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Resilience, Inc. Newsletter: August 25, 2015

This month's issue includes:

Whole Health Peer Training - The Wonders of Pierce County - Ask Emily

Hello Friends,

You have been receiving emails from us here at Resilience telling you about the new work we are doing. We're very excited about all the new material we are developing to promote resilience. In this first edition of our newsletter, we'll share a bit of what we've been up to. And, of course Emily is back with her column, "**Ask Emily**". Let us know what's new with you too. We'd love to hear from all of you.

Whole Health Peer Training.

For starters, here are a couple of excerpts from our new **Whole Health Peer Training** based on recovery with a strong focus on resilience. This first quote is on empowerment, a key element in the recovery process:

"When we empower people, it becomes a way we can both give back and receive. We give back by allowing people to take charge and exercise their power since it's their job to recover. We receive by witnessing their amazing abilities, strengths, and growth as they figure out how to navigate through their own challenges and develop their own solutions."

This second quote reflects the prominent role resilience plays in focusing our work on stepping forward into a full life in the community:

"So here we are at the crossroads of choice where the steps of resilience call us deeper, further, and even higher toward the realm of wellness. These steps aren't newly laid; they've been well-trodden since ancient times. They don't supersede the paths but just extend them deeper into our life's journey. It's not like we've encountered the crossroads of choice for the first time; we're old hands at this. We crossed that intersection long ago when we chose recovery over illness. This next crossing will bring us something more, something richer, and something deeper than we ever imagined. So let's take the next step of resilience, taking us further into the realm of wellness."

So as you can see, we are taking our work to a new level, and we are very excited about it.

The Wonders of Pierce County WA.

We recently had the opportunity to spend time working with the wonderful people in Pierce County WA. We were very impressed with the commitment of the Optum Healthcare leadership and staff to bring a deeper level of recovery and resilience to the work they are doing. The project started with the Optum Healthcare staff taking a full day getting up to speed themselves on the latest in recovery and resilience principles. The next step involved working with each of the Evaluation and Treatment Centers (a facility that provides support to individuals experiencing a mental health crisis) where the leaders and staff of each center reviewed the newest principles that promote recovery and resilience and then developed a Resilience Action Plan to put the resilience principles into practice. We were amazed at the progress they made in a very short period of time.

Troy Christensen, MA, LMHC, MHA, Chief of Operations and Strategy, Metropolitan Development Council, Tacoma, WA commented,

“Working with Resilience has been a highlight in the life of MDC’s Evaluation and Treatment Center. They provided training to the majority of our 50 employees including the COO, VP of Healthcare, E & T Director, nurses, peer counselors, mental health technicians, office support staff, and mental health professionals. Seldom does a training apply to so many disciplines at so many levels of an organization. The Resilience training did just that. Every participant benefited from the training in one way or another. For many it was a transformative experience, hearing from other employees about their resilience. The result is better service, a better environment, and more productive, loving communications between staff and guests. I can recommend this training to anyone working the human services field!”

Ask Emily: (Lori Ashcraft’s renowned rescue dog who has a wonderful resilience story!)



Hello folks,

I’ve been itching to get back into my advice column so I could tell you all what to do, in a recovery sort of way of course. So, send me your questions and I’ll be happy to advise you. But for now, lets’ *paws...* here’s a little unsolicited advice that I thought you might appreciate. Don’t run away with your tail between your legs. You may think that’s strange advice, but if you’re really going to build resilience, you should be strengthening yourself regularly by stepping out of your comfort zone. So once you get that first jolt of fear, run through it. It will only slow you down if you dig yourself into a hole. Go fast!!!! Ask me more next month.

Just go to our website and contact us with your questions. www.resilience4u.us

Or call us at **530-362-7070**.