

Resilience, Inc.
P.O. Box 1907
Nevada City, CA 95959



Resilience, Inc. Newsletter: December 7, 2015 (Volume 4)

This month's issue includes:

A Holiday Message from Lori Ashcraft, Resilience to Launch New Peer Support Training in Early 2016, Ask Emily and Resilience Resources.

A Holiday Message from Lori Ashcraft

With Thanksgiving now behind us, we can move on to Christmas and all that comes with it. But right now we have this little moment between Holiday storms. So as we meet here on this page during this little quiet space in time, I want to share something with you. It's about recovery. I think it's time we stop being satisfied with it. We all need to move on to the next frontier.



The next frontier is true community inclusion where the people we have served become valued contributors and not just consumers in the communities of their choice. Let's not bring up the stigma thing again. Too often we've hid behind it – using it as the sole reason for people not being included. Instead, let's talk about what we are doing to help people move on to a real life in the community.

If we want to know if we are already preparing people to live in the community, let's check our outcomes. How many of those we've served have gone on to get a job, a house, a family? How many have joined community groups? How many have moved on and used our programs as a service station instead of a destination? If we don't know the answer to these "how many" questions, that tells us something doesn't it. This should be the key way we measure our success, yet how many programs measure it and adjust their programs to get better results?

Perhaps at this point I sound like a "voice crying in the wilderness: prepare the way..." but as it turns out, I am not. There are much bigger, scarier voices than mine that are talking about all this. In fact, CMS, Managed Care Organizations, and a number of think tanks have been talking about it for some time. They talk about it terms of "Quality over quantity." What they mean by this is that they are going to start paying for results.

Right now programs get reimbursed for the services they render. More services rendered to more people equals more funding. This is changing, and not in the distant future. Soon.

Never in the history of behavioral health, as we know it, will we be held accountable for outcomes as we soon will be. I for one am glad about this. It forces us to step up and produce the outcomes I know we can produce. It calls on us to believe in the people we serve and their strengths. It calls us to look beyond our current successes and step to a new and bigger vision of what we and the people we serve are capable of.

Together we can do this.

This is the gift.

Merry Christmas!

Lori

Resilience to Launch New Peer Support Training in Early 2016

Are you ready for the next century in peer support? Well, watch your footing, the behavioral health landscape is shifting. We haven't yet completed the second decade of the 21st Century, but we can already see some dramatic changes are upon us. Integrating primary healthcare, merging addiction recovery services with behavioral health, incorporating pay for performance measures, and undergoing greater quality and compliance scrutiny describes just a little of our new reality. It's no longer enough to be a specialist in one area without also being a generalist in many others.

Both I (Lori Ashcraft) and Chris Martin have a lot of experience writing, designing, and developing peer support training and recovery oriented programs. In fact, much of our training is still being delivered all over the U.S. and in other parts of the world. But now we can see what we've done yesterday won't take us into our future. It's going to take more than a new edition with a few edits here and there; it's going to take a major overhaul in the way we train peer support specialists for the next century. As our friend, Larry Fricks, says: "We see the future evolving into recovery/resiliency with resiliency being the source of secondary prevention." We wholeheartedly agree so Chris will be taking our brand new "Peer Support Training for the 21st Century- Building Resilience on a Foundation of Recovery and Whole Health" on the road in February 2016. Stay tuned for updates on this training program and the many others we're doing, and let's all celebrate the miracles of peer support in the 21st Century!

Ask Emily

Hello Folks,

As you can see....I am all decked out in my Christmas Best!! Sincere wishes for a wonderful holiday season to all of you!!

This month, I have a question from a dear friend of mine, Fletcher.

Dear Emily,

I, Fletcher Dolezal, am an award winning therapy dog partnering with Cheri Dolezal and her husband Jerry. I have a large following and have had a full career. I'm particularly fond of peers and make a point to meet them when they start a new job. I could retire but I still have so much to do. I have a new little sister, Emma, who could eventually take my place, but I don't think I'm through yet. What should I do?



Dear Fletcher,

So good to hear from you again. I have given thoughtful attention to your question. Yes, you have made a great contribution. But getting old has little to do with stopping the important work you do. As long as you enjoy your work, I'd say keep doing it. You know more now than you ever have, so the older you get the more you have to offer.

Also, this is not my place to say, but from what I've heard about your little sister, she is not even close to being able to take over for you. She's just a kid. I hear she's still stealing food off the counter and also uses the pool cover for a trampoline.

It's important to pass on what we know to the younger ones so they don't make the same mistakes we did. This is your chance to help Emma become a star and make the same contribution you have made. Good luck my friend and have a Merry Christmas.

Resilience Resources

Let Resilience Inc. be a resource for you!!

Looking for past Resilience Inc. Newsletters or other helpful articles on resilience and the Peer Workforce?

You can find these on our website. **CHECK IT OUT!!**



Click on the link below to go to the Resilience Inc. website:

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