July- December 2019
Join us on our Journey to Recovery, Wholeness and Hope.

Faces of Recovery is a publication of Keystone’s Leadership Council.

Our meetings are the Third Tuesday of the month at 5:00 at 8182 Adams Drive, Hummelstown.

All are welcome!
You may attend in person or via phone!
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2020 Opportunities for Recovery, Growth and Leadership

*Please know while the majority of these trainings are confirmed those with stars are tentative at this time. For more information on WRAP classes please call Ellwyn Andres  eandres@keystonehumanservices.org or Kathyann Corl kcorl@keystonehumanservices.org

January

1/4/20 **Central Region CSP** meets at PMHCA 10am-1pm 4105 Derry St Hbg PA

1/8/20 **Dauphin CSP meeting** at CMU 10am-11:30am 1100 S Cameron Hbg PA

1/15/20 **Leadership Council** meeting at Keystone Mental Health 8182 Adams Drive Hummelstown PA

1/27/20 **WRAP Seminar One** training at Keystone Mental Health 8182 Adams Drive Hummelstown PA

February

2/1/20 **Central Region CSP** meets at PMHCA 10am-1pm 4105 Derry St Hbg PA

2/12/20 **Dauphin CSP** meeting at CMU 10am-11:30am 1100 S Cameron Hbg PA

*CSP Art Show*

2/18/20 **Leadership Council** meeting at Keystone Mental Health 8182 Adams Drive Hummelstown PA

2/26-2/29/20 **WRAP Seminar One** training at Keystone Human Services 8182 Adams Drive Hummelstown PA

March

3/6/20 **Dauphin Wellness Festival** CMU 9:30am-4pm 1100 S Cameron St Hbg PA (alternate date due to bad weather 3/27/20)

3/7/20 **Central Region CSP** meets at PMHCA 10am-1pm 4105 Derry St Hbg PA

3/11/20 **Dauphin CSP** meeting at CMU 10am-11:30am 1100 S Cameron Hbg PA

3/17/20 **Leadership Council** meeting at Keystone Mental Health 8182 Adams Drive Hummelstown PA

*3/19/20 **Leadership Academy** CMU 9:30am-4pm 1100 S Cameron St Hbg PA

3/25/20 **Rockin’ Your Recovery** Farm Show Complex Second Floor Hbg PA

  Recovery Stories, Art work, Poetry, Dance, etc.
**3/26/20 Leadership Academy**  9:30am-4pm  1100 S Cameron St Hbg PA

April

**4/2/20 Leadership Academy**  9:30am-4pm  1100 S Cameron St Hbg PA

4/4/20 **Central Region CSP** Meets at PMHCA 10am-1pm  4105 Derry St Hbg PA

4/8/20 **Dauphin CSP meeting** at CMU 10am-11:30am  1100 S Cameron Hbg PA

4/13-4/14/20 **WRAP II**  $$ Five Day Full Course Five Day, Refresher Three Day

at Keystone Human Services 8182 Adams Drive Hummelstown PA

4/21/20 **Leadership Council** meeting at Keystone Mental Health 8182 Adams Drive Hummelstown PA

May

5/2/20 **Central Region CSP**  meets at PMHCA 10am-1pm  4105 Derry St Hbg PA

5/12/20 **Dauphin CSP** meeting at CMU 10am-11:30am  1100 S Cameron Hbg PA

5/20/20 **Leadership Council** meeting at Keystone Mental Health 8182 Adams Drive Hummelstown PA

Date TBD **Dauphin Cumberland Perry Counties CSP**  Radisson Hotel Camp Hill PA

5/26/20-5/28/20 **PAPRS Conference**  $$ Penn Stater State College PA

June

6/6/20 **Central Region CSP**  meets at PMHCA 10am-1pm  4105 Derry St Hbg PA

6/10/20 **Dauphin CSP** meeting at CMU 10am-11:30am  1100 S Cameron Hbg PA

6/16/20 **Leadership Council** meeting at Keystone Mental Health 8182 Adams Drive Hummelstown PA

6/19/20 **Dauphin CSP Picnic**  Reservoir Park Main Pavilion Hbg PA

CRCSP TBD Upcoming Programs to Reduce Stigma and Prejudice and Danville Wellness Fest is planned for August
Embrace life as a marathon and you’re in it….put the odds in your favor.

