

Member
Count
459

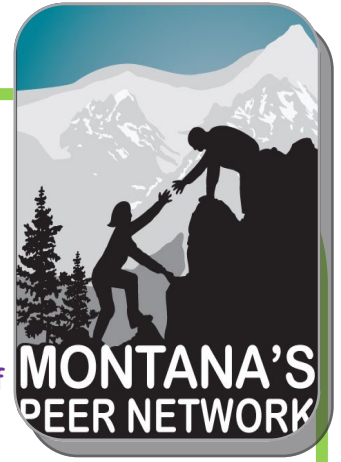


Like us on






Montana's Peer Network

Recovery Spring Cleaning



This is the season of spring cleaning. Many people think of spring cleaning as a physical act of uncluttering and cleaning their homes. Spring cleaning is a great practice for your recovery as well. This is a great season to evaluate what is helping keep you healthy and what is holding you back. Then you are able to remove the clutter of what is not helpful and polish what is helpful. Are there negative thoughts that you need to begin challenging? Do you have New Year's resolutions that need to be recharged? Can you take advantage of the longer days to start walking more? Do you have a spiritual practice you would like to put more effort into? Is it time to reevaluate and refresh your budget? No matter what you decide to work on, making Recovery Spring Cleaning a practice in your life will improve your life greatly.

Tip for Recovery Spring Cleaning

-  Review and update your recovery or wellness plan
-  Add/remove supporters
-  Unclutter your home— donate or sell that stuff



Any small amount will be a move toward a better and brighter future. Enjoy the sunshine and this renewing season!

~ Michelle Jermunson

STRESS

- According to www.webmd.com
- 43% percent of all adults suffer adverse health effects from stress.
- 75 to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.

The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.

Jason DeShaw is a 33-year old national award-winning mental health speaker and country singer. Jason lives with bipolar disorder and alcoholism; he has worked to develop coping mechanisms that help him meet each day with a spirit of gratitude and a desire to help others find relief from their emotional pain. As an accomplished recording artist and musical performer from rural Montana, Jason turned to music as his way to deal with his own mental illness. What has emerged from Jason's journey is a performance that is nationally acclaimed.

Serenity in the Storm is a powerful presentation in which Jason speaks personally of his lived experiences, interwoven with original music that soundtrack his life's struggles and triumphs. The event is honest and poignant. It provides audiences with insight into the challenges of living with mental illness and addiction, hope for those who are in despair over their own or a loved one's struggle, and encouragement to seek help. Jason's presentation directly addresses suicide, an epidemic in America.

This spring, Jason will embark on a 10-city tour across Montana reaching out to rural and urban communities on the topics of mental health and addiction recovery. He will also be presenting in schools along the way. Our nation's youth are of particular concern, as we know that early diagnosis is critical to successful recovery. This tour is presented by Blue Cross Blue Shield of Montana and The Center for Mental Health Research & Recovery at Montana State University.

Evening Presentations: April 14 – Butte, April 16 – Great Falls, April 21 – Havre, April 23 – Glasgow, April 28 – Sidney, April 29 – Miles City, May 1 – Billings, May 4 – Helena, May 6 – Bozeman, May 7 – Missoula Visit—legendaryartists.com for more information

[SAMHSA NEWS online](#)



We welcome submissions to our newsletter contact. Deadline is the 10th of month.

jim@mtpeernetwork.org
406-551-1058

mtpeernetwork.org



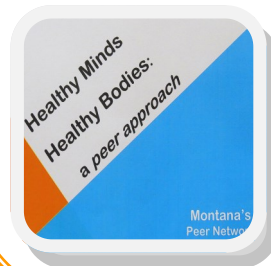
© 2015 MPN

**Healthy Minds Healthy Bodies
-Workbook now available!**
Create your own goals for wellness. The workbook also includes the 8 Dimensions of Wellness, peer support, resources and lots of information on being well!



Just \$5.00

Healthy Minds Healthy Bodies is a signature program from MPN



THE THOUGHT
FOR THE
MONTH

CRYPTOGRAM



HINT: THE LETTER "T" REPRESENTS THE LETTER R.

CQ CR AF BYZCPMQCBH QB RVMTJ AF PCKQR DCQV
BQVJTR. CQ AMF YJ DTCQCHP, MTQ, TJMUCHP BGQ
ZBGU, BT YJCHP M EJTRBHMZ OVJJTZJMUJT, DVMQJSJT
CQ AMF YJ. C DCZZ RVMTJ CQ DCQV AF EJJTR.



SAMHSA -Suicide Safe App
is now available for down-
load [click here](#)

Spring forward

It is that time of year where we set our clocks ahead for Daylight Savings Time. On Sunday March 8 at 2:00am, we will feel the momentary sting of losing an hour of sleep. What we gain in an hour more of daylight in the evening. This means we can enjoy more time outside getting fresh air and soaking up vitamin D from the sun. Spring is a wonderful time to either begin or rejuvenate a recovery journey. It is the season of rebirth. The flowers begin to peak out of the previously frozen ground, the bare trees become alive with new leaves, animals come out of hibernation, and hope for a brighter future is renewed.
Michelle J.

Peer Support 101 Training

April 7– 10

Jorgenson Inn, Helena

\$400 registration

40 hour training

Earn a peer support certificate

Curriculum contains all topics endorsed by the Montana Peer Support Task Force

Only 4 spaces remain

For an application contact :

Jim@mtpeernetwork.org

Or 551-1058



Montana's Peer Network
109 East Lewis Street
Livingston, MT 59047

Peer Support Groups in Montana

Bozeman

714 S 8th Ave. Christus Collegium Montana Room
Tuesday 4pm 548-8673

Butte

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

Great Falls

Benefis Hospital Mother Joseph Room
Fridays 3-4pm—590-7822

Helena

Lewis and Clark Library
Sunday 4-5pm
422-7521 for more information

Kalispell

Thursday 1pm @Wheat Montana

Missoula

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

www.helpguide.org

Place Stamp
Here

«First Name» «Last Name»

«Address Line 1»

«City» «State «ZIP Code»

Help Support your peer
network



**Recovery
is
Possible**