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New Authors and Artists in Faces of Recovery in 2017:

Central: Gerald Curylo, Michelle Gould, Denise Hall, Jenea Haire, Oliver Lewis, Raychel Musser, Mike Pivar, Anne Beth Strausser

Southeast: Brenda Mortimer, David Speers, Lois Thompson;

Northwest: Lewis Hockenbroch, and Bernadette Lonzo.

Many thanks to our ongoing writers and artists who have shared their stories of wellness and recovery, poetry, pictures, and artwork in 2017, in Faces of Recovery and in the upcoming Recovery Book II. Thank you!!!
Celebrating what Leadership Council has done in 2017

Growing through Transition:

2017 has been a year of major transition. We have changed our CEO, there have been Senior Leadership changes, yet this is transition. One comment that was heard is that Keystone is unique in offering members opportunities to work with Management through the Leadership Council. This was shared as the interview process occurred for many of these positions where several Leadership Council members were part of the interview teams.

Learning about Leadership Council and WRAP (Wellness Recovery Action Planning) is now part of the Orientation of new employees, and there is an increasing number of Leadership Council members attending Keystone trainings and becoming co-facilitators.

Leadership Skills being Recognized:

These Leadership skills have continued to develop and been recognized by Keystone Human Services. During the transition process, Robert Baker, Vice President of KHS, attended most of our meetings. In October when several members of Leadership Council went to the KHS Board meeting, they presented on how the “Recovery In Our Own Words” Book II captures the transitions that mental health has experienced and illustrates the growth of KHS Mental Health. Bob Baker spoke to his own personal experience of having been at the meetings. When members presented, several members of the Board stated this is how we know we are doing our Mission. Leadership Council Co-chairs presented a Mission Focus poly com presentation across the agency in March 2017, were featured at the Keystone Leadership 2017 meeting, and the ideas of empowerment and voice were shared with Ludmilla Malcoci who is developing Mental Health services in Moldova.

Increasing Voice & Story Sharing: Since Leadership Council was selected by the “I am the Evidence” Campaign many of their activities have been documented and shared via social media. These have included: Karl Schwartz’s “Art Show”, RESPECT Stigma posters from the Rose Garden Center, our ‘Time to Remember service’, Volunteer Recognitions, the Mission Focus Presentation, Linda’s Wall of Hope, and Global Peer Support Day.
Through Copeland training offered in collaboration with Keystone, Ellwyn Andres and Karl Schwartz are trained in: “The Art of Storytelling.” Their last class was done at the Rose Garden Center in December 2017.

Many of you have shared your stories of Recovery and Hope. There are 66 stories collected for the new book from all of the regions that Keystone serves. There are stories from Allegheny, Chambersburg, Lewistown, Harrisburg, Lancaster, and Delaware County. During the Summer/Fall of 2017, peers have been involved in editing the stories, and Gateway employees have been implementing the edits you have made. As we move forward we are looking for individuals who would like to contribute nature pictures (high density pictures are the best).

**Increasing Membership While Staying Connected:**

During 2017, there has been significant growth in the Central division with a number of individuals and supporters from the Residential programs attending. In recognizing the unique strengths of some of our programs, we have included individuals at the Rose Garden Center in expressing their voice through creativity connecting them with the PAPRS Art Show to reduce stigma, and to support Keystone Center as they create their own Advisory Board, submit articles for Faces of Recovery, and Leadership Council co-chairs go there periodically to meet members over lunch.

**Building Connections:**

Members have, during 2017, presented for the HACC classes in Human Services, presented workshops for both the PAPRS Conference and the Dauphin Cumberland CSP conference. Nine members attended the 2017 Recovery Summit and the preparation and attendance at this conference has started meaningful conversations around the subject of mental health and addictions with employees, and begun to be present with family and community school events to discuss mental health. Leadership Council members will be beginning 2018 with the conversations that we have started on making community change in the area of stigma.