Embrace the ordinary, embrace community, embrace life, embrace small change, while finishing the day strong.

Add a little richness to your life without spending a fortune and create a recipe for change for keeping your mind sharp.

Simply because it works an important fact is that preventive care is part of a healthy lifestyle relief.

You do not need a prescription in your hands.

Embracing Life Changes EVERYTHING!!

Taking this step changed everything.

It changed my life not my lifestyle.

Imagine having nothing to hide.

Goodbye scars!!

Hello confidence!!

What will the new you say to the old you?

This is us! This is us!

This is who was supposed to Equal less = Now I Have lessons of value!

I’ve finally found balance in my life to live longer and stronger!

I’m living my Dream!!

By Basil BooBee Talib
How Leadership Council has grown in 2019:

- Leadership Council is striving to work toward including peer voices across Keystone’s regional services. You do not need to be receiving services from Keystone to participate in Leadership Council! While our meetings are at Keystone Mental Health from 5-6:30pm, you are welcome to attend in person or by Zoom. Call Kathyann Corl (717) 482-8500 x131 for the conference code number.
- Leadership Council is in the process of enhancing its relationship with the Management Team through two-way conversation dialogues. Residential Directors are also taking part in the monthly meetings of Leadership Council.
- This year Leadership Council has grown by adding its leadership skills to regional organizations (two members are now co-chairs for Central Region Community Support Program CRCSP).
- In 2019 Leadership Council members created four workshops for conferences. For the State Psych Rehab conference there was Building Relationships & Including People in Services in Professional Development, and for the local conference there was Embracing Community & a Spirituality Round Table.
- Leadership Council members collaborated with Central Region Community Support Program to create a Regional Wellness Fest at Danville State Hospital. Leadership Council members were involved in an extensive planning process to prepare for this event. Members supported four additional counties in learning what Wellness Festivals are and how to use them in their counties. This activity was funded by the CRCSP. Participating counties included: CMSU (Columbia, Montour, Snyder, Union), Dauphin, Franklin, Fulton, HMJ (Huntingdon, Mifflin, Juniata), and Lancaster counties. For the leadership that was displayed in this event, Leadership Council received the “I am the Evidence Award” from Pat Madigan of CRCSP.
- In May 2019, four Leadership Council members had an opportunity to participate in the Mental Health Advanced Directive Training Facilitators course and are now certified to offer this information 1:1 or in three-hour training courses.
- Leadership Council applied for our first community grant. While it was not accepted, it gave us ideas on how we could grow and continue to share our message of Recovery.
- We had the opportunity to hear how our first Recovery Book was used in starting a psychiatric rehabilitation program in Pakistan.

In 2020 Leadership Council is planning to:

- Explore alternative funding options to continue to allow us to be able to grow and enhance our voice of recovery and empowerment.
- Explore opportunities for collaboration and/or hosting additional trainings in Leadership Skills and Advocacy as we continue to grow.
- Participate in the PMHCA Festival on March 25, 2020, and share information about our upcoming publication of Recovery In Our Own Words II book.
Partnering with Management on the Road to Recovery

When we share our stories and Management hears them, there are new possibilities that can begin to occur.

While we have limited funds, what we can become is not limited. We do have people in Management who as they engage with us can develop more ideas of what is possible in their own counties. We do have resourceful people who can help by finding someone to help us write a grant that would allow you to expand.

Through collaboration with the Management Team, through having community members and grant writers attend our meetings, there is more awareness of what a group of people in recovery can do to create more opportunities for others.

Through Keystone’s Organizational Membership to the Pennsylvania Psychiatric Rehabilitation Conference, we have been able to submit workshops for this conference, and our workshops have been well-attended with many vibrant conversations with professionals and peers.

