

Resilience, Inc.
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Resilience Inc. Newsletter: March 8, 2016 (Volume 7)

This month's newsletter includes:

A Message from Lori Ashcraft, Inspirational Quotes from Dr. Seuss, Ask Emily and Health, Wellness and Resilience – A Time to Share

A Message from Lori Ashcraft

I've been traveling around the country lately and watching people work in behavioral health programs. While I am moved by the dedication and commitment people have to those they serve, I can't help but feel frustrated by all the stuff they have to do that has no bearing what so ever on the services they are trying to provide. So I wondered what would happen if we could start over. What if we could wake up in the morning, drive to work, and the building would be gone. We could sift around but find no trace of the paperwork, the computers, the forms, the plans and so on. All gone. We hear a phone ring and spot a dusty phone sitting on the ground. We pick it up (yes, this could just be "mission Impossible") and a voice says, "Your wishes have been granted. All the stuff that didn't work is gone. Here is a list of people you will be serving. At the end of the month, if they have gotten closer to THEIR recovery goals, your pay check will be in the mail. Do what you know will work to reach this goal."



Now we can get down to the real business of being with people in a way that will support their recovery; expand their personal growth; build their character and help them develop resilience. We can start by learning who they are, deeply, not just quick drop-down box information. We can be willing to have the courage to feel our compassion for them and be truly present with them. We can find out what they want to do and use that to leverage their strengths. We can point out their strengths and ask them to use those strengths to get stronger. We can help them find a job, or find some way to serve others so they can feel a sense of meaning and purpose. We can measure the progress they make and show them that they are moving in the right direction. This is the real job. All the rest of it got added for a variety of reasons, but not for reasons that help us do what we need to do to have results. This is not our fault, and it's not the fault of those we serve who really aren't treatment resistant, low functioning, unmotivated or lazy. The problem is that we have not created

irresistible programs that inspire people to get a life because we have been too busy doing all the other stuff that is unrelated.

So let's rethink all of this. Can we change this? If you think the answer is, "No" then we are sunk. We need to keep looking for a way.

Lori

Inspirational Quotes from Dr. Seuss

- "Today you are you, that is truer than true....there is no one alive who is 'youer' than you."
- "It's not about what it is, it's about what it can become."
- "You're off to great places! Today is your day. Your mountain is waiting, so get on your way!"
- "And will you succeed? YES! You will indeed! (98 and $\frac{3}{4}$ percent guaranteed)."
- "Why fit in when you were born to stand out."
- "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."



Ask Emily

Hello Everyone!! I'm dressed in my St Patrick's Day outfit to remind you to wear green on the 17th. Wouldn't want any of you to get pinched. Hope you all have a great month, especially on St Patty's Day. I'm already drooling over the prospect of corned beef. Anyway, enough of that. Our guest this month is the lovely blond dog in the picture you see here. She has two kindly black family members as you can see. These three lovely creatures take care of Jill Rowland who is a leading force in the behavioral health scene in Phoenix, Az.

Dear Emily,

I have recently joined the Rowland Family. They are very nice people and I think my two dog-mates are nice too. However, I just don't feel like I fit in yet. I don't know the unspoken rules. Can you help me figure out how to find my place in my family?

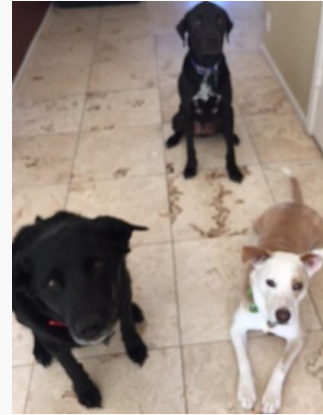
New Girl

Dear "New Girl,"

Thanks for your question. A lot of us have gone through this when we join a family when we are already grown up. It's easier for kids I think. I went through this myself when I joined my current family. You seem to have a sweet disposition, so you won't have to get over bad behaviors to fit in. I do have some advice. First of all, be respectful of your new dog-mates, but don't take any crap off of them. If you respect them, they need to respect you too. Try not to be mean about this, just be firm.

And of course, the key to all of this working is to love them.

Somehow this is the magic that moves us beyond all of our insecurities. Also, it is important to remember that humans go through this too when they join a new group. It's just part of the process. So be strong, yet gentle, you don't have to be the "top dog" or the "under dog." Just be yourself and let your light shine.



Emily

A request from Emily:

Hello Again...Emily here!! If you have a question that you would like to submit to me - I would love the opportunity to respond. Send your questions to mail@resilience4u.us and I will respond to your question in an upcoming newsletter. Also, feel free to send in your picture too!!

Health, Wellness and Resilience....a time to SHARE.

What are the key ingredients to your Health, Wellness and Resilience? We want to know!!

For some people, exercising is a great way to stay healthy. For others, being a part of a social group keeps them at the top of their wellness. And still, others may say that being self-aware, embracing change and finding purpose and meaning in their life helps keep them resilient. What are your key ingredients? That's right....we would like to hear from you and give you an opportunity to share with others!!

If you would like to share – please email your “key ingredients” to mail@resilience4u.us and we will publish them in upcoming newsletters. If you have any questions, please feel free to call Scott at 530-362-7070.



From the Resilience Team



**For information on our Consulting and
Training Services, please call:**

530-362-7070

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