Wellness Festival 2016

Education

Hope

Key Concepts

Support

Self Advocacy

Personal Responsibility
Wellness Festival: Health Literacy

On Nov 11, 2016 The Leadership Council held the Whole Health Wellness Festival. I did the Key Concept table on Hope.

I brought in some samples that work for me. Tools that work for me are: regular journaling, keeping a journal with doctor’s appointments. By doing this it helps me to follow through with his questions and answers. The peer then shared an example of where they were at now and hoped to be in five years.

Each person said what there hope is for present and then still on hope but what they see in 5 years. The now answers where things like peace, to continue to be context, health both physical and mental along with positive support from family members. Someone wanted a job to make and hope, and last looking for family support.

The answers for what people hoped for in five years included things like whole health. Someone wrote that they would like a relationship with a man who would understand her mental health, another wrote how she struggled clean an apartment. One person dreamed of buying a new car and last but not least serenity.

But it appeared to me that everybody learned a little something about how take care of whole health. One person even wrote that they can act appropriately and graciously on every occasion. We had pizza and salad for lunch and spent the rest of the day playing “WHOLE” Bingo and enjoying the wide selection of donated bingo prizes.

By Linda Thomas, Harrisburg
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**Wellness Tools For Stress**

<table>
<thead>
<tr>
<th>Talk with a Peer</th>
<th>Breathing &amp; Positive Thought</th>
<th>Journaling</th>
<th>Music, Games</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gym &amp; Walking</td>
<td>Reading &amp; Prayer</td>
<td><strong>Phone Calls to Support</strong></td>
<td>Medication</td>
</tr>
<tr>
<td>Attend Meetings</td>
<td>Bubble Bath</td>
<td>Thinking Happy Thoughts</td>
<td>Cooking</td>
</tr>
<tr>
<td>Meditations</td>
<td>Acclamations</td>
<td>Drawing, Crafts</td>
<td>Gardening</td>
</tr>
<tr>
<td>Shopping</td>
<td>Socializing</td>
<td>Doing Things for Others</td>
<td>Visit your WRAP</td>
</tr>
</tbody>
</table>
5, 4, 3, 2, 1 Technique: Using Your Senses

This is a quick tool I use to help center myself. It changes each time you use it.

<table>
<thead>
<tr>
<th>5 Things I see</th>
<th>4 Things I hear</th>
<th>3 Things I feel I touch</th>
<th>2 Things I smell</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 List one positive affirmation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I see the black and white clock</td>
<td>I hear markers on paper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I see my blue and gray watch on my wrist</td>
<td>I hear the heater turning on</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I see a small container of blue Play-Dough</td>
<td>I hear that black clock ticking</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I see a white napkin, folded in four</td>
<td>I see a green soda bottle</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I hear the clicking of a keyboard</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel the pen in my hand</td>
<td>I smell the coolness in the air</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel my right elbow on the armrest of my chair</td>
<td>I smell the lemon in my water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel the cool air on my arms</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1 Today is an excellent day for learning, sharing and growing!

Shared By January, Lancaster

Chambersburg Art Show 2016

Finding Hope

About three years ago, I didn’t have any hope in my life. I went to a new place and didn’t want to make any new friends. LIFE WAS HELL. Now, I’m moving on with my life. I made some new friends at a different place. I’m taking my meds and things are looking up for me. I’m working on getting out on my own. Birth Certificate and my Diploma, SOCIAL SECURITY CARD and MEDICARE CARD. I’m learning to stand on my own two feet. I’m looking for an apartment, and my hopes are high. I like the home where I’m at now but I want my Independence. Life is short so I smile and see better things for my future. On April 9, 2014 I started attending KEYSTONE. My friend (now girlfriend) introduced me to it. My life changed, I found HOPE. I am meeting people who encouraged me to set goals. I’m learning how to work the computer and typing up my stories. I have people in my life who have encouraged me in reaching my goals. Now I am looking for housing. I’m feeling I can do lots of things that I thought was impossible just three years ago. I’m looking up and smiling more. The future is BRIGHTER NOW.

