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**Resilience Inc. Newsletter: July 1, 2016 (Volume 11)**

### **This month's newsletter includes:**

**A Message from Lori Ashcraft, The Brilliance of Resilience on July 4th, Singapore reflects on the Resilience Experience, iNAPS 10th Annual Peer Support Conference, Ask Emily and What We Have Been Doing - An Update to the Resilience Website.**

#### **A Message from Lori Ashcraft.**

Hello folks,

Happy Independence month! We here at Resilience have a lot to celebrate. In May we had a wonderful month in Singapore with our long-time friend, Sally Thio, Director of the Caregiver Alliance. We had the privilege of learning with amazing family members, peers and organizational leaders. We also spent a few days in Malaysia with a wonderful group of Care Givers and were spoiled by the legendary Mr. See. This month we are laying out plans to begin a new adventure of training peers for employment in California with three enthusiastic partners, Crestwood Behavioral Health, Kings View Corporation and South Coast Community Services.



We have lots to celebrate but beyond our immediate day to day gratefulness, there is the big picture celebration of our independence. Freedom. When we think of celebrating our freedom on the 4th of July, we usually think on a national level and the privilege of living in a free country. This 4th of July, please join me in celebrating the freedom we can have on a more

individual intimate level. Let's ask ourselves this question: "How free are we really?" Those of us who live with some sort of mental health challenge may have more things to gain freedom from.

Other readers may feel some of the same things. Here's a quick list of things that I have gained some freedom from, sometimes entirely, sometimes intermittently:

- Freedom from shame and guilt for having mental health challenges
- Freedom from feeling like I may not be able to trust my feelings
- Freedom from wondering if my thoughts and ideas and decisions are on target
- Freedom from addictions and distractions
- Freedom from self-righteousness
- Freedom from self pity
- Freedom from un-forgiveness
- Freedom from resentments
- Freedom from coveting someone else's gifts instead of giving my full attention to my own

There are probably more, but this is all I can think of right now. If you have other "freedoms" to add to this list, let me know. Maybe we can turn this into a mutual gratitude list and support each other in our freedom.

Much love to all of you and have a wonder 4th of July.

Lori

## The Brilliance of Resilience on July 4th

By Chris Martin

**Newsflash:** *The people of the United Kingdom (Great Britain) just voted to leave or "Brexit" the European Union (EU).* Many people all over the world are now wondering how the British vote for independence will turn out. We may not know for a while, but one thing we do know is that July 4th reminds Americans of their own independence story. About 240 years ago, 13 American Colonies decided to do an *Amexit* from Great Britain. The oppressed 13 little colonies came together and not only bounced back but also sprang forward to something greater. The American experiment worked in part because representatives from those 13 disparate regions united to pledge their interdependence to each other and signed the *Declaration of Independence on July 4th 1776*. One year later, the Continental Congress ordained the tradition of fireworks in Philadelphia to commemorate the 13 Colonies and their joint proclamation of independence. The colorful fireworks were a testimony to how unity, community, and interdependence are the very stuff of resilience.





**CAL Volunteer Caregivers**

staff support, train, and mentor volunteer family members (referred to as Caregivers) of people with a mental illness. The CAL team does an awesome job of inspiring, equipping, coaching, and mobilizing volunteer Caregivers to give back by sharing their experience and personal resilience stories with other caregivers. All of the volunteer Caregivers we met are some of the most loving, resilient, recovery focused, and family-centered people we ever encountered. They come from all walks of life such as doctors, lawyers, teachers, office workers, taxi drivers, etc. With professional development from the CAL team, the volunteer Caregivers selflessly give their time to provide family support and training to other care givers in their families' resilience journeys. We believe that Sally and her CAL Team are transforming the country by promoting interdependence and building resilience from the grass roots to the tree tops.

Taking our cue from the 13 Colonies and the CAL Team, perhaps on this July 4th - our Independence Day- we can also commemorate our interconnectedness to each other... family member to family member, peer to peer, friend to friend, neighbor to neighbor, and co-worker to co-worker. Maybe we can likewise make this day our declaration of interdependence, sparkling in the brilliance of our resilience.

## **Singapore reflects on the Resilience Experience**

By Ms. Lee Ying Ying

May 2016 was a month of training and upgrading at Caregivers Alliance Limited (CAL). We engaged two trainers from Resilience Inc., USA, Mr. Chris W.

Martin and Dr. Lori Ashcraft, to conduct a full month of trainings for us. Chris and Lori have been working together for the past 12 years in the behavioral healthcare field, specializing in running programs for persons in recovery from mental health issues (peers) and training peers to engage other peers in distress. They have extensive experience in the mental health field both as professionals and peers, as they have both recovered from mental health distress and worked in the mental health community in the US.



**Chris Martin with the CAL Staff**

While in Singapore, they brought to us a number of different trainings based on the concept of resilience. Resilience means much more than bouncing back from tough situations. It is about springing forward to becoming even greater than before! It is a paradigm shift for us. The training by Chris and Lori bridged the gap between recovery from mental health issues to living a fulfilling and resilient life. It is one ballgame up from the previous recovery mindset that many mental health rehabilitation and services adopt.

