



Montana's Peer Network

Wellness & Recovery

Empowerment



Weekly Podcasts available on MPN website



Timely information and news



Spring is often associated with rebirth re-growth and rejuvenation

Each month we are breaking down the 10 Fundamental Components of Recovery, as outlined by SAMHSA, Substance Abuse and Mental Health Services Administration. This month we are focusing on empowerment. SAMHSA says that, “consumers have the authority to choose from a range of options and to participate in all decisions—including the allocation of resources”. This is a very interesting statement, “allocation of resources”. In Montana consumers are encouraged to participate on advisory boards that allocate funds to different programs or projects. SAMHSA goes on to say, “They have the ability to join with other consumers (i.e. Montana’s Peer Network) to collectively and effectively speak for themselves about their needs, wants, desires and aspirations.” And lastly SAMHSA says, “Through empower-

ment an individual gains control of his or her own destiny and influences the organizational and societal structures in his or her life.”

It is hard not to be uplifted by that last part of the statement. Simply reading the definition can be empowering. It’s bold, it’s challenging, with words like, “Gaining control of destiny” and “influences...societal structures.” So I ask you, “How does this statement empower you?” How does it get you moving? Maybe it is starting a support group in your community, maybe it’s making a bold decision about your own recovery, what it looks like, what direction it is going to go. Maybe it’s designing an advance psychiatric directive, or maybe you want to try a more holistic approach to recovery. The power lies within you to make the decisions for yourself.



CHECK IT OUT!

The Power of Art to Heal

Altered States of the Arts is a national network of “artistic” peers or people who receive or who have received psychiatric services. The website is alteredstatesofthearts.com. There you will find news, updates, links and information about opportunities around the country including rotating exhibits and other art programs. You will also find wonderful poetry, biographies, special art projects, like “Pillows of Hope”, and the “Suitcase Project”. The art is everything from dance, storytelling, sculpture, paint and much more. There is a great deal of content on this site to browse and if one wishes “get involved”. I highly recommend this website to any artist simply for the inspirational value alone. Check it out!



The Empowering Properties of WRAP®

The idea of empowerment brings about many thoughts and feelings for me because, when I think about empowerment and what it means, I also think of disempowerment. Empowerment is defined

as giving someone power or authority or making more confident or assertive. Disempowerment is defined as taking power or influence away from somebody or yourself. Although there is much to be said about both terms and the role they play in our lives, this article focuses on empowerment and how it relates to Wellness Recovery Action Planning – WRAP®

Research has proven that “self-determination, personal responsibility, empowerment and self-advocacy are expected outcomes of WRAP®.” Empowerment is predominant in the Values and Ethics of WRAP® as well as in facilitating WRAP® workshops. For example, the Values and Ethics state that “every part of WRAP® is totally voluntary... it is understood that you are the expert on yourself and that [it is important] .. to keep the focus on things you do well...” It is through the many Values and Ethics that empowerment is cultivated.

It is my belief that the Key Concepts of WRAP®: hope, personal responsibility, education self-advocacy, and support embody empowerment. Hope is fostered in the premise that there are no limits to recovery. When we express our freedom and take personal responsibility, we often “...take back the control that we have lost in the past.” This loss of control may have happened as a result of mental health struggles, as well as, issues such as poverty, homelessness, and trauma. As we educate ourselves, we increase our options and knowledge of possible outcomes thus bringing about self-advocacy. This encourages growth and self-confidence through assertiveness and success in getting what we want and need for ourselves. As we develop our support system, we often seek people who meet our needs as we have defined them and who encourage our growth by walking with us through the decision making process rather than telling us what we need to do as it exists in the medical model. I feel that Wellness Recovery Action Planning® empowers us to move beyond the disempowering aspects of illness and non-recovery oriented concepts.

As WRAP® facilitators, we engage participants, encourage critical thinking that brings about self-awareness, validate personal experiences, accept participants where they are, and remind them that there are no limits to recovery. Most importantly we treat them with dignity, compassion and unconditional high regard. In my experience with WRAP and as a WRAP facilitator, I have found that this process is empowering as it promotes self-discovery and expression of the inherent power that we all possess.

Respectfully submitted by ~ Michelle Lewis, Advanced CRE.

Peer Support Tip 101.11

As a peer supporter it is important to maintain a healthy relationship with those we work with. When working with someone we should never engage in an intimate relationship with them. This can be devastating for both of you. Keep it healthy to be at your best.

