



# Montana's Peer Network

## 2014 is here!

**Member  
Count**  
**345**

Got Wind?



Like us on



Another new year is upon us. 2014 is here! Goodbye unlucky 13! Two weeks into a fresh calendar, so much promise, so many days to think about having to fill. I know I will come up fresh ideas for everyday of the new year! What do I want to do? I could lose weight? I could stop drinking? Maybe I should finally get serious about my recovery? I rub my hand with anticipation of the possibilities. I wipe sweat from my brow. I stare down at the ground. I look to the sky. My mind is fuzz. Resolutions! Oh yeah resolutions people do this promises to man beings, to to save more Gosh I don't have any money, charity and how exactly can I be a better human being anyway? Who do I call for answers? Ding! I know I'll call my peer supporter? (insert name here) Ring. Ring. Ring. "Hello." "Yeah, (insert name here) peer supporter? It's the new year and I have been thinking. I didn't have a very good time last year. I want to make a plan for a better 2014?" "Well you have called the right place." (smiling) "You can you help me?" "Sure that's what I am here for. We can work on your plan together. I will show you my plan. Want to meet for a cup a coffee?" "Ok... but I'm broke.

**A HAPPY NEW YEAR**

tions isn't that what normal time of year? They make themselves to be better hivolunteer at a local charity, or money. What should I do? know what to do? I don't I am my local community

### Montana Mental Health Policy Summit

January 9 mental health leaders, advocates and interested parties came together in Helena to discuss mental health needs in Montana. The event was organized by Mental Health America of Montana. Jennifer an MPN member shared her story and ideas to a packed house of more than 80 attendees.



Check out  
[www.mentalhealth.gov](http://www.mentalhealth.gov)  
 TALK, TEXT, ACT

**Talk Session**  
 Making access to mental health professional  
 accessible, affordable and acceptable  
[Talksession.com](http://Talksession.com)

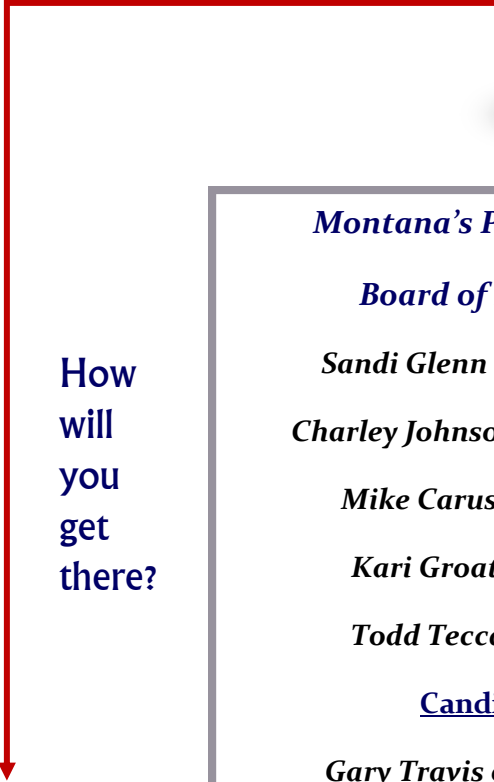
**Bipolar Support  
 Group  
 Online**  
[www.bipolarsupportgroup.net](http://www.bipolarsupportgroup.net)

**877-688  
 -3377  
 Montana  
 Warm  
 Line**

**Befrienders World Wide  
 Volunteer Action to  
 prevent suicide**  
[www.Befrienders.org](http://www.Befrienders.org)

**you**

**March 17- 21  
 Peer Employment  
 Mentor Training**



How will you get there?