Kathyann E Corl

*We have many Mountains to Discover, It all starts with the first Step!!!*
Mark your Calendars Special Activities for 2018

- Chocolate fest is Sunday January 28 2018. Tickets are available to employees and people in services by emailing druddy@keystonehumanservices.org for a reduced price of $15. These must be ordered by January 19 2018.
- Videotaping for Living Life in the Community and Making Connections is planned for late January early February. Be thinking about a story to share. Video will be 3-5 minutes.
- HACC Presentation will be in February 2018.
- Deadline for “Faces of Recovery” April issue Friday March 9 2018.
- Deadline for RESPECT Posters is April 6 2018. Releases need to be signed and posters delivered by a Keystone employee.

A Time to Remember

![Image of people]

This time of remembering and reflection will be offered at our next Leadership Council Meeting January 16 2018 from 4:00pm-5:30pm and available via Polycom.
Wellness Festival 2017

Finding Connections: Discovering who I am

On November 10 2017, Leadership Council peer leaders developed their eighth Wellness Festival. This year’s event was at CMU 1100 S Cameron Street and Dauphin County CSP (Community Support Program) members were invited to attend.

Using our format of the Key Concepts of Recovery (Hope, Education, Support, Personal Responsibility and Self Advocacy). Using a variety of interactive stations individuals had opportunities to explore new skills and listen to other peers as they shared what worked for them.

Over lunch, there were two powerful stories of Recovery shared by Donnel Brown of Dauphin CSP and Patti Uhrich of Keystone Leadership Council. Our afternoon was filled with lively interactions as we played RECOVERY BINGO.
Prizes were donated and included a variety of selections:

As the day ended, Karl Schwartz of Lancaster, of Leadership Council had donated his art work for the festival and had pictures taken with the winners.
HOPE
FINDING CONNECTIONS

What can I do to promote Hope in my Community?

- Hope meeting me in now and home
- Offering encouragement
- By helping the community clean up
- Helping the homeless people out
- Finally meeting my goals
- By my practicing my belief in Hope: a feeling, an accomplishment, a part of a thought, an expression, fulfillment, guidance, and having faith
- Offer Hope to others when say ‘hi’ to the people in the morning when I go by the office
- Hope is Joy, it is believing in myself
- Hope is being friendly in the community
- When I give Hope to peers into a pathway of possibilities
- Being able to run for office in my township
- Tell them what Hope is really about
- I can share Hope with someone by asking them how I can help them when they are feeling low
- Inviting them to your local community church
- Helping other people out
- It is something you might pick up that lifts your spirits and comes to pass
- Hope is the evidence of things not seen the substance of things ‘hoped for’
- Hope: Encouraging others and working on my book
- Hope is believing in yourselves and others by spreading positivity
- Hope is when I offer an ear to listen to someone
- Try to keep my property and the area cleaned up and keep the grass cut
- “Hope” table facilitated by Linda Thomas and Diane Spears at Wellness Fest 2017
Reducing Stigma by using your Creativity

Join us, where you have an opportunity, to use your creativity to end Stigma.

PAPRS (Pennsylvania Association of Psychiatric Rehabilitation) is hosting a "RESPECT" Poster Contest during their Annual Conference.

There are statewide awards for the top 3 winners. Last year, we had a great response and art work was shared in this newsletter and on Facebook.

Drop off Art work at Keystone Human Services 8182 Adams Drive, Hummelstown PA, by April 6th 2018 or bring it to the conference April 10th 2018
Special Note for CPSS Individuals

If you are a CPSS (Certified Peer Support Specialist) in Pennsylvania the proposal for credentialing through the PA Certification Board has been issued. All responses on this 18 page document are due to the state by January 5 2018. If you are a CPSS and would like me to email or send you this document please reach out to me so you can have an opportunity to offer feedback.

Keystone Human Services will host a conference call for feedback on the Credentialing Proposal on Thursday, January 4th, 2018 at 1:00-2:00 pm.

