

Resilience, Inc.
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Resilience Inc. Newsletter: Mar 9, 2018 (Volume 31)

This month's newsletter includes:

**A Message from Lori Ashcraft, Ask Emily and
Resilience Inc. - Fulfilling Our Mission Statement.**

A Message from Lori Ashcraft.

Hello friends,

Happy March to all of you. This is my birthday month and I have already started buying myself presents, even though the big day is still a couple of weeks away. I don't know about you, but when I have a birthday about to happen, I start thinking of my life - - big picture, from the beginning to the inevitable transition. I revisit the painful parts in my past and recognize that, while painful, I always came away from those experiences having learned a lot

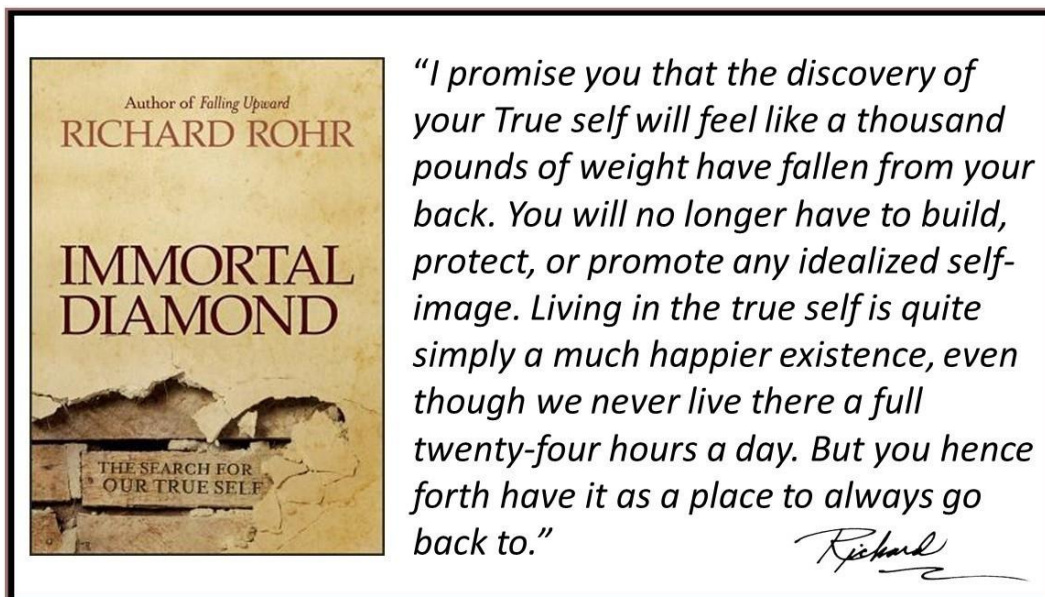


about myself and about life in general. I also revisit the happy times and take more joy from them and feel elevated by them.



But the main thing that comes up for me nearly every time, in various iterations, has to do with my contribution – have I, am I, will I make the contribution I was designed to make? Another way of saying this is, “am I being my authentic self, and have I been contributing from that ground of being, or am I distracted with ego issues?” The older I get, the less time I have to get this right, so it becomes more important with each passing year.

I find when I am my truest self, I feel vulnerable and even fragile. Sometimes I get scared and cover myself up with ego accomplishments and other distractions. But when I’m my most courageous, I can be and give from my true self and that seems to be the most effective thing I can do. In his book, *Immortal Diamond*, Richard Rohr exclaims,



“I promise you that the discovery of your True self will feel like a thousand pounds of weight have fallen from your back. You will no longer have to build, protect, or promote any idealized self-image. Living in the true self is quite simply a much happier existence, even though we never live there a full twenty-four hours a day. But you hence forth have it as a place to always go back to.”

Richard

What if we were all our true self at the same time, just for a few hours. I think we would change the world. I hope my true self meets your true self on the road to happy destiny soon.

Lori

Ask Emily.

Hello Folks,

Don't forget to wear green on the 17th or you could find yourself in a pinch! I'm starting early just in case.

This month we have a question from "Fudgey," who has taken care of Tony Smith and his family for the past twelve years. Tony is currently the Recovery & Resiliency Advisor for Cenpatico of Arizona. Having a lived experience with recovery, Tony has trained hundreds of Peers across the state of Arizona to work as Peer Supports Specialists. In

his capacity with Cenpatico of AZ, he provides strategic planning for Peer Support usage, works to reduce stigma in the community and internally in the behavioral health field. Tony is a tireless advocate for each member's voice and actively works to ensure all Providers honor recovery principles in their service delivery. Fudgey is a handsome German Shepherd mix who loves scratches behind the ear, going for walks....and cheese. So, let's see what Fudgey has on his mind.



