



Montana's Peer Network



Notes to Self by Diane

Bipolar
Support
Group
Online

www.bipolarsupportgroup.net



Like us on



**Member
Count
360**

*Do you keep an on going journal?
Here's a great way to make it a habit
instead of a chore.*

*Collecting quotes provide a source of
wisdom, comfort and humor. They can be
found anywhere. When a good one would
inspire me I'd write it down on a post-it.
300 post-its later I put them in a book
for myself. The act of writing them down
helps imprint it on my mind. Here's one
worth pondering:*

*"Write it on your heart that every-
day is the best day of the year."*

Telephonic Depression
Support Group

Call Julio to register

587-7774

Wellness and Recovery
Action Planning

Overview

April 15 2-5pm Bozeman

Call 551-1058 to register

A WORD from the Board of Directors

Hello everyone,

We are setting a recruitment GOAL for 2014 of reaching 500 Members! Spread the word and ask your friends, peers, consumers those who may be interested to sign-up as a member. I'll have a graft chart made up, that will be in April MPN Newsletter. The GOAL is have more Members in MPN to give our organization a strong voice to help advocate our needs Helena.

LET'S KEEP MPN MOVING FORWARD!

Gary Travis Board of Directors

Email- leeman.56@hotmail.com

Phone- 406-223-4652

Mail- 211 South E St., Livingston, Mt. 59047

Girls Matter Webinar Series



To Whom It May Concern:

Member letter of the Month

Hello, my name is Earl Johnston, I have been hospitalized at Montana State Hospital for 10+ years, I am a member of Resident Council and we are working on the topic of barriers to discharge with N.A.M.I. and Disability Rights of Montana.

Montana State Transitional Living Services are nonexistent and the programs we do have are inadequate. Some of my peers have been scheduled for releases by as much as 1 year and yet have not found a program that will accept them. We believe my peers, at numerous others, that State run Transitional Living places and programs would benefit of only ourselves but also society as a whole. We seek humane alternatives to need-less psychiatric hospitalization. People with disabilities can be productive and valued members of society. My personal belief is that community segregation is the greatest challenge facing the mental health community. And, I am confident that through the efforts of people like yourself, Montana will ultimately be successful in overcoming this challenge if given the opportunity instead of being ignored and discriminated against.

Washington State estimates the average cost of hospitalization is \$182,135/year, and the average for outpatient case management to be just \$8,282/year. Grants are available to address this issue including the Federal Health and Human Services grants.

I, Resident Council Members, and Resident Staff, welcomes you and or your delegates to visit and discuss with us, this most important endeavor.

Thank you, for your time and attention to this most important matter.

Respectfully yours,
Earl R. Johnston

Editorial

So I am watching TV the other night and mental health medication commercial came on. At first I paid no attention but when they repeated the name of the drug three or four times I looked up. It clicked for me. I recognized the name. That’s because a few years ago I was approached by the same pharmaceutical company asking for MPN’s endorsement of their drug. They pitched me on the “new” benefits and the particular diagnosis it is intended for. The benefits sounded impressive and were new. They wanted me to testify in front of a panel on the importance of “choice” when it comes to mental health medications. I felt conflicted. What did I know about medications? Am I being used because I am a “peer”. It did not sit right with me. In the end I chose not to endorse the drug and politely declined to testify. I saw the disappointment on the salesman's face. I felt it was not the right thing to do for myself or more importantly for MPN. I did attend the panel meeting though and watched other Montana advocacy organizations testify in favor of it.

Now, here was the drug on television except the “new” benefits the salesman told me about were not mentioned, but things like a higher risk of diabetes and higher risk of suicide thoughts were. As so was the new diagnosis of the drug. That’s right it was not approved for what it was intended for. Its approved for a different diagnosis without the new benefits. I guess I did do the right thing by not testifying.

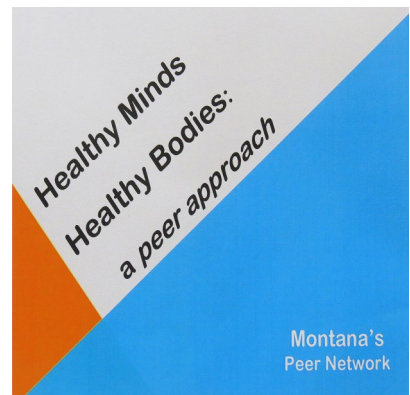
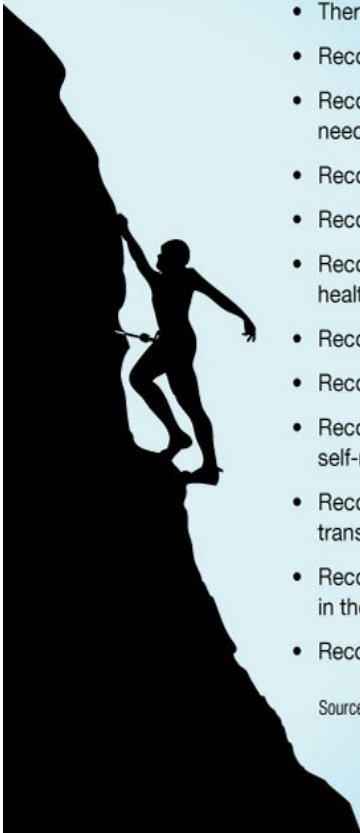
Jim Hajny, Executive Director MPN



Guiding Principles of Recovery

- There are many pathways to recovery.
- Recovery is self-directed and empowering.
- Recovery involves a personal recognition of the need for change and transformation.
- Recovery is holistic.
- Recovery has cultural dimensions.
- Recovery exists on a continuum of improved health and wellness.
- Recovery is supported by peers and allies.
- Recovery emerges from hope and gratitude.
- Recovery involves a process of healing and self-redefinition.
- Recovery involves addressing discrimination and transcending shame and stigma.
- Recovery involves (re)joining and (re)building a life in the community.
- Recovery is a reality. It can, will, and does happen.

Source: CSAT White Paper: *Guiding Principles and Elements of Recovery-Oriented Systems of Care.*



[Visit our website for more information](#)

Robin Johnson
MPN Assistant Director

© 2014 MPN



mtpeernetwork.org

MPN welcomes submissions to our newsletter contact Jim Hajny, Executive Director jim@mtpeernetwork.org 406-551-1058

2014 Calendar of Events

- March 29 Healthy Minds Healthy Bodies - Great Falls MSU Resource Fair
- April TBD Montana Policy Summit II www.mhaofmt.org
- April 3 Healthy Minds healthy Bodies Presentation - Conrad, MT
- April 10 Healthy Minds Healthy Bodies—Browning, MT Health Fair
- April 15 Wellness and Recovery Overview Bozeman 2-5pm
- May Mental Health Awareness Month
- May 29- 30 ACE Study Summit - Billings www.childwise.org

R e c o v e r y i s P o s s i b l e

Butte

peer support group
Thursday at 630pm
Library uptown location
406-498-0703 for information

Livingston

SMART recovery group
Tuesday at 130pm
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

Missoula

Recovery International
Saturday 1- 2:30pm
Missoula Public Library
825-3063 fo more information



Montana's Peer Network
103 South Main Street Suite 7
Livingston, MT 59047

Place Stamp Here

«First Name» «Last Name»

«Address Line 1»

«City» «State «ZIP Code»