



Montana's Peer Network

Wellness & Recovery

Choices in Recovery

The choices we make along our path of recovery can and do dictate where we end up. That is to say when we make a single choice, there are infinite outcomes. Some seen and some unforeseen. Then we make another choice which in turn creates another infinite set of outcomes and so on and so forth. This was the topic at a recent support group I attended. *Choices.*



World Record
Pumpkin weighs



1,818 pounds!
That's as much as a
Bison!

There are certainly times when we feel like we have no choice in a particular matter, that there is only one road for us to follow. In reality that is hardly ever true. The road may seem narrow but choices still remain. Sometimes we may chose to do nothing, remaining where we are that is till a choice. Other times we may not like the outcomes we envision. Later we may judge some choices as good, later we judge some as bad. The point is there are always choices and we make hundreds of them everyday, from the foods we eat, to the people we connect with, to what we are going to do *to-day* for our recovery.

When faced with choices, having supporters who we can go to, who we can trust, can be invaluable. These are the folks who will listen objectively, allowing us the freedom to make our own decision and supporting us in whatever we chose for ourselves. This is how we best grow and thrive in the world we live.



Montana Mental Health Conference

"There is Hope! Think, Learn, Live"

November 1 & 2 Red Lion Colonial Inn, Helena

Visit—namimt.org for more information





Montana's Peer Network is excited to introduce a youth sector of the organization. The youth sector will provide support for youth struggling with mental health issues across the state. The purpose is to promote overall wellness, recovery, leadership, advocacy, peer-to-peer services, anti-stigma work, and peer support groups for youth. Youth groups and individual youth ages 13-25 will be able to apply for a free membership. Membership will include opportunities to apply for mini-grants for mental health related youth projects, attend retreats and related activities. Members will also receive helpful information and the opportunity to connect with other youth and related groups throughout the state. This sector will be led by its members and encourages assisting peers through shared experiences.

Please contact Tracy Stone with any questions or comments.

Email: youth@mtpeernetwork.org



Election season is here. From the President of the United States to the Governor of Montana to our local officials. MPN encourages all of its members to make sure to vote. This is an important part of who we are as a nation. Every citizen over 18 years of age gets the right to vote for its leaders in this wonderful country of ours.

So get out and vote! It matters. November 6 is Election Day

Consider passing this newsletter on after you have finished reading it



October is National Bullying Prevention Month

www.pacer.org or www.nctsn.org



**Peer
Support
Tip
101.18**

Knowing the difference between doing something for someone and doing something with someone is an important concept in peer support. If we do too many tasks for someone we are not really allowing them to grow. It may be easier for us to do it for them but when we do that we are not really providing peer support. When we take the approach of supporting someone in completing a task they learn the valuable life lessons and can truly shine.

A Word from the Members

I once new a little girl who looked in the mirror and didn't like what she saw. She said aloud, "Something is wrong, my face is sad. Someday I want to get a facelift."

When she grew up she did in fact have a facelift, but when she looked in the mirror she still was still sad.

Thirty five years later sitting in a support meeting she realized it wasn't the outside that needed "lifting", it was the inside. A Cherished Friend

MPN welcomes submissions to our newsletter on topics of recovery, wellness or related mental health issues but we do not edit for clarity or length if chosen for publication. Submissions can be sent to

www.liveyourlifewell.org



We want to thank all of our members who attended our Annual Member Meeting September 23. We had a good turnout, with many new members, staff and board members. We debuted our Documentary "Vision of Hope" along with the premiere of our first two episodes of Mental Health TV. We had speeches from the board of directors, tons of information, food and a celebration of peer support and recovery in Montana.

Have you laughed today?



Benefits of laughter everyday

- It's fun
- Eases anxiety
- Makes you smile
- Decreases pain
- Relaxes your muscles
- Relieves stress
- Can defuse conflict
- Boost your immune system
- Feels good!
- Cost is Zero! Duh.



Action steps

- Add jokes or funny movies to your wellness toolbox
- Add someone you know is funny to your support system to specifically tell you jokes when your stressed out
- Try Laughter Yoga (its real look it up)
- Commit to a joke a day
- Be creative
- Do something fun!

Humor Alert!

LOL!



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Montana's Peer Network

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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!

2012 Calendar of Events

October 10-14	Alternatives Conference 2012, Portland, OR
October 25-27	Crime Prevention Conference - Billings
November 1-2	Montana State Mental Health Conference - Helena
January 7	MT 2013 Legislative Session Begins
January 25-27	WRAP Around the World Oakland, CA www.copelandcenter.com

Montana Institutions Reboot Contest

NAMI Montana is proud to announce the Montana Institutions Reboot Contest to help guide the future of Montana's public health institutions. There are some great things happening in Montana's public health institutions but we think that it is also worth asking the question of what changes could be made to improve the quality and cost effectiveness of care. What should our state institutions look like in five years? Ten years? We know that we don't have all the answers and are looking for help. There are some brilliant people involved with Montana's public health treatment system (including you) and we're excited to help share those visions with state policy members and advocacy organizations to help make them a reality.

We will be awarding \$500 to the winning entry. The second and third place entries receive \$250.

Please visit www.namimt.org for complete guidelines and information.

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



Montana's Peer Network on  acebook.

<https://www.facebook.com/pages/Montanas-Peer-Network/>

Member Reading Recommendations

Send us your favorites for next month

Finding your Moral Compass

By Craig Nakken

ISBN 978-1-59285-870-5