By Lewis Hockenbroch, Chambersburg
Wall of Hope

Where I Am Going

Now, I have lived in my own apartment for 8 and ½ years. I have decorated it and created in it my own Wall of Hope to inspire me every day. Now I have taken care of my own finances for 10 years. I cook and bake for people in my building. I do string art for myself and others as gifts of thanks. I am co-chair of Keystone Leadership Council for 10 years. Now I am serving on the Management meeting for Keystone. I am in the process of writing, editing, and telling my story in a new book. Love, knowledge and wisdom keep this frail body moving daily. I am now co-chairing of the Dauphin County CSP (Consumer Support Program) and I will do my best to represent and help grow this wonderful group. So hope is what got me here and if you doubt me just come and see my wall. All are welcome.

By Linda Thomas, Harrisburg

Recovery In Our Own Words II

Keystone has invited Mark Saltzer from Temple University Collaborative on Community Integration on April 21 2017 to discuss our final principle Relationships and Social Networks. Several of our co-chairs have met him in the past at Recovery activities and he is delighted to be talking with us on this subject. Please mark your calendars to plan to attend, this training will be offered via Polycom video conference.

We do have the stories for all of the Domains. These are Home, Purpose, Health and Community. If you have not written your story the Principles where we have only limited stories are: Respect, Individual & Community Strengths, and Peers & Allies. I am expecting several but additional stories would be great.

In January 2017 Leadership Council members will begin a more structured editing process. If you have email and would like to join us in person, Polycom video, or via teleconference call please notify Kathyann Corl at (717) 482-8500, x131.
There Is An Art To Story Telling

Earlier last year, I had an opportunity to attend a Story Telling seminar hosted by KHS. The presenters, Gina Calhoun from the Copeland Center and Dr. Scott Heller from PAPRS, gave an interesting, informative, and exciting presentation on How Best Tell Your Wellness/Recovery Story. The main purpose was to teach those in attendance how to most affectively tell our story in order to maximize the impact on the audience. When done affectively, you can inspire hope, and share how you got through certain situations with your audience.

The first day we learned how to structure our stories from the opening to the body and ending. Things such as staying on topic by focusing on one key message and the important use of language to keep the audience interested. Another important part of storytelling, and maybe the most important part, is ability to connect with the audience by touching their emotions.

On the second day we broke into two groups and shared our stories with each other. This was a tremendous learning experience for me. Being able to share my story and listen to the positive feedback of the group was very healing. Also listening to other stories and how they were able to survive and deal with their situations was very uplifting. By hearing how they survived and continue to deal with their recovery inspired me to continue with my recovery. It also showed me that by using all the techniques we learned the day before could really impact and act as a teaching experience for the audience.

We ended the two days by dividing into four groups and presented short skits to the group about the things we learned. All the interaction we had during the two days made the seminar informative, interesting and educational, while teaching the use of language made this a positive learning experience for me. I will be able to share my story in a more effective way and hopefully have greater impact on my audience.

By Karl Schwartz, Lancaster
Sharing What I Learned With Peers

On September 22\textsuperscript{nd} and 23\textsuperscript{rd} I had opportunity to be Co- Facilitator of a Storytelling Seminar. It was based on the same format of the one I attended that was presented by representative of the Copeland Center. This was a very positive opportunity for me, since sharing my recovery story is an important part of my recovery.

As a Co Facilitator I was able to share the things I had learned with the twelve people who attended the seminar. To me one of the most important things I learned and was able to share, was the difference of telling a wellness/recovery based story verses an illness based story. Since I started telling my recovery story, I have always focused on the positive parts and feel this is the most affective. Being able to share this, and how language and structure are important, in an individual telling story, this was very uplifting to me personally.

Being with a group people wanting to learn about writing and then sharing their stories a positive experience for me. Some of the feedback we received such as; as a group we were able to learn from the diversity that was present within the group, and how this created a positive and supportive environment. Also, how telling our stories helps us know each other better and the effectiveness of language in telling a story. These were important parts of our presentation and the participants were able to grasp these concepts. This made me feel as though it was successful. I left these two day’s feeling very happy and wanting to do more presentation.