Through sharing information and experiences about the Wellness Festivals we do, we were able to inspire one individual with ideas on how to create a Wall of Hope, and her Transition Age Program created a piece of art on what that looked like to them.

This fall, Leadership Council had an opportunity to apply for a community grant. While in the end we did not receive the grant, through the process we connected with professionals who admired members’ dedication and inspirational stories. We are working with the grant writer in early 2020.

When Leadership Council wrote its first Recovery Book in 2017, Barbara Granger was working with PAPRS (PA Association of Psychiatric Rehabilitation Services). She was invited to write an endorsement for our book *Recovery In Our Own Words I*. Shortly afterwards, Barbara was invited to be part of a team starting a psychiatric rehabilitation center in Pakistan.

This spring we will be hosting Barbara Granger, who will share stories and pictures of starting a Psychiatric Rehabilitation program in Pakistan and what she discovered as she shared the Leadership Council stories from our Recovery Book I. She could see how these stories connected with the class. As Barbara read the stories, as people heard the stories, each person knew they were no longer alone. These stories were empowering to them.

While the Leadership Council members have ebbed and flowed over the years, this relationship with Management has been significant at Keystone for helping it to move forward.

*Mark Glassman  Kathyann E Corl*
Creating a Plan to Move Leadership Council Forward

A 20-20 Vision into the Future

"The first step towards getting somewhere is to decide that you are not going to stay where you are."

This fall Leadership Council began a journey forward toward finding financial resources to be able to discover new choices and options that will allow more people to participate. There were discussions among members about what we needed to prioritize in order to grow. After members identified key areas to grow, we were invited by the funding team to present our ideas to the grant committee.

We were invited to give a limited team presentation to Keystone Human Services on Thursday, October 10, which went very well! Three members of Leadership Council and three members of the MH Management Team (JoAnne Meyers, Ellwyn Andres, and Kathyann Corl) participated.

Kim M. presented an abbreviated set of slides, weaving her own story into the presentation. Mark and Patti both spoke a little about their Recovery stories and spoke to the question: What does Leadership mean to me?

While we did not receive the grant we did learn a lot about the process of presenting information to potential funders and begun working with Keystone Human Services to explore alternative funding resources.

As we move forward in promoting Leadership Council, we are currently developing a Lunch and Learn, where people could call in to hear from the Leadership Council members about what Leadership Council means in their lives today.
On Tuesday, December 17, Leadership Council members met with an eclectic group of people to share Recovery stories and journeys. We shared this special moment in time. We had many voices around the table and on the Zoom call.

While we had previously amended our protocols to let people clearly know that all people in Recovery would be welcome, this was the first time we had seen such a varied group. This exemplified what Leadership Council had the potential to grow into, when we are all looking for a space that we could share with one another.

We met together on this cold and windy Tuesday evening to step back from all the holiday and political chaos and spend time reading poems and looking for the healing and hope that we could find as we gathered around the three candles of yesterday, today, and tomorrow.

We gathered as a group, hungry for a sense of inner peace yet representing so many. From friends of Keystone Supportive Living, Peer Support, residents from Green St. and our Community Residential programs, Long Term Structured Rehabilitation, graduates of the Keystone programs, and PMHCA. Together with new and old friends from Merakey. Each of us seeking hope and joy when the world around us can be filled with so much craziness.

*Kathyann Corl*
I AM NO LONGER JUST EXISTING

My name is Jackie. I am a 26 year old female with a bubbly, caring, kind, and outgoing personality. I grew up in a small town in a big family, with 5 siblings. I currently live in a group home. I am working on becoming a peer specialist. I was diagnosed with PTSD and Bipolar 2 at the age of 21. At the age of 24 on May 11, 2018, I decided to get help to change myself so I could have my dream job as a peer specialist.

My first time in the hospital at PPI (Pennsylvania Psychiatric Institute) I was diagnosed with Borderline Personality Disorder, Bipolar 2 and PTSD. I learned so much after being in the hospital 4 times in the course of 13 months. I learned that I am here for a reason and I am not better off dead. I also learned to claim my victory no matter how big or small. Even if it is getting up in the morning.

