

# Recovery in Action

**GROW ~ RECOVER ~ SUCCEED**

**COLORADO WEST REGIONAL MENTAL HEALTH UPDATE**

Starting this month, we will have regular features in the newsletter. We will always have a Recovery Story, a listing of “happenings”, including on-going groups, articles of interest, a Consumer Peer Specialist Corner, and updates and reports on consumer activities and resources.

## Recovery Story

One of our regular classes in Grand Junction is the “Pathways to Recovery” workbook. Recently we reviewed the section that talks about creating your own “recovery vision”. Below is what one of our very dedicated members wrote:

### My Vision

**I close my eyes and I see a well adjusted, energized, happy woman. I see myself a Consumer Peer Specialist, teaching classes, and traveling in the hopes that our society as we know it, changes the way they view mental illness. I see myself making any changes necessary to reach my goals. I am realistic, I know there will be struggles, and sacrifices but I also know I will make it through them. I know that any time I have ever really reached for something I wanted, I was successful in getting it. I know how deeply I feel about “recovery” and helping others get past some of the same places I myself have been. I know that what a Consumer Peer Specialist does changes lives, and to me, there isn’t any other profession I could do that would mean near as much, nor do I have hopes and aspirations of doing. I have dreams too, of traveling, taking in the beauty of different places, and people. I have always been good with people and have a past of helping people, and nothing can stop me now! I am grateful on a daily basis that I walked into that room, on that day of orientation! I will never again look at life the same way, and I will continue to learn and to grow and become more confident in who I am.**

March 10,2007  
Starlett Barham

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**May is Mental Health Month**

# Happenings

## OPEN ARMS

### EMPOWERMENT CENTER

Offering ongoing recovery education including skills classes, support groups, peer support, socialization and more. Open 10:00am - 3:00pm Monday-Thursday. Located at 510 S. 2nd Street in Montrose. Call 970-240-6199.

**ALL PEER SUPPORT GROUPS ARE FREE AND LAST 1 TO 1 1/2 HOURS.**

#### RESOURCES

#### MIDWESTERN MENTAL HEALTH CENTERS (OUTPATIENT TREATMENT)

- **MONTROSE** 970-249-9694
- **DELTA** 970-874-8981
- **GUNNISON** 970-641-0229
- **SAN MIGUEL** 970-327-4449
- **MIDWESTERN CONTINUITY OF CARE COORDINATOR**  
970-252-3225
- **PEER SUPPORT LINE (OFFICE OF CONSUMER & FAMILY AFFAIRS)**  
970-252-3230  
2130 East Main/P.O. Box 1208  
Montrose, CO 81402
- **MIDWESTERN EMERGENCY LINE** 970-249-9694
- **MIDWESTERN GRIEVANCE AND APPEALS LINE**  
970-252-3219
- **CONNECT TO LIFE/SUICIDE PREVENTION COALITION**  
970-252-3201  
970-252-3228  
Crisis 970-249-9694  
1-800-273-TALK

**ON-LINE DEPRESSION SCREENING (Midwestern Mental Health Center Website) [www.midwestmhc.org](http://www.midwestmhc.org)**

- \* **COLORADO CRISIS HOTLINE**  
800-273-8255
- \* **MEDICAID OMBUDSMAN**  
877-435-7123
- \* **COLORADO HEALTH NETWORKS REGIONAL GRIEVANCE COORDINATOR** 800-804-5040
- \* **COMMUNITY SERVICES & PUBLIC INFORMATION NUMBER**  
970-252-3212

**PROVIDED BY MIDWESTERN COLORADO MENTAL HEALTH CENTER  
970-252-3200 (except \*)**

In February, the Grand Junction NAMI chapter had a showing of "A Fierce Goodbye", a moving video about suicide. It was well received and informative. Members of Delta and Grand Junction Heartbeat chapters were in attendance. Heartbeat is an important organization serving survivors of suicide. If you are interested in finding a Heartbeat group in your area, please contact Janice at 970-257-0891 or [jcurtis@frontier.net](mailto:jcurtis@frontier.net).