Dear Emily,

Thanks for taking my question seriously. I feel a little silly about bringing it up. But here goes! I try hard to do what my family wants me to do. But sometimes I find myself in situations where I just can't resist doing something I know I'm not supposed to do – like swiping food, barking too much, chasing smaller animals, etc. Then I feel bad about myself and my recovery is weakened. Can you give me some advice on this? How can I keep from doing things that I wish I wouldn't do but do them anyway?

Fudgey



Dear Fudgey,

Oh, do I know what you mean. I had the hardest time learning to not chase cars, even though I knew I wasn't supposed to do it. A car would take off, and without even thinking I'd run after it barking like crazy. I could hear my mom screaming at me in the background but just couldn't

stop. I haven't been tempted to swipe food, but a dog friend of mine swiped a whole ham the other day, took it out in the yard and ate the whole thing. Then he got thirsty and bit off the sprinkler top to get a drink. It was divine intervention that kept him from going back to the pound, but that's another story.

What helped me stop chasing cars (I have been totally abstinent from car chasing now for over 8 years and am no longer tempted) was the pain it seemed to cause my family. They worried that I would get run over, or cause the car to wreck, plus a bunch of other worries – you know how humans can go down this worried road to the point of no return. As much as I like chasing cars, I loved them more. As long as I held this in my mind, I could pass up a

good car chase. The minute I forgot about it, myself *self will run riot* and my self-centeredness took center stage. I suggest you try thinking about your family each time you think about indulging in something you know will hurt them. Relationships are the strongest and powerful things. As a dog, you already know this, so just keep your head in your heart and I think you'll see some good outcomes. Let me know how it goes.

Emily

Resilience Inc. - Fulfilling Our Mission Statement.

The Resilience Inc. mission statement is:

“Creating ways to optimize organizational resilience and wellness.”



Resilience Inc. focuses on this mission and has supported many organizations within the United States and Singapore on the path to resilience and wellness.

Here are a few ways that Resilience Inc. has supported organizations:

Development of resilience and wellness curriculum.

o Resilience Inc. created a peer support certification curriculum – *Peer Support Learning for the 21st Century – Building Resilience on a Foundation of Recovery and Whole Health*. The curriculum is certified by the State of Arizona and through the National Mental Health Association.

o Resilience Inc. currently has over twenty full courses available for use, as well as the ability to customize curriculum for the needs of any organization. All curriculum includes workbooks, powerpoints (with corresponding assets) and facilitator guides.



To move forward in the development of a strong peer work force.

- o Resilience Inc. has been supporting organizations to strengthen their peer work force through training, skill application and ongoing support with two grants through OSHPD – California Office of Statewide Health Planning and Development. Resilience Inc. has supported peers in more than 20 counties throughout the state of California.
- o Resilience Inc. has spent a significant amount of time in Singapore supporting their efforts to develop a peer work force. Singapore has not only adopted the peer support certification curriculum developed by Resilience Inc. – *Peer Support Learning for the 21st Century* but has also participated in ongoing technical support and “Train the Trainer” facilitation to ensure sustainability. Resilience Inc. has made several trips to Singapore and will be returning in July 2018.

Develop systems and processes to sustain a resilience and wellness environment.

- o Resilience Inc. has supported numerous organizations to develop systems and processes that embody recovery, resilience and wellness principles. Resilience Inc. actively engages organizations into the process to ensure that what is created is sustainable. This is accomplished through providing training, hands-on technical support and creating Work Groups to successfully achieve goals outlined in a Resilience Action Plan.
- o Resilience Inc. received a third grant through OSHPD and has just launched efforts to support nine collaborative partners throughout California. This grant provides training and technical assistance to increase, retain and support the employment of individuals with lived experience in the public mental health system. This grant focuses on including every part of an organization to embrace the peer role, as well as resilience and wellness principles.

Provide innovative online learning opportunities using state of the art video technology.



o Resilience Inc. is a leader in providing innovative online learning opportunities.

Resilience Inc. has provided hundreds of online learning sessions supporting individuals and organizations in a virtual classroom setting. Using inspiring videos, edu-dramas, role-plays, small group exercises and much more to create a learning environment that is fun, effective and supports retention.

If you would like to learn more about how Resilience Inc. can support your organization, please feel free to give us a call at 530-362-7070 or visit our website at www.resilience4u.us.

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 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



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

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