For so many years of my life, my wish was to not exist. I felt like all of my flaws I carried only burdened those around me, making their lives worse. At the age of 13 I started self-harming. Then at the ages of 17 thru 19 I was sexually assaulted and beat daily. At the age of 19 I decided to get out and get my own place. I lived on my own till the age of 24 then my mental health took a turn for the worse. In October 2017, I started having pseudo-seizures due to high anxiety. I went through testing and they thought it was epilepsy but luckily it was not. On December 26 of that year they took my driver’s license. May of 2018 I started to admit I needed help which was the best decision of my life. Now at 26, I am on my road to recovery. I have my ups and downs and there were a few setbacks along the way but I can say I am almost at my goal.

What helped me get this far was going to PPI and getting on the right medication. Once I got out of PPI I was going to therapy and keeping a journal every day. I also share what I write in my journal with my therapist, and see my doctor for my medication.

Today I am doing well. I am content with where I am in my recovery. Not where I would like to be but, farther then I was when I started. I live with mental illness every day and continue to learn how to deal with stigma. What I would like to do is remind all my readers that you’re not alone. We deserve to exist and never let it be truly said the world would be better off of you were dead.

Lastly, I would like to thank you for reading my story. I want you to remember to find the little joys in

BROKEN BUT SURVIVING

Broken down and tired
So ashamed, so confused
It’s like the walls are caving in
It feels like it’s getting hard to breath
Sometimes I feel like giving up
No medicine is strong enough
I need somebody now
Somebody help me out
Holding my head up high
Even if the skies get rough
I don’t need to hide it anymore
I have come so far
There is so much more to life then what I’m feeling now
I had to learn who I am
Words cut deep but they don’t mean I’m all alone
Take a look around
If you could see what I see
You would see a survivor in me

By Jacklyn Dorman
Mental Health - Can Be Life Threatening

Mental Health should be taken very seriously.
Mental Health hurts all, not the just the individual.
Mental Health has steps just as a ladder.
Mental Health matters.
Mental Health has a purpose to get help.
Mental Health has signs to be aware of.
Mental Health agencies are around and open to you volunteering.
Mental Health issues have taken many lives (moment of silence.)
Mental Health without help has been blamed for forms of violence.
Mental Health can form mental disorders.

By Basil BooBee Talib T.F.K.
Getting through the Tough Times: Depression

Depression - attacks silently
Depression - has side effects
Depression - is life threatening

Depression - disrupts one’s comfortability
Depression - can change mood or activities

Depression - opens door to nothing’s wrong (denial) thinking
Depression - not addressed, could last long

Depression - makes things difficult
Depression - at times could lead to bad results

Depression - is a chauffeur to drive one to give up
Depression - does not discriminate

Depression - is a problem worldwide
Depression - is serious as it has claimed lives

Hold on when you can’t Hang on

By Basil Toobee Talib
Trying to Get a Job

Once I get a job I will be glad that I am working wherever I am working. I am now looking for a good job somewhere that will be decent enough for me. Right now I am looking for a job that I can relate to. Most of those jobs that I can relate to are in the fashion industry. I would like to get a job at Foot Locker. The reason why is because I know a lot about shoes. I also know a lot about the brand because I have worn the brand, and have seen players who have worn the brand. It helps me make sure that when I go to buy the product I know which one is best.

Writing and Getting a Job

I will still be writing my poetry and writing my books, and I will try to get my poetry and books published. I would like to get it published as soon as possible. And between the job and my writing, I hope to have good success. I think I can get my writing published because it is good.

Also, because I am determined to show many people my work. And when I work wherever I get a job, I am determined to show people my people skills. And I will help them when needed. I would like to get a decent job, because I have great people skills.

By Chase Bynaker
Love is freedom and peaceful always welcoming.
   A useful tool that heals and helps.

Love is an endless floodgate.

Love grows just as a seed depending on how you nourish the soil/soul.

Love is the highest elevation of understanding.

Love is a great source of energy.

Love that’s practiced correctly shall come back just as a boomerang.

Love conquers wars!