Consumer Peer Specialist graduations are happening in Montrose, in April, and Grand Junction, with graduation in May. Look for some activity in each of these areas as more consumers follow through on their efforts to provide support and education to their peers in order to help advance Recovery. This training is providing a springboard for Recovery for those being trained. Congratulations to all of the graduates and thank you for your dedication and consistent effort in completing the class. We would welcome you in future trainings. A new class will be starting in Grand Junction in June. Call Janice, 257-0891 to register. We need YOU!



Grand Junction Consumer Peer Specialists participated in the 9 Health Fair, helping to man the Colorado West booth. Thank you for your help.

The Recovery Coalition of Midwestern and Colorado West meets the first Thursday of each month, and is responsible for publishing this newsletter. We will be meeting in Grand Junction in May and in Montrose in June. We are always looking for new consumer and family members who would like to join us in advancing Recovery. In addition to the newsletter, we will be creating a consumer panel to speak about mental illness and recovery.

The Hospital Advisory Council meets the same day as the Recovery Coalition, and recently had a few members that met with the hospital staff regarding programming in a new unit. The members of that committee reported a very satisfactory experience, and want to thank the staff for the opportunity to give their input. It was a very impressive to the consumers to have their ideas heard, considered and implemented!

Delta Consumers started Peer Specialist training on April 12th. Thier training will be a valuable asset to their new Empowerment Center.

# Consumer Centers

**Open Arms Empowerment Center** in Montrose, 240-6199, Oasis House in Grand Junction, 241-6099 and Hopeful Heart in Rifle, 625-5761 will soon be joined by a new “sister” organization in Delta! Delta consumers have been busy organizing a new consumer center to provide activities and opportunities in their area. Congratulations to you for creating this! Planned opening is April 1st. Call 252-3230 for information. If you live in any of these areas, check out the above if you’re looking for a safe place to have coffee and visit with peers, learn new skills, find out about consumer opportunities for training, meet with a Consumer Peer Specialist, and much more.

**Delta Empowerment Center** activities are held on: Mondays 1-4, Wednesdays 1-4, and Saturdays 2-4. The Empowerment Center activities are held at the Delta United Methodist Church, 477 Meeker Street. For more information, please contact Kelly at 252-3201 or Carol Jean at 252-3212.

**Grand Junction** has a Resource Room on the child and family side of the outpatient building that is well stocked with written and video information, as well as Consumer and Family Peer Specialists or volunteers who staff the room Monday-Friday, 10-noon and 1-3pm. Stop by to pick up information, view a video or visit with a Peer Specialist.

*Survivors After Suicide...*



**HEARTBEAT**

*Support for those who  
have lost a loved one through suicide*

*It Helps to Talk... It Heals to Share*

**A new HEARTBEAT Support Group  
meets the second Thursday of every month  
At the First Baptist Church  
1250 Pioneer Road  
Delta, CO  
from 7 to 9 p.m.**

*We Understand We Accept We Support*

Call 252-3228 or 874-4226 for more information



Hopeful Heart in Rifle is reorganizing, and will soon start offering activities and groups. Lunch will be available a few days a week. Hopeful Heart is looking for volunteers who may be able to provide an activity or group. If you have any experience, or interest in this, please call Hopeful Heart at 625-5761, and ask to have Janice call you. If you would like to be trained, that can also be arranged. Thanks for your help!

## Delta and Montrose Peer Support

Consumers are parents, too. A new support and education group for families of children and youth will meet each 2nd Wed. at 7 pm at the Presbyterian Church, Westminster Hall. April, May and June will be on parenting with Love and Logic and 1-2-3 Magic. This group is open to any parent looking for support and education. Call 257-0891 to register.

Delta’s new Consumer Center will be having programming soon. Call 252-3230 for info.

**Open Arms Empowerment Center** – many groups including Pathways to Recovery. Call 240-6199 for complete schedule.

**Depression and Bipolar Support Alliance (DBSA)** Mondays at 7pm – Methodist Church, South 1st and Park. This group is for anyone whose life is affected by depression or bipolar disorder, whether experienced by themselves or a loved on.

**Mind Over Mood**  
(Real Men...Real Depression, Real Men... Real Life Experiences)  
An informal and safe peer support setting where men may talk freely about changing issues facing them at the crossroads of life. 2nd Thursday each month at the Ute Indian Museum near the intersection of S. Townsend and Chipeta Dr. Call 252-3230 for info.

