



# Montana's Peer Network

## *Readiness for Recovery*

How do we measure our readiness for recovery? It's a worthwhile question and somewhat difficult to answer. There is no test of course. Then how do we know when we or someone else is

ready to recovery? I know for myself it just happened. I didn't even know it at the time. I realized I was in recovery later, much later, as in years later. I was recently reminded of this while running a recovery group at Montana State Hospital. Back in 2012 I met a man in one our groups who was very quite, depressed and seemed quite distant. He rarely said anything during group but he was there each group sitting quietly. So here I am setting up for group and folks start filing into the room and I see him, a familiar face from two years ago, among a number of newbies. Once group begins I share a bit about my own recovery and hospitalizations I begin to engage the group in discussion about the components of recovery and if they can relate. Its during this portion of group that one or two individuals typically begin to open up and share their own insights. This time it was the familiar face. The quite, depressed man spoke right up and shared what he has learned, how his life has changed over the last few years and he talked

about his supporters and what they meant to him. His words warmed my heart others listened intently. Throughout the rest of the group he had major contributions to the discussion always sharing in a positive, supportive way.

After the group ended he came up to me and asked if I remembered him. I said I did and smiled. He asked if he shared too much. I assured him he didn't. He told he was feeling so much and felt he was getting closer to being able to go home. He went on to tell me some of the things he was doing. I smiled again and told him it is wonderful to see how well he was doing and that he would know when the time was right to go home. He thanked me, we shook hands and left.

This experience touched me in a number of ways. I am always humbled and honored to stand witness to someone's transformation. It would have been easy for this individual to give up hope of ever getting better, and for his supporters to give up hope too. **By Jim Hajny, Executive Director MPN**



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Support Alliance](#)

News, information  
and resources!

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Jim Hajny LIVE on KMMS 1450am radio Bozeman talking about MPN, recovery and wellness.

More and more research shows that emotional distress is the leading cause of addiction, substance abuse and mental health conditions. Awareness and new strategies like eCPR can lead to better outcomes.

[12 Lifestyle Factors that make you feel Depressed](#)

Digital Article click here

*"Learn from yesterday, live for today, hope for tomorrow. The important thing is to never stop questioning."*

*Albert Einstein*

## Emotional CPR Webinar

May 22 1-230pm ET

This webinar will examine the relationship between eCPR and trauma-informed approaches. Emotional CPR (eCPR) has fully incorporated trauma-informed approaches into every aspect of its mental health promotion efforts. eCPR may be used on both individual and community levels. When we incorporate the practice of eCPR into a community, we build resiliency, enhance the quality of all public health services, and at the same time help prevent the unnecessary use of costly services.

**Presenters:** Daniel Fisher, MD, PhD, Will Hall, MA, DiplPW, and Lauren Spiro, MA

[Click here to register](#)



Online Magazines worth a look

<http://www.sanemag.com/index.shtml>

<http://www.hopetocope.com/blog/>



## Wellness Tool of the Month: Positive uplifting music



## Healthy Minds Healthy Bodies: a peer approach

Richard Smith and I presented Montana’s Peer Network “Healthy Minds, Healthy Bodies: A Peer Approach” at Stone Child College in Box Elder last month. We were joined by a class of students in the field of Addiction Counseling. They stated the material was very relevant to their studies. We discussed co-occurring disorders, which typically refers to the presence of one or more disorders relating to the use of alcohol and/or drugs of abuse and one or more mental disorders. Individuals with co-occurring disorders often experience more severe and chronic medical, social, and emotional problems. If the disorders are not treated simultaneously the chances of recovery remain compromised. Receiving such treatment is not always easy to find. These students will be taking a class on co-occurring disorders next semester. I found great hope in hearing such a class is being taught unlike when I was in school.

We also presented a segment on the Adverse Childhood Experiences study which is based on data from over 17,000 patients of Kaiser Permanente, an HMO in San Diego, started in the late ‘90s. The purpose of the study was to find the correlation between the number of Adverse Childhood Experiences, or ACEs, a person has had before the age of 18 and their physical and mental health as adults. The results were striking giving trauma a place at the table when trying to understand various addictions including drug and/or alcohol addiction, overeating, and compulsive sexual behavior. An example of the relevance is where the general population has physical abuse rates of 8.4 %, the rate for alcoholics is 24% for men and 32% for women. A child with 4 or more ACEs is 5 times as likely to become an alcoholic and 60% more likely to become obese. For more information go to -

Healthy Minds Healthy Bodies  
Presents at Stone Child College  
on the Rocky Boy Reservation  
April 23

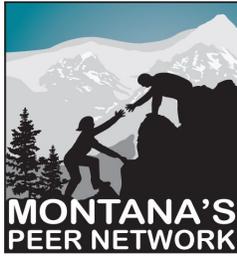


<http://acestoohigh.com/2012/10/03/the-adverse-childhood-experiences-study-the-largest-most-important-public-health-study-you-never-heard-of-began-in-an-obesity-clinic/>

**By Robin Johnson**



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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**

- May Mental Health Awareness Month
- May 15 Healthy Minds Healthy Bodies—Salish Kootenai College
- May 29 Healthy Minds Healthy Bodies—Lewistown
- May 29– 30 ACE Study Summit - Billings [www.childwise.org](http://www.childwise.org)
- June 28 Our Place Drop in Center 2nd Annual Garage Sale Helena
- July 21-25 WRAP Facilitator Training Denver, CO [www.copelandcenter.com](http://www.copelandcenter.com)
- October 22-26 Alternatives Conference Orlando, FL

**Recovery is Possible**

**Bozeman**

**Coming in June!**

**Butte**

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



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