

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



## Resilience Inc. Newsletter: September 1, 2016 (Volume 13)

**This month's newsletter includes:**

### **A Message from Lori Ashcraft, Californians – A Free Training Opportunity on the Affordable Care Act, Ask Emily and The Meaning Behind Labor Day**

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

Hello Friends,

I want to share with you what we've been up to on a deeper level and I want to inspire you to think differently about what we are all trying to do in our work with recovery and resilience. For some time, we, like many others, have been dissatisfied with our healthcare system, particularly behavioral health. We all seem to spend so much time doing things that at best keep others and ourselves from going backwards. The recovery/resilience movement opened new doors but we quickly came up against the limitations and resistance that limited the amount of change we could bring. The peer movement helped move us further along, but that movement too faces strong resistance from those who should be our allies. Where do we go from here? I regularly suggest that we just keep moving forward, keep trying to convert the resisters, keep banging our head against the wall. But maybe, and let me be a little impractical here, maybe there is a whole different way. Maybe our advocacy has left out a critical element that plays a huge role in healing that we have only touched on.



This summer we began to search for "another way." In our quest we spent a week with a healer in Brazil. We came away convinced that the pathways we tried to develop for recovery was usually missing the assistance of Spirit. I've talked before about the three-legged stool – body, mind and spirit. I've suggested we give as much attention to

Spirit as we do the other two legs. Going to Brazil opened my eyes to whole new level of spiritual intervention and how powerful it is. This level of intervention is commonly referred to as “energy medicine” and many see it as the health care of the future. If we are going to change the behavioral healthcare system and help people heal, I think we need to dig deeper into this realm.

Let me assure you, I am not an expert in this area. I am learning it, along with quantum physics and quantum healing, but I am a novice. As I learn more I will share it with you. In the meantime, I found a person who seems to know about this and has had the courage to change her practices to bring it forward. Let me introduce you to Dr. Lissa Rankin. You can google her and read about her work and/or stay connected to her blogs at [www.lissarankin.com](http://www.lissarankin.com). Lissa has a big dream – she wants to radically change the health care system! She opened the Whole Health Medicine Institute (WHMI) with the idea of transforming health care. The change doesn’t skip the grief or the emotion or even the cure, but it shifts the focus.

“Given the change in focus,” she says, “we would view adversity as the portal to awakening.”



Lissa says part of her spiritual journey is having the humility to be uncertain, to be comfortable with the uncertainty and to take refuge in the unknown. Here’s a couple of other quotes from Lissa:

“We are working to make the link between the physical body and consciousness.”

“I came to believe that the body is a mirror of how we live our lives. So if we are sick or hurt, the invitation is to ask the question of which aspect of my wholeness is out of alignment with my truth.”

“Part of how we can participate is by bringing the nervous system into relaxation response. Only then can the body’s natural self-healing mechanisms be activated.”

I’m going to tell you more about this next month when we talk about Dr. Herbert Benson. Stay tuned. Let me know what you are thinking.

Lori



**CALIFORNIANS!! CALIFORNIANS!!**

**Announcing....an exciting opportunity for Peer Support Specialist/Direct Service Staff in California...AND IT’S FREE!!**

Opportunity is knocking... Learn what's behind the door of the Affordable Care Act and what it can do for YOU.

iNAPS (InterNational Association of Peer Supporters) and Resilience Inc. have the opportunity to provide training to Peer Support Specialists/Direct Services Staff in California as part of a unique project through the SAMHSA funded – Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS).

iNAPS and Resilience Inc. will provide you with the latest information and skills to engage the people you serve with the Affordable Care Act (ACA) during this one hour webinar.

Why is participating in this training important? Here are two reasons:

- It is essential for individuals with mental health challenges to have health insurance and access to consistent medical care. This can have a significant impact on reducing the disparity of life span.
- Peers will be extremely effective in this meaningful role and expand their knowledge and skills.

Here's what you'll get:

- An easy Finding Healthy Me Participant Handbook to use for the classroom or individual use for those you serve to enroll in health insurance.
- A Leader's Guide to show how to use the Participant Handbook.
- The opportunity to interact with other colleagues in California and share information regarding the ACA.

Dates and Times of upcoming One Hour Webinars – select the webinar that is most convenient for you:

**Thursday, September 8, 10:00am**

**Tuesday, September 20, 1:00pm**

**Friday, September 23, 9:00am**

**Thursday, September 29, 10:00am**

To register for an upcoming webinar call **530-362-7070** or send an email to [scott@resilience4u.us](mailto:scott@resilience4u.us). Once you register, you will receive the link to connect to the webinar.

## Ask Emily.

Since my guest this month is a fan of Snoopy, I am honoring this hero by dressing up as the Red Baron. Yes I know, the Red Baron was Snoopy's nemesis, but I think the Red Baron brought out the best in Snoopy – taught him how to stand up for himself and to fight for truth, justice and the American way. Without the Red Baron, we would have never known what strength of character Snoopy has, what endurance and commitment to a cause. Every Sunday for many years Snoopy, the World War I Flying Ace, prepared to battle the Red Baron with sincere diligence in the Peanuts cartoon.

This fan of Snoopy, JJ Kuehn-Williams, has been a service dog at Crestwood along with his partner Gitane Williams, who is the Vocational Wellness Educator. They have a solid working partnership and do good work together.



Dear Emily,

I need your advice. If “Snoopy” was here - I would ask him. You will have to do. We here at Crestwood are talking a lot about transformation. I don't really know what we mean by it even though I have my ears perked up – dog-eared you might say.

So tell me, what the heck is transformation?

Dear JJ, Fan of Snoopy,

This is a good question. I think a lot of humans really don't know what it means, but they dare not let on. I learned about transformation from caterpillars and frogs.



I thought caterpillars had the corner as nature's demonstration of transformation – going from caterpillar, to cocoon, to lovely flying fluttering beauties. But I now know that frogs run them a close second. Frogs begin as a slimy little egg floating in a pond and soon become a tadpole with gills. Then as they grow, legs and arms form, their tail falls off and they emerge into a new being that can do both land and water. We have a lot to learn about transformation from both butterflies and frogs.



First, with both of these little demonstrators of transformation, the process is natural. They stay out of the way of the transforming process. They don't make unending plans to carry out the transformation process; they don't argue about the right time to begin a change process; they don't seem worried or afraid of change. When humans talk about transformation, they seem to think it's an unnatural process that they have to control. To change is natural. Not to change is unnatural. Change will happen if humans are open to it and clear a space for it and trust it. JJ, I know with that "Snoopy heart" of yours, you can help by loving the folks you work with more. That's what supports transformation.

Your friend,

Emily ~ Channeling Snoopy

### **The Meaning Behind Labor Day.**

Labor Day in the United States is a public holiday celebrated on the first Monday in September. It honors the American labor movement and the contributions that workers have made to the strength, prosperity, and well-being of the country. It is the Monday of the long weekend known as Labor Day Weekend and it is considered the unofficial end of summer.

Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the United States to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty U.S. states officially celebrated Labor Day.





call 530-362-7070.

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,

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

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