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## Resilience Inc. Newsletter: Nov. 8, 2017 (Volume 27)

**This month's newsletter includes:**

**A Message from Lori Ashcraft....Smallness to Greatness - Majulah Singapura and Peer Support and Ask Emily.**

**A Message from Lori Ashcraft....Smallness to Greatness - Majulah Singapura and Peer Support!**

Hello Friends,

We had a great time at the iNAPS (International Association of Peer Supporters) conference last month. A high point for us was that our friends from Singapore attended and participated in two workshops. They also became iNAPS members



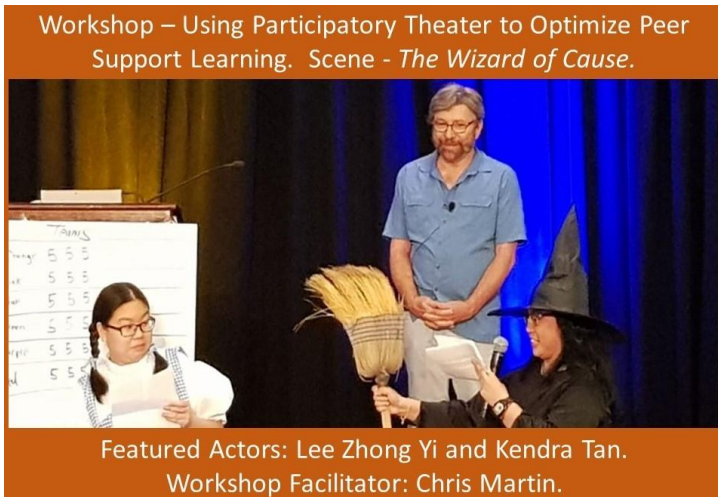
right there on the spot. Let me tell you a little bit about Singapore and these amazing people.

To adapt a quote from Margaret Meade: “Never doubt that a small nation can change the world; indeed, it is the only thing that ever has!” Singapore with a multicultural diverse population of 6.5 million is a small island country - not much bigger than 276 square miles and about one-half the size of Los Angeles. It is one of only three city states left in the world, but it is a little nation that knows about greatness. Singapore achieved its sovereignty in 1965 and since that time has risen to become a “technology ready city,” as well as a global commerce, finance, and transport hub. It has been called by the World Bank, “the easiest country to do business with.” It has a staggering 92% home ownership rate in what is referred to as the garden city. Singaporeans also have a tremendous capacity to learn from other countries, implement change with momentum, and continually improve for the greatest results. What they have done with Peer Support is no exception.

Singapore is also one of a few nations to already progress toward a national training process and certification for Peer Support Specialists. For the last two years, Resilience Inc. has been honored to collaborate with Singapore’s National Council of Social Service (NCSS) and the Institute of Mental Health (IMH), providing the country with its national Certified Peer Specialist training curriculum. The Resilience team was also excited and proud to sponsor the attendance of six Singaporean Peer Support Specialists at the October iNAPS conference. These six amazing young people graduated from the first two peer support training programs delivered by Resilience. By the way, did we say, attendance? Perhaps the word participation is more like it. They participated, presented, and performed at two iNAPS workshops to hearty rounds of applause.

On the first day of the conference, they performed character roles from classic films (with a recovery twist) in the “Using Participatory Theater to Optimize Peer Support Learning” workshop. They dressed in full costumes while

acting out skits from the “Wizard of Cause,” “Game of Groans – Checkmating Resentment with Gratitude,” and “Fantastic Feasts and Where to Find Them.” Kendra, Zhong Yi, Xun An, Desmond, Deborah and Nadera interacted with the audience in a type of dinner theater production (without the dinner) to engage them in a dynamic wellness learning experience. They also pulled out a few audience member volunteers to don costumes and join the skits. (Please click on the link to view a segment of this workshop: [Wizard of Cause Video Clip Link](#))



Specialists (see full names under photo) joined me to present “Sharing the Singapore Experience – Creating and Sustaining a Peer Workforce” workshop. Attendees at the workshop learned about Singapore’s strategic

On the second day of the conference, Dr. Victor Goh, NCSS Director of Social Service Institute, Frank Ong, IMH Director of Human Resource Manager and Learning & Development, Yow Kah Lai, IMH Director of Clinical Allied Health Professional Services and the six Peer Support

integration of peer support into the hospital (IMH) and social agencies' workforces. The presenters also shared the Singapore's strong commitment to the peer support movement as evidenced by NCSS launching a six-month paid internship in early 2018 for peer support specialists seeking employment. One key purpose of the paid internship initiative is to promote new peer support job positions within the Singapore mental health system. (Please click on the link to view a segment of this workshop: [Singapore Workshop Video Link](#) .)

