

Resilience, Inc.  
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## Resilience Inc. Newsletter: Mar. 8, 2019 (Volume 42)

**This month's newsletter includes:**

**A Message from Lori Ashcraft, Paws for Reflection and a Resilience Inc. Update.**

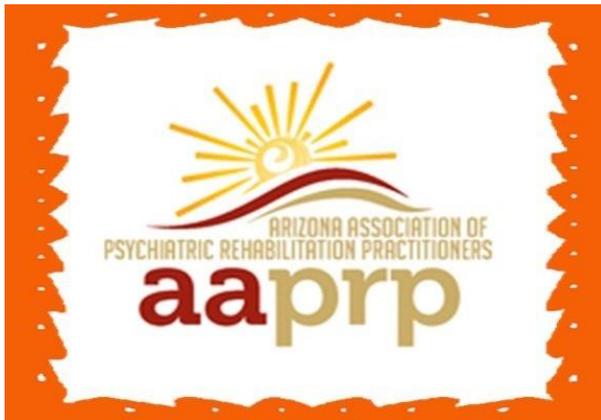
### **A Message From Lori Ashcraft.**

Hello Friends,

I hope this finds you healthy and happy and ready for a great St. Patrick's day this month. My birthday is this month and when my birthday draws near, I do two things. 1) I start buying myself birthday presents. I only mean to buy one, but then other opportunities present themselves, and by the time my birthday arrives, I have gone way over my birthday budget. Oh well. 2) I start thinking about my life overall – the high points and the low points. There have been lots of both, many ups and downs. Today I was thinking about how my career in human services began. I didn't mean to get into this field, but it happened to me anyway. I thought you



might like to hear about how that came about and what I learned from my early experiences. The story of William that I shared with you last month came shortly after I came to work. He was a great teacher, but so was my first mentor on the job – and you'll get to know her and appreciate her as you read the story. I have put this story on our website for you and you can find it by clicking right here [Resilience Inc. Website](#). Then, scroll to the bottom of the webpage and click on "Four Important Lessons for Case Managers" (in orange). I hope you enjoy it and find it helpful. This point in my life gave me the opportunity to bring my high and low points together. By this I mean that the early work at times increased my own symptoms of depression and anxiety, but at the same time blending those feelings with joy and meaning as I met wonderful people struggling with recovery, much like William did in last month's edition. I had to eventually learn how to hold a positive space for myself and others until we could find a reliable landing place to gather ourselves and move forward. Happy reading!



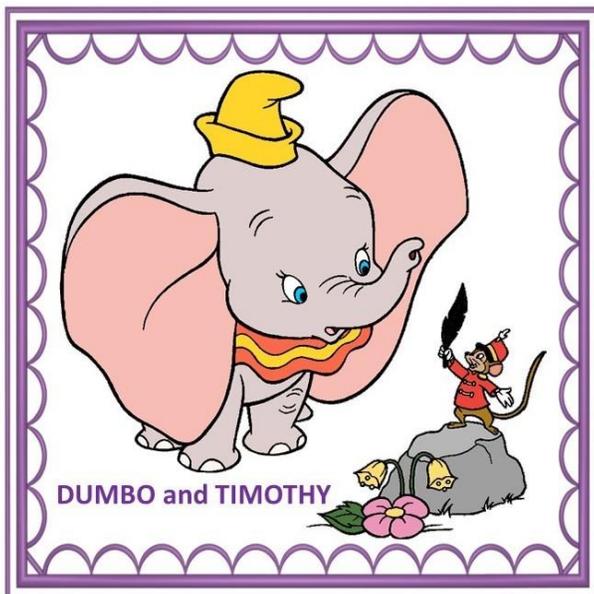
Bye for now my friends. Much love and light to you. And by the way, if you are in Phoenix next month, come by the summit on the 24TH offered by AAPRP (Arizona Association of Psychiatric Rehabilitation Practitioners) – REINVENTING RECOVERY IN ARIZONA. Lori

## Paws for Reflection.

Hello Humans and others,

Well, this is what my ears look like when I tilt my head back. Mom says maybe I'm a reincarnation of Dumbo the elephant. She says everyone made fun of his ears, but his ears turned out to be his greatest asset. What makes you different often

makes you special. Hmm. I'm liking this idea. Oh, and by the way, since you all are interested in peer support, turns out Dumbo had a Peer Support Specialist – a mouse named Timothy.



True to peer support concepts, Timothy believed in Dumbo, and to help Dumbo believe in himself, he gave him a feather and told him the feather would give him the ability to fly. It was the feather of hope and it worked. Dumbo learned to fly without the feather when he had the courage to believe in himself. Not

sure I'm going to be flying much but I like the story. If any of you have comments, I'm all ears. Thanks to those of you who commented on my last column.

Ruby the Rocket

### **Resilience Inc. Update.**

Chris Martin, Director of Learning and Facilitation from Resilience, spent most of January 2019 supporting the Singapore National Council of Social Service (NCSS) in its comprehensive project of training and building a peer support workforce. Chris had a very busy schedule!! He facilitated 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 also conducted a *PSL Train the Trainer* session, a one-day *Recovery for Organizations Train the Trainer*, as well as a one-day *Practicum Workshop*. Chris also had the opportunity to work with alumni students as they formed a national community of practice of Peer Support Specialists.



April showers bring May flowers and....recovery and resilience is always blooming in Tuscola County, Michigan! In late April, Chris will be delivering more four-hour recovery and resilience workshops for about 140 amazing staff members of the Tuscola Behavioral Health Systems in Caro, Michigan. They're sure to be inspired and energized as they recharge themselves and fine-tune their recovery and resilience skills.

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 Inc. is forging ahead with an active training calendar with the Peer Personnel Training and Placement Program. We have numerous Peer Support Learning for the 21st Century 80-hour on-site training rotations scheduled for the remainder of the year. Students participating in the training will also have the opportunity to participate in a unique field work experience, placement support and ongoing job coaching support for up to six months. Through this OSHPD grant, Resilience has trained hundreds of individuals and has provided individuals the support needed to maintain and excel in their peer positions.

Resilience Team members - Gene Johnson, Lori Ashcraft and Scott Palluck – traveled to Placer County to conduct our fifth and final Peer Workforce Summit in January. The Peer Workforce Summit was a success and featured Keris Myrick, Chief of Peer Services in LA County Department of Mental Health, as the Keynote Speaker. For those community-based organizations and counties that have already participated in a Peer Workforce Summit, Resilience is actively 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. We have had the opportunity to see so much positive growth occur with the counties and community-based organizations we are working with – it has been an amazing experience. This has all been 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](http://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](http://www.resilience4u.us)

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