Many caregivers benefitted from the Family Resilience Learning (FRL) course by Chris and Lori. While many families faced with mental health challenges have reached a stage of maintenance and recovery, the FRL pushed the limit further and introduced five paths to attaining a resilient life: optimism, facing fears, belonging, community of wellness and spiritual connection. They focused on how families can come together as a unit to tackle mental health issues in a loved one and grow stronger and closer as a result.

Besides training the CAL staff and caregivers, we also had a four-day Peer Employment Resilience Learning (PERL) course for peer leaders from various mental health organizations. Participating partners include the Institute of Mental Health, Club HEAL, Singapore Association for Mental Health and Singapore Anglican Community Services. We had a vibrant and dynamic class of peers and mental health professionals coming together to learn about securing and sustaining a job in the competitive market in Singapore.

The whole training program by Chris and Lori culminated at the Singapore Mental Health Conference 2016 held over 27–28 May 2016 before coming to an end. Chris, Lori and Eugene Johnson (Lori's husband and President in Resilience Inc) came together and delivered a keynote lecture and a breakout session on Recovery and Resilience in the Family. There, they engaged the behavioral healthcare professionals on a larger scale, impacting the mental health community in Singapore.

Even though our trainers have already went back to the US, they have left an indelible mark on the staff, caregivers and peers who are inspired by them to lead a more resilient life. More than that, the training has changed the way we relate to our clients and approach our work. Our caregivers can look forward to new programs rolling out from CAL based on the Resilience Learning we picked up last month.



**iNAPS 10th Annual Peer Support Conference**

**International Association of Peer Supporters (iNAPS)**

**10th Annual National Peer Support Conference & 2nd Annual Global Peer Support  
Celebration Day Kickoff**

**Theme:** Collaborating for Unity

It's about all of us working together to re-humanize healthcare

**August 26-28, 2016, Philadelphia, PA**

Summer Institutes & Festivals

Pre-Conference events in and near Philadelphia

August 22-25, 2016

For more information go to: <https://inaops.org/2016-annual-conference/>

Resilience Inc. will be at the conference and will look forward to seeing you there!!

## Ask Emily

Hi Folks!!

As you can see, I am patriotic from head to....tail!! Wishing you all a happy and safe 4th of July!! This month's question comes from Mija, who lives with Dale Jarvis. Dale Jarvis - of Dale Jarvis Consulting - is a CPA and premiere expert who for the last several decades has been consulting with behavioral health organizations and systems of care with a focus on managed care and system reform.

Dear Emily,

My name is Mija and my dad is Dale Jarvis. Yes, it's true....he's my dad. He's very important. I can tell because I go to meetings with him and he often stands in the front of the room. Everyone listens closely to what he says. I try to help him out by doing my "meet and greet" to as many of the people in the audience as I can. Most humans like this, but there are a few that don't seem interested. I can't figure this out. How can I do a better job of helping my dad by getting people to smile and be playful?

Oh – and – if you don't mind – I have a second question that I'd like to share with you. I live in Seattle and everyone thinks it's fun to shoot off fireworks around the 4th of July. Whenever one goes off, it scares me to death. I just can take it. And I'm afraid this is going to go on all month. What should I do?

Mija







Dear Mija,

Good questions.

Regarding your first question, I wish I was a good at this, but I'm just now learning how to do this myself. What I've learned so far is that humans don't like to be sniffed, so try to stay away from that, or do it covertly. The other thing I've noticed is that humans can be shown how to act. If you role model happiness and playfulness, they will smile back and talk baby-talk to you. That's a good start. The truth is, lots of humans have forgotten how to play. They take themselves very seriously. This makes it harder for them to hear what your dad is saying because they are caught up in thinking about themselves. So the more you can get them to smile and play, the easier it will be for them to learn new things. Good luck with this and don't get

discouraged.

Second, I hear you loud and clear!! Fireworks appear to be one of those things that humans do as a play activity. I don't get it either – but here are some things that I have done in the past that have helped me on the 4th of July and whenever I hear the “boom, boom, boom” of fireworks. It always makes me feel safe when I am close to my family when I hear those sounds – so generally I snuggle up to my mom and she reassures me that all is okay. If I am at the house by myself when I hear the rumbling of fireworks, I do best when I am in my favorite spot in the house – usually my comfy bed. Stay strong and resilient my friend and before you know it – July 4th will be over for another year!!

Yours in playfulness,

Emily

### **What We Have Been Doing - An Update to the Resilience Website**

Do you have a few minutes before your next meeting or phone call? Take a look at the new page on the Resilience Website – **What We Have Been Doing!!** This new page provides a brief overview of the recent and active projects of Resilience Inc. We will keep this page on the Resilience website current and share with you updates to our active projects. Visit our website at:

<http://www.resilience4u.us>

# Happy 4<sup>th</sup> of July



From the Resilience Team



For more information on our Consulting and Training Services or information on our Peer Support Learning for the 21st Century - Building Resilience on a Foundation of Recovery and Whole Health Workbook and Training Program, call 530-362-7070.

Visit our website at [www.resilience4u.us](http://www.resilience4u.us)