

Resilience, Inc.
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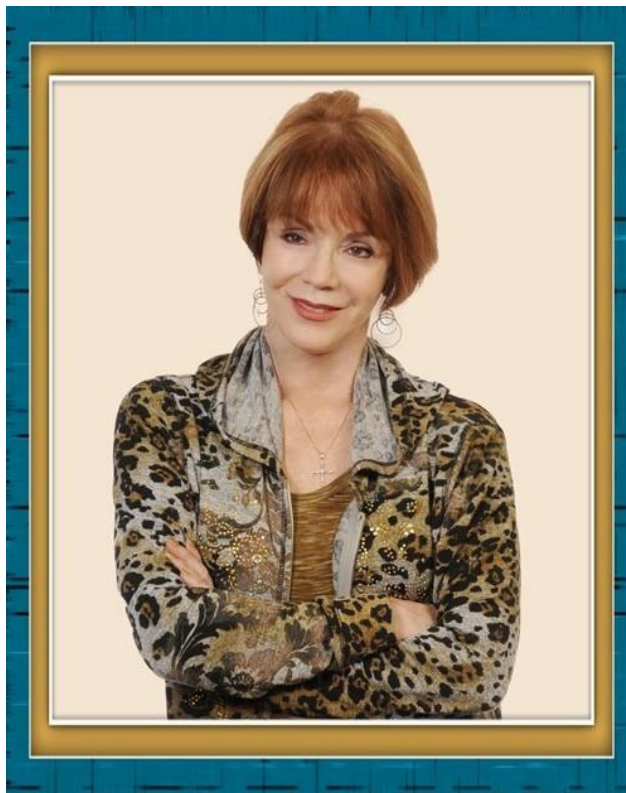
This month's newsletter includes:

A Message from Lori Ashcraft, Ask Emily and An Update from Resilience Inc.

A Message from Lori Ashcraft.

Hello Friends,

You know when we are sending someone off, to the post office or to the other coast; to Home Depot or to Burger King, by plane, train or automobile, we always say, "Be safe." Why do we say this? We sound like someone in the risk management department. Why don't we say, "Take some risks. Do something scary. Be brave and courageous. Be daring and bold."



I have some questions for you this month that have been challenging me, ringing my ears for a while: Have we done anything brave lately?

Courageous? Have we dared ourselves to do something that's beyond our comfort zone? Have we surprised ourselves or others lately? Have we done anything to scare ourselves into new levels of maturity? In my case, the only scary thing I've done in a few weeks has been to go parasailing at Lake Tahoe. Actually it was more fun than scary, but there were a few moments of breath holding, so I guess it counts a little toward stepping into new territory.



The situations that have spawned these questions for me have to do with the state of the world and what each of us are doing about it. I often feel helpless about the bigger picture of politics and national security issues. I feel like there is nothing I personally can do to effect any

change on those levels. But I CAN do things right here in my own little world that can make a difference. However, this will require me to step beyond my comfort zone. So I'm hiking up my skirts and running toward opportunities that scare me enough to get my heart pumping. I find that one of the most courageous things I can do is to take initiative to do things that others are avoiding (me too.) Sometimes this requires me to take the lead on a cause, especially when no one has asked me to do this and when I don't know how it's going to turn out. Sometimes it requires me to be a stealthy follower and support those in the lead. Sometimes it has required me to love someone who is in deep pain, knowing that I will be feeling the pain with them.

So I want to share this challenge with you – let's all do something scary this month that will take courage and bravery to make a difference. Remember if it doesn't scare you it doesn't count.

Yours in vulnerability,

Lori

Ask Emily.

Hey Folks,

Since mom is talking about being brave this month, thought I'd dress up in my super-girl-dog outfit. I believe I have succeeded in presenting a facial expression of strength and courage and determination. I hope you are inspired by it!!!

Anyway, my guest this month is a wonderful dog named Max. I'm including a picture of us on a walk in the woods last week with his mom, Julia Robles-Scott. I would describe Julia to you but truth be told, she is indescribable. She is a minister and a person in recovery; she is the developer of an alternative community; she works with mom and mom says she always learns lots of stuff from her. Now, moving back to Max. We had quite a conversation last week in the woods. Here's a question he wants to discuss with me:

Dear Emily,

Thanks for the walk and the secret kisses. I really enjoyed our time together. The question for me has to do with redefining myself when changes happen in my life. What you told me last week was very helpful. Can you repeat it so I can remember it when I forget who I am?

Max





Dear Max,

I too enjoyed our time together. You are a true gentleman! Thanks for sharing this deep concern you have about losing yourself during changes. I think this is a common issue but most dogs (and humans) don't talk about it much since they think it makes them seem weak. So your courage to share it was quite impressive. I can share how changes feel to me and maybe, as

a peer supporter of yours, it will be helpful. When things change in my life, even the ones I like, I have an opportunity to redefine myself. I can use this opportunity in a positive way when I am in a good space, but when I'm fearful I tend to see myself more as a victim of change and then can't see the opportunity in it. So the first advice I have is to always try to remember who you are, your strengths and achievements and abilities and the joy you bring to others. Then take a look at yourself in this new changed space. What do you want to take with you into this new space and what do you want to leave behind – what things don't define your potential but limit you. Then be brave and bring more intention into the new space and be a better "You." I know I'm making this sound easy but we both know it's challenging – it takes courage and bravery to grow and face new beginnings with confidence and vulnerability at the same time. I'm here for you Max. I love you. Be the dog you were born to be!!!!

Emily

An Update from Resilience Inc.

Chris Martin, Director of Learning and Facilitation from Resilience Inc. recently spent another month in Singapore. Chris is supporting the National Council of Social Service (NCSS) in its comprehensive project of training and building a peer support workforce. NCSS adopted the Resilience Inc. peer support training curriculum – “Peer Support Learning (PSL) for the 21st Century – *Building Recovery on a Foundation of Resilience and Whole Health* as the national peer support training program for Singapore. Chris also conducted a robust *PSL Train the Trainer* session, a two-day *Recovery for Organizations Workshop* and Train the Trainer as well as a one-day *Practicum Workshop*. These efforts have provided strong guidance and support as Singapore continues to develop their peer support workforce and deepen recovery and resilience services.



Resilience Team members - Gene Johnson, Lori Ashcraft and Scott Palluck – have been on the road in California facilitating Peer Workforce Summits. Thus far, summits have occurred in Orange County, Lassen and Modoc counties and Fresno County. Each Peer Workforce Summit is designed specific to the needs of the location being served, featuring national experts as Keynote Speakers. Keynote Speakers have included and will include: Sue Bergeson, Keris Myrick, Mark Salzer and Larry Davidson. Resilience has two Peer Workforce Summits that will be facilitated in the upcoming months. Once a Peer Workforce Summit takes place, Resilience then has the opportunity to support each region with Resilience Action Planning and five months of ongoing support and technical assistance to continue to develop, train and sustain their peer workforce. This is all made possible through a grant from OSHPD (California Office of Statewide Health Planning and Development).

Resilience has been honored to serve multiple community-based organizations and counties through the Peer Personnel Training and Placement Program to support the individual growth of hundreds of peer

personnel. Through grants from OSHPD, Resilience looks forward to continuing to provide these opportunities.

Resilience is also working with New Mexico and other providers in California to provide consultation and training opportunities.

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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