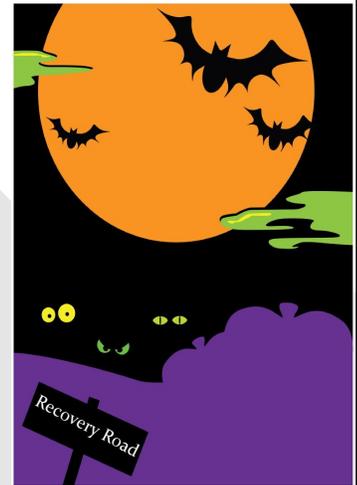




Montana's Peer Network

RECOVERY A SCARY TIME

Recovery can be a scary place. We enter into the unknown darkness with unidentifiable shapes, sounds, giving us uneasy feelings of fear and anxiety. For some of us it may be the ghosts of the past that haunt us. Those unresolved events that gives us the nightmares. Yes, recovery is indeed scary. We step forward with a leap of faith and nervous smiles of those around us. But we step into the moonlit night anyway, mustering up all the courage we can, shutting our eyes tight and clutching our wellness toolbox for comfort. Yet onward we go into that unknown blackness of early recovery. Then one day in the distance we see a faint glimmer of light. A beacon of hope through the fog of our mind. Unsure and unease we press onward one foot in front of the other. We reach into our toolbox and pull out one trick or treat after another all the while moving forward as slow and arduous as it may seem we continue. With each step, with each moment we gain a bit of confidence for we know that if we stop those ghosts and ghouls hiding in the darkness will surely grab us. They lurk just out of sight in the darkness, don't they? Their just waiting for us to stop. Knowing that, we continue our journey towards the light until finally we emerge on the other side of that dark forest and step out into the sunlight. We can then and only then feel its warmth upon us removing the chill from our soul and warming our heart to the valley of healing, to a place of recovery.



**Member
Count
326**

Like us on

Did you know that...

Pumpkin contains lots of potassium and Vitamin A

Pumpkin seeds are a healthy snack

Largest pumpkin on record weighed 1,140 pounds

Largest pumpkin pie was just over 350 pounds



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

Would you like to contribute to the direction and governance of Montana's Peer Network? We are currently accepting applications for our Board of Directors.

Visit www.mtpeernetwork.org



What to start a peer support group in your community? Contact us and we will show you how. 406-551-1058

Alternatives Conference
"Building Inclusive Communities"
 December 4-7, 2013 Austin, Texas
<http://power2u.org>

"To be realistic today is to be visionary. To be realistic is to be starry eyed."
 Hubert H. Humphrey



Telephonic
 peer support group
 Call 587-7774

Recovery emerges from hope
Recovery is person-driven
Recovery occurs via many pathways
Recovery is holistic
Recovery is supported by peers and allies
Recovery is supported through relationship and social networks
Recovery is culturally-based and influenced
Recovery is supported by addressing trauma
Recovery involves individual, family, and community strengths and responsibility
Recovery is based on respect

Great Falls
 peer support group
 Starting Soon

Livingston
 SMART recovery group meets Tuesday at 1-2pm
 Peer Solutions Drop in Center
 406-224-8813 for information

Butte
 peer support group meets Thursday at 6-730pm
 Library uptown location
 406-498-0703 for information

RESILIENCE AND RECOVERY

Merriam-Webster defines resilience as the "ability to become strong, healthy, or successful again after something bad happens."

Resilience is sometimes viewed as a character trait but it can also be understood as a process. Since recovery is a process, I am discussing it with this understanding. Speaking in terms of recovery you are not born with resilience you develop this ability as you grow and interact with life's tough times. As part of my recovery, I talk about developing coping skills—skills which are uniquely my own. They enable me to move forward despite events that could set me back. This isn't meant to say I don't experience sadness or grief. Ideally, I experience these emotions without seeing my progress in recovery as jeopardized.

Resilience, also coined "posttraumatic growth," is the positive change experienced as a result of the struggle with a major life crisis or traumatic event. The idea that one can grow as a result of dealing with adversity or trauma isn't new. It is expressed in ancient spiritual and religious traditions. And we hear this in the words of Friedrich Nietzsche, the 19th century philosopher: "What does not kill us makes us stronger." In the course of my recovery, these words have changed my perspective on the trauma I've experienced. If you've ever heard someone who has been through extreme adversity talk about having "no regrets" perhaps it is this perspective that allows them to feel that way. Recognizing one's own resilience can be very empowering. I take note of those times when I am coping with a given situation better than I once would have and realize I am building resilience and experiencing the power of recovery. I invite you to recognize and celebrate your own resilience. **Robin Johnson**

CHECK THIS (website) OUT!

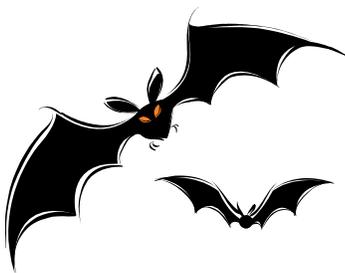


www.ncmhr.org

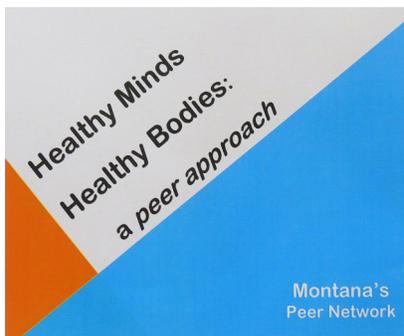
Consider passing this newsletter on after you have finished reading it



Will it be a trick or treat this year?

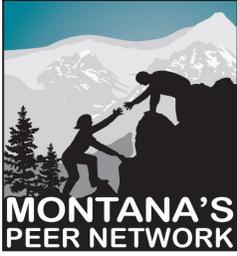


Alaska Peer Consortium
Is hiring for
Executive Director visit
www.akpeersupport.org



Healthy Minds Healthy Bodies: a peer approach is a wellness program from Montana's Peer Network that provides education around the importance of whole health wellness, trauma informed care and peer support. We do this by providing interactive workshops, webinars and through the use of social media. Our workshops are led by individuals in recovery from a mental health diagnosis who bring their own unique perspective to wellness. Together with attendees they will explore the mind body connection and the importance of overall wellbeing for successful recovery. Call to schedule a workshop 406-551-1058 or visit www.mtpeernetwork.org

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

2013 Calendar of Events

- October 23-25 NAMI's Mental Health Conference - Missoula
- October 30 Healthy Minds Healthy Bodies Conrad, MT, Health Fair
- November 20-22 World Hearing Voices Congress - Australia
- December 4-7 Alternatives Conference - Austin, Texas www.power2u.org



Happy Halloween



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

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«First Name» «Last Name»

«Address Line 1»

«City» «State «ZIP Code»