Love is worldwide emotion.

Love comes from within.

Love is a gift everyone’s blessed with.

Love has eyes that see a world of possibilities.

Love can’t be forced on, it comes naturally.

By Basil BooBee Talib  T.F.K.
In September 2019, I had the privilege of attending a training led by Liz Woodley from PMHCA (Pennsylvania Mental Health Consumers’ Association). The training was about Mental Health Advance Directives (MHAD). You may ask why have a Mental Health Advance Directive? The answer is simply so you can make informed decisions while you are well and have them written down for future use, in case you become too ill to make good decisions for yourself. It is also a legal document that has to be honored by providers.

Pennsylvanians with serious mental illnesses (SMI) have the legal option to create a Mental Health Advance Directive. Here is a link to obtain access to the forms: http://mhapa.org/downloads/Adv Directives 2008 02.pdf

In order to create a MHAD, a person must be able to give informed consent. This means the individual must meet three requirements: have the doctor’s duty to inform individual of all significant information, capacity (individual has the ability to understand), and voluntary consent (the individual’s right to choose). MHAD requirements: individual must be at least 18 years old or an emancipated minor; must not be incapacitated; must sign, date, and have two witnesses of your signature; must include mental health treatment instructions; and there must be an agent appointed if you use a Power of Attorney.

There are three different types of MHADs available in Pennsylvania. Declaration, Power of Attorney, and Combined Declaration and Power of Attorney. A Declaration is listing all of your specific choices. The Power of Attorney is where you assign someone to be an agent and act on your behalf if you are incapacitated. Or, you can combine your MHAD as both Declaration and Power of Attorney.

In my opinion, I think it is important for people with serious mental illnesses to create a MHAD, just in case you are incapacitated and need specific instructions to give providers for your care during that time.

By Dana Carl
What does it mean when you say:

“I want to be a Helper!”

On October 9, 2019 this became the recurring theme in the conversation with Jeff Glass’s HACC students who say they want to work in Mental Health.

The presentation team for the night included Kim Morrison, Dan Rios, James Heck, and Kathyann Corl.

Dan opened the presentation with a Mayan statement of welcome. Dan engaged the class in his journey as he discussed many of the high points of his life as a professional musician and the more challenging places when he was in really dark places in his life. When Dan asked the students why they were in the class that night, each individual responded with the same phrase “I want to be a helper.” Dan asked the class to delve deeper into what would it mean to them to be an effective helper.

Kim spoke to why the Keystone Purpose Statement had been changed. She shared what that phrase really meant, of how members of Leadership Council had made the intentional choice that they didn’t want to be “taken care of.” Rather the language was intentionally changed to be walking with the person, weighing the pros and cons of a decision and respecting that each person will make their own choice as they move forward with their journey of Recovery.

Kathyann spoke about the Hope Givers and the Hope Takers in her own life. Those who took away her hope were all those specialists and counselors who had said she would never be able to return to work because her health was “too fragile.” Yet thankfully there were also Hope givers in her life. The people in support groups, in her church, and the students in her classes who saw limitless possibilities for her, holding that hope, until she could see it for herself.

James spoke to the difference in helpers in the medical fields and helpers in the human services. He described how helpers in medical services are geared toward curing and treating health conditions. He defined helpers in human services as those who look inward to first understand themselves, their strengths and their abilities and understand what it means to move forward with a person on their journey.

Kathyann Corl and Kim Morrison
Relationships with Family and Friends

I have decent friends and family that have things in common with me. I am able to talk to them about things that are important to me, when I need to get things off my chest. I have my family who are always there for me. My parents talk to me when I have problems, and when I talk about my meds. I talk to them about girls as well, but now I’m having a tough time doing that. I talk to my brother about the girls that I like, and he helps me out. I like hanging out with him because we talk about each other’s problems. I talk to my grandparents about my problems, and I like visiting with them as well.

Leadership Council

I like Leadership Council, where I am co-chair because we talk about our recovery, and it helps out my life and everybody else’s lives. I like that I’m soon getting a job.