By Karl Schwartz, Lancaster

Finding Out About The Art Of Story Telling

This was a two day training on how to write your Recovery Story. We started with 11 people which included employees and people in services who participated in the class. The class was facilitated by Karl Schwartz and Ellwyn Andres. We learned about how to share our experiences with one another. It is important to tell your story, because you never know who will hear your story and relate to it.

There was one person from a residential program who actually came back on Day 2 who came back shared her story and received a certificate. Seeing him complete the training and hearing the stories on the second day was both amazing and yet the stories were similar. The hope, laughter and smiles, throughout the room were contagious. We all realized that we never know who we are helping when we tell our stories.

By Linda Thomas, Harrisburg
Our Stories Planting Seeds in India

On Wednesday, November 19th, Leadership Council members Kim Morrison, Karl Schwartz and Gerald Curlyo were invited to a luncheon with several Keystone employees from Mental Health and our International Services, and individuals from The Hans Foundation. The Hans Foundation is partnering with Keystone International in supporting the development of new community services for individuals with mental health who currently live in institutions, and improving opportunities for inclusion of people with disabilities in community life. The representatives from The Hans Foundation were General Mehta, CEO, Dr. G.V. Rao, Executive Director, and Paul Click, Director of Grants Management. Also joining was Bindu Sengar from Keystone Institute India in New Delhi, and Genevieve Fitzgibbon who works at Keystone Institute India and Keystone International from Harrisburg. The group visited various Keystone programs to observe how the programs are operated and in our case to hear from individuals with mental health challenges who live in the community.

The Hans Foundation is a charitable trust in India. They are funded by private donors, in particular, Manoj Bhargava who is the principal donor and co-founder of The Hans Foundation. While he grew up in India, his family moved to the US when he was a teen. Mr. Bhargava is the Founder and CEO of the Five Hour Energy Drinks and is the wealthiest Indian in the US. He has committed to donating 90% of his wealth to charitable causes. The Hans Foundation envisions creating Mobile Mental Health clinics to reach into many of the rural areas of India, among many other important initiatives.

When I was invited to this meeting, I had not researched The Hans Foundation, and did not realize what a critical turning point this would be for me in my life. As we ate lunch together, and they gave a brief overview of their visit, what I did not realize was how much they wanted to hear our stories of dealing with stigma, living with supports, and having productive lives in the community.

Personally, a lot of my issues came from losing a purpose for my life and not being able to meet the goals that I had set for myself in the past. Now in this meeting, I was able to see how my ideas and experiences would help plant the seeds for creating services in India.

By Karl Schwartz, Lancaster

You are welcome to follow Keystone’s growth in India at: https://www.facebook.com/keystoneinstituteindia
Celebrating Where Leadership Council Has Been in 2016

**Increasing Empowerment:** It is more than just the significant increase in numbers that have happened. It is the excitement. It is people discovering leadership skills within themselves. Whether you consider the increasing number of individuals attending and presenting at Keystone, at conferences, and in the community your voices are being heard. When I was on medical leave co-chairs worked with Management attending Management Meetings and planning and carrying through on meetings. Co-Chairs discovered their strength from within. Leaders are continuing to grow.

**Increasing Leadership Skills:** These Leadership skills have continued to develop and been recognized by Keystone Human Services. From the excitement of having Leadership Council Co-Chairs offering a Mission Focus presentation agency wide this March, creating excitement with leaders in Keystone’s Intellectual Disabilities, and being invited to be a voice in Keystone’s work in India, your leadership skills has been valued and created change.

**Increasing Voice & Story Sharing:** Leadership Council members were recognized by the “I am the Evidence Campaign” and the Mental Health Association of Pennsylvania being selected to have their own high definition camera to document people telling their story. As we are coming to a close on the story collecting stage of Recovery In Our Own Words II we have collected stories from different regions. We are preparing for the next stage of capturing the individuals voice as we begin the editing process.

**Increasing willingness to take a Risk:** There are an increasing number of members who are willing to take the risk of being a leader. Whether it is the new contributors we have for Faces of Recovery, for Recovery In Our Own Words II or the three new peer facilitators at this year’s Wellness Festival the creativity continues to grow as more individuals are willing to take the risk of being not just a participant but a leader.

