiveness is like a best friend in deed
Cause with forgiveness we could start anew
Putting old things to an end

By April Schaeffer, Harrisburg

**An Ironic perspective of Life with Mental Illness...or is it?**

The Good Lord made me crazy, but I don’t mind so much
Cause I can forget all I want and talk to myself and such.
People never stop me to ask which way to go
They always pass right by me ‘cause I look like I don’t know.
I dream of far off places of where I’d love to be
But I can only get to Walmart if someone comes for me.
The Good Lord made me crazy, but he loves me very much.
And when my life is over and my worries all stop
He’ll lift me up to heaven and he’ll give me a real good spot.

By Barb Y, Harrisburg

Friday, January 15, 2016     10:00am     Tuesday, January 19, 2016     5:00pm
Tuesday, January 19, 2016     5:00pm
Tuesday, February 16, 2016     5:00pm
Tuesday, March 15, 2016     5:00pm
Friday, March 18, 2016     10:00am
Tuesday, March 22, 2016     5:00pm
Saturday, April 2, 2016     TBD
Friday, April 15, 2016     10:00am     Tuesday, April 19, 2016     5:00pm
Friday, May 13, 2016
Tuesday, May 17, 2016     5:00pm     Friday, May 20, 2016     10:00am
Monday, May 23, 2016     9:00am–3:00pm
Dauphin Cumberland CSP Conference Radisson Camp Hill
Friday, June 10, 2016
Wellness Festival 3700 Vartan Way Harrisburg PA
WRAP & Wellness Tools for Total Health Basic Tools
Friday, June 17, 2016     10:00am     Tuesday, June 21, 2016     5:00pm
Friday, July 15, 2016     10:00am     Tuesday, July 19, 2016     5:00pm
Tuesday, August 16, 2016     5:00pm     Friday, August 19, 2016     10:00am
Friday, September 16, 2016     10:00am     Tuesday, September 20, 2016     5:00pm
Spreading Wings of Recovery Theme Culture & Cultural Background
Friday, October 7, 2016     10:00am–2:00pm Polycom
Tuesday, October 18, 2016     5:00pm     Friday, October 21, 2016     10:00am
Wellness Festival 3700 Vartan Way Harrisburg PA
WRAP & Wellness Tools for Total Health Learning more Tools
Tuesday, November 15, 2016     5:00pm     Friday, November 18, 2016     10:00am
Friday, December 16, 2016     10:00am     Tuesday, December 20, 2016     5:00pm A Time to Remember

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.

For more information contact Kathyann kcorl@keystonehumanservices.org