The Singapore delegates did not only come to share their learning experience. True to their country's way of searching for continuous improvement, they also went on a fact gathering tour of Peer Run agencies in Phoenix. Some of Arizona's finest peer run agencies such as CHEEERS, REN and STAR provided wonderful hospitality, welcomed them to sit in on recovery classes, and answered a myriad of questions about peer support services and peer run agencies. At the end of a busy tour day, REN hosted the Singapore Peer Support Specialists at the Candle Light Vigil in downtown Phoenix.

Perhaps what they left behind was just as important as what they took away. They reminded us that a little nation can have a giant heart. They inspired and renewed us with their zeal and enthusiasm for peer support and what it means to recovery services. They leave us wondering where will Singapore take peer support in the next 5-10 years. How will we be able to then learn from them and improve peer support services in America? So, to quote their national motto and national anthem.... "Onward, Singapore or Majulah Singapura." As you take peer support onward, it will help all of us do the same.

Lori

## Ask Emily.

Hello all you Humans,

You are all probably getting ready for Thanksgiving and so am I. If I can be at the right place at the right time I can really clean up on the leftovers. YUM!!! That's still a few days off, so for now Let's focus on a key aspect of recovery – self-care. During the Holiday season there seems to be a lot of stress and activity. So, we all need to find time to relax and enjoy a sunset. I'm sending you this picture of me relaxing at Lake Tahoe a few weeks ago. I went camping with mom and my uncle. It was heavenly. So, I want to encourage all of you to take time out during the Holidays to relax and enjoy a sunset or two. Another self-care thing I do is stick my head out the window of a fast-moving car and let my ears flap in the breeze. You humans may not do this very often, but you may want to try it. It's very refreshing.



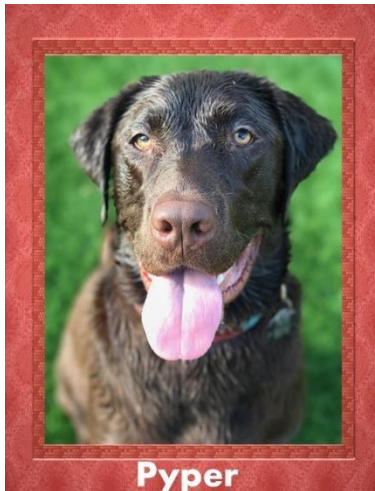
Our guest this month is Pyper, a lovely chocolate lab. She too is struggling with self-care, so you humans aren't alone. Pyper takes care of Liz Smithhart who is the Interim CEO of Recovery Empowerment Network (REN), a peer run program in Phoenix, AZ. Liz is a strong advocate and is very passionate about increasing the quality of life for those she serves. She has devoted over 20 years of community partnership and health care management to the non-profit community.

Dear Emily,

I am a big sister to 5 puppies that are 8 weeks old. I try to be a good big sister and be there for them, but I'm telling you, these little guys are wearing me out! I want to be there for them but lately I've been trying to avoid them and I'm beginning to get a little resentful. I know this is a bad thing, especially at Thanksgiving when I'm supposed to be grateful. Can you give me some advice on how to handle this before I lose my cool?

Frantically yours,

Pyper



Dear Pyper,

Your question comes at a perfect time since a lot of us are getting ready for the Holidays. This is a time to pay close attention to how we take care of ourselves, so we can take care of those we love and do it with a joyful heart, not a resentful attitude. My advice is to watch what the humans do. You'll notice that they are not good at self-care. So, **don't** do what they do. They say they are fine when they aren't. They agree to do things that they really don't want to

do. They pretend to have a good time when they are miserable. This violates the first rule of self-care – be honest with yourself about what you need. So, in your case, I think you can have an honest talk with these kids and tell them you are tired, and you need a rest. Don't pretend to be OK when you aren't. Get them to help you with this. Sounds like they love you and would jump at the opportunity to take care of you a little bit. Give it a try and let me know how it goes.

Emily

## **A Request From Emily.**

If you have a question that you would like to send me – I would love the opportunity to respond!! Send your question to [mail@resilience4u.us](mailto:mail@resilience4u.us) and I will respond in an upcoming Newsletter. And – feel free to send me picture of your cuddly self!!

## **Don't forget to check out Lori Ashcraft's Blog!!**

To read and contribute to Lori's blog, click on the link below:

[www.resilience4u.us](http://www.resilience4u.us)



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)

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