

Resilience, Inc.
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Resilience Inc. Newsletter: Dec. 21, 2018 (Volume 39)

This month's newsletter includes:

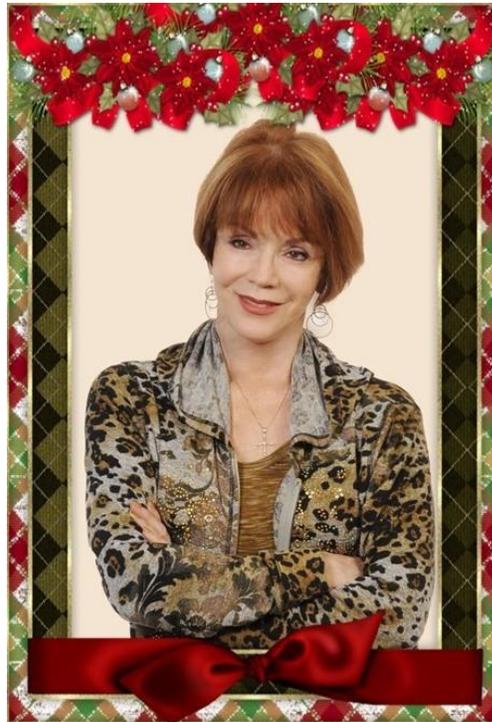
A Message from Lori Ashcraft, Paws for Reflection and Resilience Inc. - Ready to Welcome 2019!!

A Message From Lori Ashcraft.

Hello Friends,

We hope you are all having a Happy Holiday Season.

As a parting gesture of appreciation, Emily has asked that her columns be made available to you, so you can read them when you need a little lift, or smile, or word of advice. So Scott and Lisa created a compilation of the "Ask Emily" columns that appeared in our newsletters over the past four years. We offer this to you as a gift from Emily. It's waiting for you on our website home page at <https://resilience4u.us/>. To read Emily's Book - simply click on the orange writing - "Click Here to read Emily's book, Ask Emily" on the top of the home page. Please feel free to download it (click on the



"Download" button at the top of the home page), even print it out, give copies of it to your friends, and send it to those who need their spirits revived.

Thanks again to all of you who wrote to me, expressing sympathy at Emily's passing and sharing your own stories of saying good bye to a pet.

A little-known fact is that our newsletter was not Emily's first foray into the literary world. In 2009 I wrote a book entitled *Offering Wellness: A new generation of mental health services*. The book clearly needed some character that could create interest and make the reading more fun. So, there was Emily, and she was both a character and very fun. This was the first experience I had of getting into her skin and offering some fun and a little attitude to the book. By the final draft, she had written a paragraph at the beginning of each of the 12 chapters. Below is her contribution to the first chapter in *Offering Wellness*.

Hello,

Emily here! I'll be tagging along as you journey through this book. If you have a good imagination you may get a few whiffs of dog breath along the way, and even see some imaginary dog hairs on your coat tail from time to time.

My assignment is to help you have a good time on the journey. You'll learn how to seize the moment and avoid chasing your tail or barking up the wrong tree. You'll also find out how to create wellness services without having the tail wag the dog.

You'll find now is not the time to let sleeping dogs lie. The time for developing wellness services couldn't be better. Oh, you may get in the dog house now and then, but just shake it off and keep moving.

Happy tails,

Emily



The day Emily past over to the rainbow bridge, a litter of Doberman puppies was born not far from where we live. This is a very unusual event since Doberman's are not a popular breed – not exactly the type of puppy you would get as a Christmas present. I went to see them a few weeks after they were born, and there was little Ruby. I think she and

Emily past on their way in and out of this consensual life experience. Ruby is not as wise and brilliant as Emily, since she is just a kid, so she thought the best thing to do is to get some advice from Emily about how to talk to you.

Lori

Paws for Reflection.

Dear Emily,

Walking in your paw prints is a big order. I am in "*puppetual*" angst of always being on the "*tail end*" of the legendary Emily. I haven't even finished "*paper training*" so I don't have any writing credentials. I would like to "*sink my teeth*" into this opportunity I've inherited from you but I have a "*gnawing*" feeling that I'm going to *pupcrastinate*. I am afraid of failure and worried that this may be "*more than I can chew*." But mom says, "*every dog has her day*." She thinks I can follow in your pawprints with hope and some *dogged determination*. Emily, can you be my angel and help me with this? I'll listen for the flutter of your wings.

Ruby.





Resilience Inc. - Ready to Welcome 2019!!

Chris Martin, Director of Learning and Facilitation from Resilience, will soon be on his way back to Singapore. Chris will be spending the end of December 2018 and most of January 2019 supporting the National Council of Social Service (NCSS) in its comprehensive project of training and building a peer support workforce. During this trip, Chris will be very busy!! He will be facilitating the 80-hour course - "Peer Support Learning (PSL) for the 21st Century – *Building Recovery on a Foundation of Resilience and Whole Health.*" This is the peer support training curriculum developed by Resilience Inc. and adopted as the national peer support training program for Singapore. Chris will also be conducting a PSL Train the Trainer session, a two-day Recovery for Organizations Train the Trainer, as well as a one-day Practicum Workshop. Chris is also very excited to be working with alumni students as they form a national community of practice of Peer Support Specialists.

Resilience Inc. continues to support numerous community-based organizations and counties throughout California as a result of receiving multiple grants through the California Office of Statewide Health Planning and Development (OSHPD).

Resilience is actively creating the 2019 Training Calendar for the Peer Personnel Training and Placement Program. We will be offering community-based organizations and counties throughout California the opportunity to participate in the Peer Support Learning for the 21st Century 80-hour on-site training, as well as our online peer support courses. Students participating in the training also have the opportunity to participate in a unique field work experience, placement support and ongoing support for up to six months. Through this grant, Resilience has trained hundreds of students and has provided students the support needed to maintain and excel in their peer positions.

Resilience Team members - Gene Johnson, Lori Ashcraft and Scott Palluck – recently held another Peer Workforce Summit supporting Crestwood – a

leading provider of mental health services in California. In January 2019, we will be traveling to Placer County to conduct our fifth and final Peer Workforce Summit. For those community-based organizations and counties that have already participated in a Peer Workforce Summit, Resilience is providing on-site support, Resilience Action Planning and technical assistance. These activities are designed to promote the organization's efforts to maintain their peer workforce and integrate the principles and philosophies of recovery and resilience. This is all made possible through a grant from OSHPD.

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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