**Consumer, Family and Friend Support**  
2nd Thursday, 7 pm at the Methodist Church, South 1st and Park. Educational videos available with advance re-

~continued on page 6

# The Thought Nook

Carol Jean

Every individual has a place to in the world and is important in some respect, whether he/she chooses to be or not.

- Nathaniel Hawthorne

I often ponder in my life if I am being resourceful and if not, what do I need to do in improving myself to be more resourceful. A question I have in this moment of wonderment is, that in discovering how I could be more resourceful, would I have to take action or make changes? Hmm, just what would that mean and would I be motivated to take these steps? Well it is something I look at and work on all the time and in doing so I came across this thought on resourcefulness and how vital it is to my well being and to continue this process in my self-improvement. Hope you like it, as I wanted to share this little gem with all of you.

## Resourcefulness

A big cat suddenly confronted a mother mouse and her five babies. Just when it looked like all was lost, and pondering how to address this situation, the mother mouse reared up on her hind legs and began to bark, "Arf, arf, arf." (In her quest to be resourceful, she had studied the traits of her enemy). Clever!!

The frightened cat turned and ran off, in search of a safe hideaway from the imaginary dog!

Seeing this, the mother mouse sighed with relief, turned to her offspring and said, "Now children, that should teach you the value of a second language."

Part of success in communication resourcefulness is learning to respect and understand the "language" of the needs of others. For instance, sometimes we show love in a touch, compassion in a hug, empathy in shedding a tear, and certainly respect and dignity by learning to listen to others. Hmm, resourcefulness is useful in many aspects.

Just a final thought...

The greatest pleasure I know is to do a good action by stealth and to have it found out by accident.

- Charles Lamb

Happy Spring Everyone!

Carol Jean

-Resource: Good Stuff Magazine, April 07

To realize  
The value of a sister  
Ask someone  
Who doesn't have one.

To realize  
The value of ten years:  
Ask a newly  
Divorced couple



To realize  
The value of four years:  
Ask a graduate.

To realize  
The value of one year:  
Ask a student who  
Has failed a final exam.

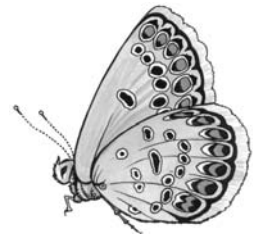
To realize  
The value of nine months:  
Ask a mother who gave birth to a stillborn.

To realize  
The value of one month:  
Ask a mother  
Who has given birth to  
A premature baby.

To realize  
The value of one week:  
Ask an editor of a weekly newspaper.

To realize  
The value of one minute:  
Ask a person  
Who has missed the train, bus or plane.

To realize  
The value of one-second:  
Ask a person  
Who has survived an accident.



Time waits for no one.

Treasure every moment you have.

You will treasure it even more when  
You can share it with someone special.

To realize the value of a friend or family member:  
LOSE ONE.

*The origin of this letter is unknown.*

# The Recovery Philosophy

**R**ecovery is a relatively new model in the treatment of serious mental illness. The focus in a recovery driven system of care is not just on symptom management, but on helping a person achieve their personal outcomes. Personal outcomes are what people expect from the services and supports they receive. Personal outcomes refer to the major expectations that people have in their lives. Through this process our recovery philosophy has continued to evolve. Consumers have taught us the following basic principles for a recovery-focused system of care:

- Hope for the future is the cornerstone of recovery. A recovery-focused system of care conveys hope to consumers, families and professionals alike. Recovery is an on-going and individual process. Personal goals are not defined by the professional, but defined by the consumer. It is an individual process that supports choice and exploring alternatives based on consumers' and families' values, strengths and interests.

- Recovery work addresses both the experience of symptoms and the additional effects of having a mental illness such as stigma and discrimination.

- Recovery means developing a sense of control over one's life and taking responsibility for the course of one's future. Rather than focusing on pathology and on the past, recovery is present and future directed. It focuses on improving a person's capabilities and confidence and setting goals.

- Recovery is a partnership using both professional interventions as well as self-directed coping strategies.

