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## Resilience Inc. Newsletter: January 11, 2016 (Volume 5)

**This month's newsletter includes:**

**Happy New Year from Lori Ashcraft, Two New Resilience Inc. Projects, A Resolution to Change the Channel - by Chris Martin, Ask Emily, A Live Video Workshop Opportunity**

### Happy New Year from Lori Ashcraft!!

Hello Friends,

Well here we are at the beginning of a new year. A lot of us approach new things with a bit of trepidation, myself included. I usually appear to be enjoying new things, but underneath is a trembling soul that hopes everything will turn out and knows there are no guarantee. Remember that scene in the Hobbit where Bilbo Baggins faces off the dragon? The dragon is huge and Bilbo looks to be the size of an ant by comparison. This illustrates my underlying feelings when I think about 2016. There are so many big changes coming our way in the health field. They all seem so big and overwhelming. I cower down at the thought of all this. Then I have to remind myself that Bilbo DID slay the dragon. The dragon did not win, even though the odds were certainly stacked in his favor. So thanks to Bilbo Baggins, I have hope.





On another plain of consciousness (when I can get myself there) I remember some of the key lessons I have learned from studying resilience over the past three years. The foundation of resilience is learning how to navigate through the hardest, toughest, meanest, scariest experiences and know there is something for me, a gift that can only be received through experiencing pain. Most of my life I have not had the strength or the emotional endurance to learn from pain. The best I could hope for was to avoid it at all cost and to get out of it as soon as possible. Too often, painful experiences have set off waves of depression that have taken way too long to recover from. I'm stronger now. I still don't like pain, but it doesn't scare me. I know it holds new levels of knowing and strength that can come no other way. I don't welcome it, but I don't resist it. I try to stay open to

it and learn from it. It brings a depth of humanness that moves me deeply. I become more resilient each time I move through it.

So as we all enter into this New Year together, let's be courageous. Let's try to build more resilience within ourselves, our programs, and the people we serve. Next year at this time we will be even stronger and more resilient and creative.

Take care my friends,

Lori

### **Two New Resilience Inc. Projects.**

Working with United Healthcare Community Plan in Tennessee, Resilience is providing support and training for the implementation of a new crisis alternative. An organization will be selected to develop a peer-supported Living Room that includes an integrated primary care service. The goal is to avoid and divert from hospitals and emergency departments and connect guests to a health home. The State of Tennessee and TennCare are on board considering this a pilot project that will demonstrate the power of peer support and can be replicated throughout Tennessee.

A second exciting project is underway with the Upper Chesapeake Health System in Maryland. A new facility will be built to house a 16-bed Living Room to serve as the first peer-supported crisis diversion in the region. Building plans are being developed to create a "healing space" and implement a "no-force-first" program. A second facility is planned in the future to provide access to recovery and resilience-based crisis response throughout the region.

The Resilience team is honored to be supporting these new projects where the leaders understand that recovery is real and resilience is the outcome.



### **A Resolution to Change the Channel by Chris Martin.**

Last year, I shared some New Year's thoughts with some friends and colleagues. I updated it for 2016 and wanted to share it with you.

Way back in the early Sixties, our family had a black and white television with three channels- ABC, NBC, and CBS. (We know what you're thinking.....yes, there really were televisions back then.) Actually we had four channels, but at the time, I and my siblings felt that PBS didn't count. Changing our TV channel was a precarious and time consuming affair. Because we were poor by most standards, our old television had a broken knob that never got fixed. So whenever it was time to switch the station, either my sister, brother, or I had to do the delicate operation with a pair of pliers. The negotiations over who would do the channel changing often took us longer than getting it done.

Once we got to the right channel, our work wasn't done. For some unexplained reason, static regularly interrupted the reception. This would require delicate adjusting of the rabbit ear antennae to bring back a clear focus. And if that wasn't enough, the other exercise we got was the intermittent need to get up and stop the rolling screen. Every ten minutes or so, one of us had to adjust a knob whenever the screen started rolling. And as I remember, it always seemed to roll.

Time and technology have brought us a long way today! Many of us have a hundred stations or more with a clear cable or dish connection. Changing a channel is quick and easy. We simply push a remote button and it's done. The good news is that changing our circumstances can also be just as easy. On January 1st, we'll have 365 days to change our lives to any channel we want. We can choose to let interferences roll, or we make an adjustment. If we've gotten rusty with our recovery and resilience skills, we can tune them up with a little practice. If we find a lack of receptivity to the gifts we have to offer, we can find other people and places who will value them. We can fine-tune ourselves to be more loving family members, happier in our homes, more connected to our vision, and more fulfilled in our work. Changing our channel doesn't require searching for the remote; it's just a matter of saying "yes" in our hearts.

Chris Martin, Director of Learning and Facilitation – Resilience Inc.

## Ask Emily.

Hello Friends,

As you can see from my picture, I had a quite a grand time on New Year's Eve. I am however glad that I only get dressed up in sequins and feathers once a year. This month we have a question from my friend Annie about fear. Fear can strangle the strongest among us. We all feel its gnarly fingers strangling us from time to time.

Dear Emily, I am afraid a lot. Before I was rescued by one of the most wonderful women in the world, Sue Bergeson, the only people I knew were mean and scary! Even now I still run away if mom wants to pick me up. Can you help? Love Andromeda (Annie for friends like you!)



Dear Annie,

I'm a rescue dog myself so I know how paralyzing fear can be. We learned to be afraid from hurtful things and it caused us to "fight or flea" but now it just gets in the way of us having a loving relationship with those who care about us. I advise you to be brave and do the things that scare you. Courage is about feeling scared, and then doing what you are afraid of anyway. You can do this Annie. You are a strong girl. It's worth it.

## A Live Video Workshop Opportunity from Resilience Inc. - Creating an Integrated Workforce

Back by popular demand!!

Date: January 21, 2016

Time: 1:00pm PST, 2:00pm MST, 3:00pm CST, 4:00pm EST

If you missed this Live Video Workshop last month – you are in luck because Resilience Inc. is hosting this **free** Live Video Workshop for a second time!! Don't miss this free Live Video Workshop opportunity where we will discuss one of the biggest challenges that impedes the addition of peers in the workforce. Join us at this 90 minute live video workshop where you - and other service providers - will have the chance to learn and share.

Adding peers to the workforce is widely recognized as one of the most effective ways to increase the quality of services regardless of the setting. So what's standing in our way? This live video workshop will cover the most common barriers to successfully integrating peers into the workforce and will propose tried and true solutions that will set the stage for having a dynamite integrated workforce. Here are a few teasers to get your wheels turning:

- How is the role of peers different from other staff?
- What do other professionals need to know in order to successfully draw on the skills of peers?
- What can peers do (and not do) to smoothly join teams of professionals?
- How can employers use moments of conflict to strengthen the work of integrated teams?

Does this sound like a topic for you? If so - RSVP Today by calling 530-362-7070 or sending us an email at [mail@resilience4u.us](mailto:mail@resilience4u.us)