You have the option to meet at Keystone 8182 Adams Drive Hummelstown PA 17036, or to call in on the conference line. To call in use conference call phone number: 866-440-5118 and then use Conference Code 7175588450.

Please email me in advance if you plan to call in for the conference call at kcorl@keystonehumanservices.org.

In order to work as a CPSS in any Managed Care environment, this credential will be required. There is a two year grandfathering period that ends on June 30th, 2019.

Wishing all of you a safe and blessed 2018 with lots of opportunities to grow in the future.

Kathyann Corl
717 482 8500, x131
On December 4th and 11th 2017, we had a full class of individuals at the Rose Garden Center who wanted to learn the tools to tell a Recovery Story.

Discussions included the purpose of sharing a Recovery Story: to offer hope and support to others, discover who you are, inspiring others, making connections with others based on shared experience. Through telling the story you learn who you really are and that you are not alone. We are all a part of the family of humanity and we each have a story to share.

There is a major difference between an Illness Story and a Recovery Story. In an Illness Story there is a clear villain. The villain can take various forms: diagnosis, despair, sadness, and stigma. In this story there may be a beginning and an ending, but there is no change for the person, there is no sense of hope.

In a Recovery Story, you hear the person’s journey to discover who they are, how they have made connections, and built relationships with others who helped them to heal. You can hear those AHA Moments as the person sees their life coming together and hearing the story dispels the stigma that others in the community may have about mental health.

Karl Schwartz of Leadership Council, co-facilitated the training with Ellwyn Andres of Keystone Human Services. In Karl’s story he shared how in his life he would start things but then convince himself that he could not handle the projects and became extremely depressed and anxious.

This resulted in his seeking treatment first as an out-patient and then as an in-patient. Gradually over time he started to trust others, learning that one could not leap into recovery but one could take small steps and then some more small steps.

It was during one of these hospitalizations that he would ponder thoughts about the oak tree outside the window. Could he draw a tree like that? No, he convinced himself, I am not that good. Yet he did find a supporter in a staff person who he learned to trust. With their strength and belief in him, he began to think maybe it was possible to draw the oak tree. From that point his recovery began in small steps. He did return to the community in a program and then in his own apartment. He became a volunteer at the local library working with children, and in the process discovered a new purpose for his life.
Art Stimulates Recovery

Overcoming Stigma
There are some reasons to have anger. You can get a very bad temper. It all started after high school. I felt so really down. I realized I was down because my friends were gone. I felt quite alone.

That’s when the anger begun and as soon as it started I wanted it done. The worst thing that happened is when I hit a wall. My parents were arguing and they were mad. I threw a chair at the wall and they were sad. I have punched walls and thrown chairs. I have also got mad at neighbors.

These things were for no reason even though it almost happened some seasons. I also had some delusion. And I had some hallucination. When I had the delusion I was seeing and talking to people. They were awful and hard for every reason. The hallucinations were really bad. The worst hallucination was when I saw my brother run up and down the stairs. I was really sad.
I used to have some anger and some temper.

Now I live in a residential program. The anger never goes away completely but I am getting better at learning what I can do with my anger.

By, Chase Bynaker

When I started at Keystone I was angry at everyone and everything. I felt on the inside as though nothing was going good in my life. Everyone and everything was against me and my only defense was anger. As I figured out with help of others was that anger wasn’t getting me anywhere, but more anger.

It took me many years to realise this. I hope this will help others learn a lot sooner by reading this article. In the years it took me to realise this I had no life really. I was just a shell of a human walking around sort of like a zombie.

I wanted a life but I, not others, was preventing me from having a life. I went to a Keystone Conference and realized I have a voice. With having a voice I also realized I have a choice. But I didn’t think I had a choice over my anger. I thought it was just a family trait, I was born with it. It was in my genes. It was in my jeans. It was me.