New Study finds

1 in 5 Americans or 45.9 million adults are diagnosed with a mental illness
Yet only 40% receive treatment

To read the entire study:
http://www.samhsa.gov/samhsaNewsletter/Volume_20_Number_1/studyfindsoneinfive.aspx

This 'n That



Meet Member... Sandi Glenn

Sandi Glenn is the current President of Montana’s Peer Network but that is only the beginning of her volunteering demeanor. She is also a mental health advocate who isn’t afraid to speak her mind. She runs a S.M.A.R.T. Recovery group in her home town of Livingston and another group at the State Hospital in Warm Springs, where she willingly shares the concepts of recovery with anyone who wants to listen. She is passionate about helping others but is quick to remind herself and others about self care. As often heard from flight attendants, “Put on your own oxygen mask before

helping others.” can be heard in her telling of her own story.

Sandi has volunteered for over two years at Peer Solutions Drop In Center and in the past served on the Park County Local Advisory Council. Now Sandi is getting involved with NAMI. She plans to attend “In Our Own Voice” training in Helena next month. She also is know to volunteer at the local soup kitchen in Livingston. Keep up the good work Sandi and thanks for all you do!



Last months newsletter correction: Robin Johnson works under contract with the Medicaid Waiver Program not as a Personal Care Attendant. She is a sub contractor not an employee of the state. Our mistake.

**Want to bring a WRAP workshop to your community?
Contact our office 406-551-1058 and we may be able to make that happen!**



Consider passing this newsletter on after you have finished reading it



Call to Action: “Fight for Mental Illness Thursdays”

Second Thursday of the month is “Fight for Mental Illness Thursdays”. Starting April 12th NAMI –MT is asking Montanan’s to call or email in to Governor Schweitzer’s office asking -

“To include funds for mental health crisis services for Montana’s children in the state budget”

MPN is joining this effort asking our members to take five minutes to call or email in for Montana families and children. Then pass this information onto another person asking them to do the same. Collectively we can make a difference

Governor Schweitzer’s number is 406-444-3111 Or <http://governor.mt.gov/contact/commentsform.asp>

The next legislative session begins in January now is the time to begin our effort

Wellness & Recovery Telephonic Support Group

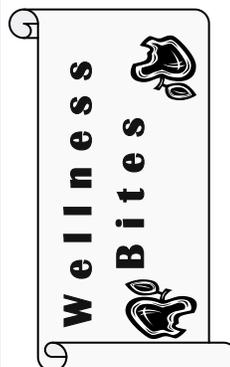


Regardless of where you live you can now get support!

Every Thursday at 1pm

We would like to invite you to participate

Simply call 1-866-740-1260 Code # 7276642





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Montana's Peer Network

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mtpeernetwork.org

Jim Hajny, Executive Director
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3 ways to join the peer network!

- Visit our website
- Mail in a membership form
- Call the office to register

It's easy and it's free!

“Holistic Approaches to Mental Health”

Conference Call Second Tuesday of the month at 10 am

1-866-740-1260 Enter—7276642

Mind, Body and Spirit

Submit your poetry for consideration to the MPN office.



2012 Calendar of Events

April 18-20	WRAP Workshop at Rainbow House in Billings
April 23-25	WRAP Workshop at the VA in Miles City
May 1 -2	Mental Health First Aid—Miles City 406-234-1866 for info
May 10	Call to Action Day
May 17	CIT Public Presentation—Helena 406-443-7871 for info
May 17-20	NAMI Education Event in Helena 406-443-7871 for info
June 16	Beautiful Minds Walk in Great Falls 406-791-9509
September 28-29	Children's Mental Health Conference in Great Falls
October 10-14	Alternatives Conference 2012, Portland OR
November 1-2	Montana State Mental Health Conference -Helena

Road's on way's to go, come from word's spoken of experience. So? We can.

We can be with ourselves in the silence, exposed in front of the glare.

We can fend off the unjust when it's approach is unfair.

We can see beyond one and one, between the lines is child's play.

We can talk while having far too much to say.

We can create and let be the finished thing.

We can let be. We don't do it, nothing.

We can reason outcomes with those in and out of the 'glare'.

We can step and fall down and know right is still there.

We can love right and know where stands the line.

We can even while impaired. So? Know all men can refine.

We can take love and do no violence for the act.

We can give love and mean it. With sensations for the fact.

We can live know responsibility in the choice.

We can make it known each sound is not our voice.

We can seek the right view; it's proven each time it's heard.

We can know it's God right down to the written word.

We can do nothing, seeing the line of truth and 'we'.

We can be free, watching love play out for all to see.

KRB.

Poem of the Month