**Recovery**

**Montana's Peer Network**  
**Board of Directors**  
*Sandi Glenn of Livingston*  
*Charley Johnson of Livingston*  
*Mike Caruso of Helena*  
*Kari Groat of Billings*  
*Todd Tecca of Helena*  
**Candidates**  
*Gary Travis of Livingston*  
*Lillian Fowler of Great Falls*

[Connect 4 Mental Health](#)  
 On November 19, 2013 leaders from mental health and other community organizations convened to discuss localized strategies that may provide additional support for those with serious mental illness and the communities in which they live.  
 Click on the link above to view videos from the meeting



### Great Falls

peer support group

Thursday 1pm at the library

406-590-7822 for information

### Billings

Teen Support Group

meets Thursdays

406-256-2001 for more information

### Butte

peer support group

Thursday at 6pm

Library uptown location

406-498-0703 for information

### Livingston

SMART recovery group

Tuesday at 1pm

Peer Solutions Drop in Center

406-224-8813 for information

### Helena

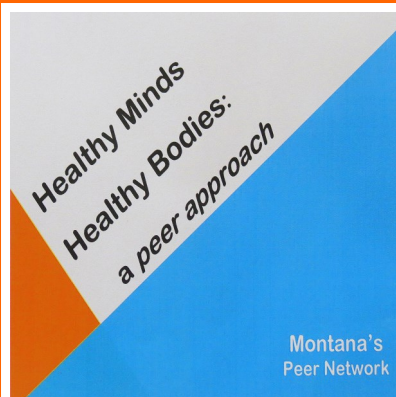
Peer support group

Lewis and Clark Library

Sunday 4-5pm

422-7521 for more information

Is your community next?



### Four simple suggestions for a healthier you in 2014

Avoid prepackaged, overly processed foods which contain high levels of chemicals, fats, calories, and sodium. This next season promise yourself a trip each week to the

Farmer's Market and cook at least one good meal using seasonal ingredients. Or check out "Bountiful Baskets" a food co-op that provides baskets of seasonal fruits and vegetables at a reasonable price all but a couple weeks a year. Go to [www.BountifulBaskets.org](http://www.BountifulBaskets.org).

Treat yourself to a new journal and commit to writing 10 minutes a day. Write to calm yourself of scattered thoughts, plan your day, express gratitude, or just have fun. See how writing can ease symptoms of mental and physical distress at [www.blackdoginstitute.org.au/research/latestfindings.cfm](http://www.blackdoginstitute.org.au/research/latestfindings.cfm).

This isn't quite so much fun but make flossing part of your daily routine. Besides fighting periodontal disease and gingivitis, studies have shown flossing may reduce the risk of heart disease, diabetes, and respiratory illnesses. <http://health.howstuffworks.com/wellness/oral-care/products/5-reasons-flossing-is-important4.htm>.

While 30 minutes of exercise a day is recommended, start by taking ten minutes to get your heart rate going in the morning before you leave to start your day. Do three sets of 10 pushups, take a quick walk around the block, park a short distance from your destination, or use the stairs. Go to exercise express for more ideas for the New Year. <https://www.geha.com/~media/Files/Documents/Health%20Documents/Health%20Library/exerciseexpress.pdf>

Whatever your New Year's resolutions are keep your goals realistic and make small changes to insure success. Share your goal with someone and don't beat yourself up- missteps are okay. Seek support if you feel it would make your goal more attainable.

Happy New Year!

**Robin Johnson MPN Assistant Director**

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[mtpeernetwork.org](http://mtpeernetwork.org)

MPN welcomes submissions to our newsletter contact Jim Hajny, Executive Director [jim@mtpeernetwork.org](mailto:jim@mtpeernetwork.org) 406-551-1058

### 2014 Calendar of Events

- January 23 Webinar—Impacts of trauma on women [registration click here](#)
- February Peer Support 101 Training— Livingston
- February 14 Valentines Day
- February 18 Montana Peer Support Task Force Meeting— Helena
- March 14-15 MPN Strategic Planning Meeting Bozeman
- March 17-21 Peer Employment Mentor Training Butte 551-1058 for info
- April TBD Montana Policy Summit II [www.mhaofmt.org](http://www.mhaofmt.org)
- May 29- 30 ACE Study Summit - Billings [www.childwise.org](http://www.childwise.org)

Recovery is Possible



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Livingston, MT 59047

Place Stamp Here

«First Name» «Last Name»

«Address Line 1»

«City» «State «ZIP Code»