

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



Resilience Inc. Newsletter: February 5, 2016 (Volume 6)

This month's newsletter includes:

A Valentine Greeting from Lori Ashcraft, Resilience to Launch the New "Peer Support Learning" Course in Early 2016 and Ask Emily

A Valentine Greeting from Lori Ashcraft:

Greetings to all you Valentines out there,

This is such a great month because at some point we are all reminded of the importance of love. Many years ago a book by Gerald Jampolsky entitled Love is Letting go of Fear had a lasting impact on the way I experienced both love and fear. I realized that most things can fall under one of those two categories, either love or fear. Today I continue to appreciate the elegance of this simple concept and find the experience of loving things that I'm afraid of to be both challenging and fascinating. Love often puts us at risk because we are emotionally vulnerable in its presence.



At the risk of TMI, I'm going to tell you about the very first time I fell in love. I was thirteen and a freshman in high school. His name was Dan and I just knew he was "the one." He seemed to feel the same way about me so I had our whole life planned out (the less you know about life, the easier it is to plan it). Dan and I would finish high school, get married, have kids and live happily ever after. You can imagine my dismay when I saw him kissing Ginger Atkins behind the girl's gym. I was heartbroken. The strangest thing was that I just could not tell him that I'd witnessed this distressing scene. I was paralyzed and afraid to speak up. I stopped loving him right then and there. And none of my love was lost on Ginger Atkins, that's for sure! After that I was much more careful about love. It scared me. It was risky. It could hurt me.



I don't mean this to be a cautionary tale, quite the opposite. It was the beginning of learning how to love even when you know the risk; even when it scares us. In the work I've done over the past many years, I have found that if I am willing to love the people I serve, the chances

of them getting freer are radically improved. If I am willing to love them, they get it. I'm sure there is some sort of quantum physics explanation for this, but I'm not able to recite it. It's just magic.

In our business we are often on the verge of compassion fatigue because we become overwhelmed by the seemingly unsolvable problems we see people having. We begin to do things FOR people instead of supporting their self-determination because we need to keep as much power for ourselves as we can. We withhold our love because we believe it makes us even more vulnerable. Yet, these are the times when love makes all the difference, for us and for those we serve. While loving those we serve will not protect us from feeling sad, it will provide the energy and inspiration we need to be a true "helping professional" and to make a difference. Love is worth it. And, as I learned so many years ago, it's the quickest way to move out of fear.

So what leads us, drives us, and defines our world--Love or fear? Let's choose love.

Lori
xoxoxox



Resilience to Launch the New "Peer Support Learning" Course in Early 2016 ~ By Chris Martin:

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 Lori and I have a lot of experience writing, designing, and developing peer support learning 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. Its' going to take a major overhaul in the way we train peer support specialists for the next century. And of course, aligning content and delivery with SAMHSA's guiding recovery principles and best practices are also keys for high quality outcomes.

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 we'll be taking our brand new "**Peer Support Learning for the 21st Century- Building Resilience on a Foundation of Recovery and Whole Health**" on the road in February 2016. So please feel free to contact us to arrange this course in your area or organization. We know it will bring a powerful new dimension to your peer support services. Until then, let's all celebrate the miracles of peer support and resilience in the 21st Century!

Contact us at 530-362-7070 or visit our website at www.resilience4u.us

Ask Emily:

Hello Readers,

I hope you're all set for a great Valentine's Day. I can't get anyone to give me chocolate, but I usually get a special biscuit with fake hearts on it. It's all good.

Anyway, this month we have a question from Mugsley and Pugsley, also known as "The men in black". They live with Rita Cronise and her husband in New York. I hope to meet them in person someday because they are so darn cute. So here's their question:

Dear Emily,

As you can see from our picture, we are short. We were OK with this until a few months ago. We were walking in the park and we saw a tall dog playing Frisbee. It looked like so much fun. We tried to join in but were just too short. No way could we jump high enough to catch that darn thing. This makes us sad. What to do?





Dear Mugsley and Pugsley, AKA men in black,

I know what you mean. I used to live with a poodle and she was so glamorous. She had red curly hair and a magnetic personality. I would compare myself to her and just feel awful about my short brown hair and my inability to make friends readily. I really learned how dog-gone miserable I can make myself when I compare myself to others. We are each unique and have our own special gifts. My short brown hair doesn't show up on our brown couch. My loud (some would say agitating) bark may not win a lot of friends, but I get a lot of attention that I can turn into an opportunity to connect with others. Also, just want to point out that there are disadvantages to all of our strengths. For example, being a tall dog, I can't fit in a carrier and almost never get to go on planes. So you guys may be short and not born to be Frisbee champions, but you have other strengths that are wonderful. Make a list and you'll see what I mean.

Good luck to the men in black,

Emily



Visit the Resilience Inc. website at www.resilience4u.us

For information on our Consulting and Training services, please call 530-362-7070.

©2016 Resilience | PO Box 1907, Nevada City, CA, 95959