I’m in a twelve step program where it’s suggested that you get a sponsor. My sponsor gave me rides to and from meetings and during that time I would talk with her about what was going on. I had some issues with local bus drivers and I would tell her about them. She would always say “It is what it is”. How could she say that these drivers are not doing their jobs. With my anger as it was I just wanted to deck her every time she said that.

One day as I got on the bus I had a bit of a run in with the bus driver. As the ride went on for several miles my anger grew. I was so angry I asked my sponsor to meet me so I didn’t stay on my way to the meeting. As I went to get off the bus, I apologized to the bus driver and she gave me a suggestion in a positive manner. I felt so good when I got off the bus I was able to walk to the meeting with no problem.

After that, it hit me as to what my sponsor was saying. What someone else does or doesn’t do…I can’t do anything about. All I can do is to except life as life happens and to change how I looked at things in life.

Her most important saying was “Acceptance is the key.” Acceptance makes life so much better.

By, Kim Morrison
Winter Wellness Tools: Learning the Art of Zentangles

Have you found yourself during the winter months when there lots of cold weather trying to find something you can do to stuck?

To me, this is exactly what Zentangles offer. While there are materials, really all you need is paper, pencil, sharpie pen and There is an increasing number of free videos on the web and I of my favorite sites below.

Zentangle is a registered trademark for a very specific type of meditative drawing. Beyond the simple structure, there are no rules. Begin with a 3.5 x 3.5 inch square of high-quality paper. Textured paper is best, because it forces you to work more slowly and deliberately. Breathe deeply, relax, and maintain focus throughout the drawing.

A Zentangle drawing is an abstract drawing created using repetitive patterns according to the trademarked Zentangle Method. True Zentangle drawings are always created on 3.5 inch (8.9 cm) square tiles, and they are always done in black ink on white paper with grey pencil shading. The invention of the Zentangle® was intended to make the act of drawing pleasurable, meditative and accessible to all.

First, draw a square border, about one-half inch from the edges. Use pencil, and draw lightly. Do not use a ruler; the roughness of the lines is part of the drawing. Within this border, and still using pencil and a light hand, draw one or more flowing lines or squiggles. These are called "strings," and serve to create structure. Then, using a fine black pen, Sharpie pens work fine, fill in the spaces created by your string, with repeating patterns of lines or simple shapes, turning the paper while you are working. Finally, you may want to shade some areas using either pen or pencil.

Beyond these simple rules, there is no wrong way to do this, and no such thing as a mistake. The most important thing is that you draw deliberately, give the process your complete concentration, and enjoy the experience.

Monthly Newsletter on Zentangles that includes free easy to understand videos on getting started: mailto:rickandmaria@zentangle.com

Zentangle - YouTube
https://www.youtube.com/user/Zentangle
Zentangle is an easy to learn, relaxing and fun way to create beautiful images by drawing structured patterns.
Promoting your Personal Wellness with Mindfulness

“Mindfulness: A Practical Guide” by Tessa Watt

The benefits of mindfulness can help with:

- Physical health by coping better with chronic pain, heart disease, cancer.
- Mental health by helping people with recurrent depression, addiction, anxiety.
- Well-being by learning to have greater enjoyment and appreciation of life, self-awareness, acceptance of emotions, and increased empathy for other people.

Submitted by, Brenda Mortimer
We need your Nature Pictures and Art Work that illustrates the SAMHSA Principles to be included in our “Recovery In Our Own Words” Book II.

Email electronic pictures with artist name and release to Kathyann Corl at:

kcorl@keystonehumanservices.org
Seeing clearer through the storm with my 3rd eye.

God, your love is amazing and evident.

A divine spirit that boosts my confidence
to believe in what I can see.

God almighty, your words are my armor
against the non-believers that throw stones at me.

I thank you lord for blessing me
with strength and knowledge
to take on obstacles
that are sometimes blessings
in disguise seen through my 3rd eye.

By, Basil Boobee Talib