I can help customers and greet them when they come in the door. And when it comes to my writing, I would like to get it published as soon as possible. I have a good relationship with my friends and family. And I have a good relationship with the people in Leadership Council. And once I find a job I will have a good relationship with my fellow employees.

Chase Bynaker
Mobile Thought!

The possibility of progress provides positive energy.

I cannot pretend I have a little trust issues due to what I have been through in my life.

My kindness was taken as weakness by those around me. This stunned me. This left me speechless, and in disbelief that those close to me could have the heart to hurt me.

This may seem absurd but it is factual that negative energy can be friendly and cunning, a savage in the pursuit of one’s happiness allowing me to see only negative energy.

When I am feeling out people’s vibes for men and women, positive energy never hinders me. Positive energy only reveals what is made for me to see.

By Basil Boobee Talib
**Tough Times in Life**

**Having Hope for a Moment**

The hood is like a desert. It is filled with mirages as most people are here remaining thirsty in a land that is dry. It is a block that is hot and uncomfortable where desperate time ultimately leads to crimes. This is especially true for the youth with no mom or dad.

These people meander like nomads steadily seeking to fill their hunger pains. Yet all they can see is a dry river bank where survival depends on experience and instinct. In the belly of the beast the struggle is a constant reminder of life.

Survival is living through the storms and scorching heat with no shade nor hiding and is a testament no matter how hard life seems each failure. Living becomes a matter of preserving hope. Of making a way of moving through the darkness, toward thoughts of hope living one minute at a time and living it to the fullest.

*By Basil BooBee Talib T.F.K.*
Reaching Out to the Community to Build Relationships. One small step can be the beginning of change.

Editorial:
Change can begin in the most unexpected ways. I was invited to offer an information table that the Dauphin County District Attorney is using to educate Law Enforcement officers with knowledge and understanding using a CIT approach on understanding how to build more effective relationships with people with mental health challenges.

This CIT is receiving supplemental training using evidenced based practices to allow officers to have an increased understanding of people with mental health conditions when they are in the field.

There is significant opportunity for community stakeholders to be part of the process of being able to offer accountability by creating meaningful change in the community. People with lived histories are invited to be part of the change process that is being initiated.

This training is being coordinated through the District Justice’s office and uses a variety of recovery based resources as part of the week long training.

The five day curriculum includes Hearing Voices Training, opportunities to speak directly to panels of people whose lives have been impacted by either mental health and/or substance abuse and the criminal justice system. The training includes learning by community site visits about what the services and resources Dauphin County does offer and this gives the CIT members an initial understanding of options that are possible for people.

This approach is a significant step toward educating and informing each other. This can be the beginning of change in our understanding of one another.

That little change is a drop in the ocean, true, but the drops do matter. In this case the relationship will be continuing for this fiscal year. (At least I know when to expect these events in the future.) Through this process there is an opportunity to engage with about 50 new officers. This could be a small step forward.

Officers who were trained in September 2018 have already started sharing stories about how this training has changed the work that they are doing in the community.

Connections can occur in uncommon ways, so I learned from the coordinator. This mutual friend had spoken to the class using her own “I am the Evidence” Recovery story and had been used to plant the seed. When the Information Fair happened, the class from CIT was inquisitive asking questions and were very thankful for the Resource Page.

Dauphin County has moved from a “Mental Health Court” to a MISA (Mental Illness & Substance Abuse) team approach. This approach was developed in Memphis and is now an evidenced based practice.

Using the Team MISA approach, people meet with a team of Mental Health and/or Substance Abuse specialists. Working with this team, each person is supported to develop a person centered plan that identifies treatment expectations of the path the person needs to follow to stay well. Team MISA brings the plan to the Judge who can either approve or deny it. If incarceration is necessary there is clear information conveyed so that initial treatment can be offered at the location of incarceration.

What I can hope is that by having opportunities to engage with Dauphin County’s Mental Health resources and staff, that perhaps we have planted a few seeds into the future of relationships between Mental Health and Law Enforcement.

The next CIT trainings are planned for January 2020 and May 2020.

Kathyann Corl