- Recovery is enhanced when people develop social networks for support and friendship. It enables consumers to identify allies and supports in their natural environments.

## ***The following strategies need to be implemented in a recovery driven system of care:***

- Self help – consumers develop friendships and a rewarding social life through structured self-help

programs as well as informal self-help networks. Self-help services are not a replacement for traditional services, but rather an enhancement that adds another element to their care continuum.

- Traditional services – providers need to join with consumers in the recovery journey. Consumer empowerment is not about focusing on the opposing purposes of the patient/professional relationship, but rather about consumers and professionals partnering with each other to achieve consumer-identified goals.

- Medication – for many consumers, medication is a critical tool to recovery. Providers must be willing, however, to listen to the consumer about the effects of the medication and partner with consumers to find the right dosage and combinations of medications.

- Vocational programs – consumers want meaning and purpose to their lives. They find meaning in paid work, volunteer work, and home-making, pursuing their education and other goal-directed activities. These endeavors give hope, and provide meaningful activities that takes the focus away from the illness and place it on positive goal and future directed activities.

- Significant others – families, spouses and other significant people are important to the consumer's recovery. This is why it is necessary to involve, encourage and support families whenever possible.

- Knowledge - about and acceptance of the illness. Consumers believe that knowledge is power. They benefit from education and information about the course and outcomes of their disorders.

- Spiritual-life programs - focus on the whole person and add the spiritual dimension to the recovery process. Spiritual is defined by the consumer and may or may not be related to organized religion.

- Housing programs - allow consumers to move through a continuum of living arrangements to be able to live as independently as possible.

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quest. What Recovery videos would YOU like to see? Call Janice at 257-0891.

## Grand Junction Peer Support

- Monday- Noon - Families of children and youth - 515 -28 ¾ Rd  
Monday - 2 pm - NAMI (National Alliance on Mental Illness) Support for consumers and families 515 - 28 ¾ Rd.
- Tuesday - 11 am - WRAP (Wellness Recovery Action Plan) Oasis - 450 Ouray  
Write your own wellness plan
- Tuesday - 2nd and 4th Tuesdays at 7 pm - Recovery Workbook - 216-5771 for location  
Tuesday - 1st and 3rd Tuesdays at 7 pm - Families of kids support and education  
Call 257-0891 for location
- Wednesday - 11 am - Making and Keeping Friends at the Oasis  
Wednesday - 1st Wed. at 7 pm Depression and Bipolar group, 257-0891 for location  
Wednesday - NAMI-3rd Wed. 6pm for support, 7pm for education, 257-0891 for location
- Thursday - 10:30 Double Trouble in Recovery at Oasis, 450 Ouray, for those dealing with both substance abuse and mental illness.
- Friday - 10 am Pathways to Recovery at the Oasis



Colorado Health Network is our partner in delivering services to Medicaid clients. They have an excellent web site you may want to explore further. Their web address is [HYPERLINK "http://www.yourchn.org" www.yourchn.org](http://www.yourchn.org). You'll find lots of helpful information there.

## MAY IS NATIONAL MENTAL HEALTH MONTH!

*Celebrate Your Recovery...*

### Staying Well When You Have a Mental Illness

When you have a mental illness overall health is important to your recovery. Having poor health can get in the way and make recovery more difficult. Funding ways to take care of your health can aid your recovery and help you feel better with your overall health.

#### Tips To Mind Your Health ~

- Advocate for yourself. Let health care providers know what is important to you and essential to your recovery.
- Get the care you need. Get routine check-ups and visit your health care providers when you are not doing well.
- Manage stress. -Learn the tools that can reduce you stress.
- Plan your sleep schedule. Sleep patterns can affect your mood
- Learn how to watch your diet and learn about healthy eating.
- Exercise. Exercising can reduce stress, anxiety, depression, improve your sleep, and help maintain a healthy weight.
- Do something you enjoy. Take time for yourself, laugh, relax, have fun!
- Connect to others. Spending time with positive caring people you trust can improve the way you feel overall.
- Avoid the use of alcohol and drugs. Substance abuse can make your symptoms worse.

Happiness is something that comes into our lives through doors we don't even remember leaving open.

-Rose Wilder-