By Kathyann Corl, Harrisburg

**Point Of View**

When I was growing up being a busy body molded my identity. It was the way that I saw myself and all I did. I was not aware that something was going on mentally placing me with a disability. This was not language used in my family. In reality, I needed therapy for like a toddler, my mind ran wild with loud voices. I lived in my shell like a turtle for I felt different in school. Large classes were a problem for me, it was hard to pay attention.

Things got tougher for me, especially when I lost my mother. It made me angry and I did not know what to do with this anger. My feelings were like a rollercoaster. One minute my best friend and I were going everywhere together, in another minute I was up and the next I was down. I had feelings of being lost and found it hard to understand my pain. My life was no holiday. I no longer felt a life that was filled with joy.

At school I was misunderstood. I was labeled a bad boy. I would read slowly, but my world was moving way to fast. I just didn’t care how I dressed or what I said to others. I had not learned the right way to do things because of losing my Mom so I just did things my way. I made my own choices about the baggage I carried, and I would hurt others because I didn’t feel loved. I didn’t care if I hurt others, I didn’t know how to love anyone else.

Losing my mother, I became insensitive to the world that was insensitive to me. I became an atheist to medicine for something I did not understand. I was afraid to really look at myself.

When I did look for support and I found help at Keystone to help assist me on my walk of recovery. Today I know I have been treated equally not limiting my capabilities, but finding the courage to grow stronger for the past 5 years. I want to shout out my thanks to all who have supported me and walked beside me, I am thankful you are part of my life.

Now, I am a single father raising my children with the hope that I never knew since losing my mom. Now I volunteer at the Harrisburg Schools because I want to make a difference for other kids before they get stuck going down the wrong road like I did.

If you find you are really feeling stuck, don’t suffer. It is ok to ask for help. I did and look at how much it helped me.

By Basil BooBee Talib, Harrisburg
History is in Our Hands

Together

Together – we can make a difference.
Together – let us hold together in discipline to better humanity.
Together – this must be done with consistency.
Together – let’s be the example we would like to see.
Together – we can upset the setup of negativity that plagues our community.
Together – we get what we strive for in life.
Together – we are the world.
Together- let’s support one another.
Together – we are the architects of the building unity.
Together – let us reinforce what love is in this wounded world.
Together- we need to enrich and enhance the youth with educational concepts to bring out the best in them.
Together – let us pray for our Creator have mercy on us if we slip of fall into error.

By Basil BooBee Talib, Harrisburg
A Time to Remember 2016

Our Leadership Council year closed for 2016 with A Time to Remember on December 20, 2016.

The meeting was developed and facilitated by our co-chairs. Linda Thomas, Harrisburg opened with A Time to Remember the Past. Linda shared a story about the last of a generation of her family, and asked each region to share one memory of an individual that brought them joy.

Kim Morrison, Harrisburg facilitated the conversation on A Time to Remember the Present. Individuals brainstormed together about what was good in their lives right now.

Karl Schwartz, Lancaster co-chair, facilitated A Time for hoping for the Future. Karl shared his hopes for the future and everyone was given the opportunity to write down what they wanted to release in 2016, so they would have more space for hope in their lives in 2017.

Mark your Calendars Special Activities For 2017

- **Friday, March 10th, 2017:** Target Deadline for Faces of Recovery April issue
- **Wednesday, March 22nd, 2017:** Mission Focus with Leadership Council co-chairs
- **Friday, April 21st, 2017:** Spreading Wings of Recovery: Community Relationships & Social Media with Mark Saltzer, Temple University Collaboration on Community Inclusion
- **Tuesday, Thursday May 2nd - 4th, 2017:** PAPRS Conference State College Proposal on Wellness Festivals submitted. Watch for Scholarships.
Quotes for January 2017

“Life is an echo. What you send out, comes back. What you saw, you recap. What you give, you get. What you see in others, exists in you. Remember, life is an echo. It always gets back to you. So give goodness.”

“Knowing what must be done does away with fear.” - Rosa Parks

“Let us choose life and love, and happily use ourselves up in loving service to one another.” - Doris Haddock

“Loneliness is a sign you are in desperate need of yourself.” - Rupi Kaur