

# What's on the Doppler for Spring?

4/15/2011  
Issue III  
Editor:  
Trinity  
Petersen

## Wellness & Advocacy Center Newsletter

### What's new in the Garden?

*Welcome everybody to a new spring season in our community garden. This year, we hope to plant lots of flowers and encourage humming birds and butterflies to visit. We will be putting chairs in the garden and hope people will stop by and sit and relax among the flowers. We plan to continue our partnership with our talented artists and will display all original garden inspired art on the garden fence. Looking forward to a colorful summer!*

*Mel Strasser*



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### HOPE: The First of Five Pathways to Recovery

**SPRING IS ALMOST UPON US. WE ARE TOLD IT IS A TIME OF RENEWAL AND NEW BEGINNINGS. ACCORDING TO THE "FREE ONLINE CONSUMER TRAININGS FOR PEOPLE WORKING ON THEIR RECOVERY" (FROM MENTAL ILLNESS), HOPE IS THE FIRST OF FIVE "PATHWAYS TO RECOVERY". THE OTHER FOUR ARE CHOICE, EMPOWERMENT, RECOVERY ENVIRONMENT, AND SPIRITUALITY.**

**MY RECOVERY FROM MENTAL ILLNESS BEGAN ABOUT 35 YEARS AGO. I TOLD MY COUNSELORS I HAD NO HOPE, WHICH WAS TRUE FOR ME AT THE TIME. ONE OF THEM TOLD ME TO "ACT AS IF". I WAS SUCCESSFUL ENOUGH AT THIS THAT I WAS ABLE TO DEVELOP REAL HOPE AND THIS HELPED SUSTAIN ME FOR THE NEXT STEP IN MY RECOVERY.**

**LEIGH**

*"According to the Free Online Consumer Training for People working on Their Recovery (From Mental Illness), Hope is the First of Five "Pathways to Recovery".*

## Greetings From the Computer Lab

I want to make sure everyone knows who our lab volunteers are. Bernie & Brian, as well as Cerice, who has been my volunteer the longest and I want to thank each one for the wonderful job they are doing to help.

We have a Computer Basic class on Tuesday morning's 10:00AM-11:00AM. We cover everything from the use of the mouse to creating a file, file storage, input output devices, software ap-

plications & exploring the Internet.

Beyond the Basics is a new class coming up in April. We will learn Power Point and create a slide show, then save it to a disk.

An E-MAIL Workshop is also coming in April. We will create an e-mail account and learn how to use it.

Our workshops have been well attended and people keep coming back. The feed back has been GREAT!

We still have the Job Search Work

shop on Friday's 9:30AM-11:00AM for those that need to work on their RESUME or Cover Letter or fill out online applications for jobs.

I am working on having a class for those that need interviewing skills. I am always open to any suggestions that you have for a class you would like to see here also! Give me a call and let me know your ideas!

Linda Matteson  
Career Lab  
Coordinator  
707-565-7837  
lmatteson@gire.org

**Our second volume of Creative Linx is coming out soon! This year's Literary Journal is filled with enigmatic poetry and artwork sure to draw the avid reader into realms of the known and unknown.**

*Where are we going? And how and what does it take to get there? On the path to self-discovery, there is questioning, experiences of love and loss,*

*hardships, fantasies and hope. Treading through the underbrush and entering into a realm of darkness-we sometimes wonder*

*whether we will come out the other side. One writer said, "It helps you to get there if you know where you are going."*

*"It Helps you to get there if you know where you are going."*

*Excerpt from  
Creative Linx  
Literary  
Journal by  
Theresa Bruton*

## Experiences in Recovery Training

I am taking the Recovery Training at Interlink Self Help Center and I am finding it to be extremely helpful. For me, it provides a sort of "Blueprint" for skillfully coping with emotional/psychological challenges in my life... such as being self critical/self doubting or dealing with overwhelm, etc. It helped me to learn strategies on how to be more emotionally resourceful (i.e. setting boundaries, being kind to myself, not quitting when things get difficult, etc.) It also helped to validate the progress I have already made in

my life.

Another piece of the Training I found helpful is it provides a system in which I can write down the specific steps I am willing to commit to doing in my process of maintaining my health and wellness. Some examples of these steps are: making social connections everyday, using DBT techniques as stressful situations arise, or exercising 3 times a week, etc.

Once you create your own personal Recovery Plan, you put together a support team for yourself, which includes a friend, a peer, and

a mentor. The role of your support team is to give you honest feedback, observations, encouragement, etc. as you go through the process of creating and maintaining wellness in your life. Ideally, for me, I would like to continue these relationships on an ongoing basis.

I recommend this training to anyone who would like to explore what mental health recovery in their own life might look like, as well as develop and engage your own personal wellness plan.

Jason Gallock

*Never a  
Failure,  
Always a  
Lesson*



*“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste adversity, prosperity would not be so welcome.”*

Anne Bradstreet  
Year: 1655

## Recent Forum: The Evolution of Emotions

On Friday, April 1, a forum called the “Evolution of Emotions” was given by Susan S. Standen. Ms. Standen has a B.A. in Psychology with an emphasis on Neurobiology (the study of the brain). She discussed how the process of evolu-

tion has given rise to the development of emotions as a survival capability. The audience learned about the three main parts of the brain (the instinctive, the emotional, and the rational), and how both trauma and inherited genes affect

the emotional experience of people with mental illnesses. In addition, there were helpful suggestions on “how you can make friends with your emotional brain” by learning activities that reduce the intensity of emotional

(Forum cont.) disturbance. There was a great deal of excellent audience participation and the information was well received. Due to general interest by those who missed the talk, this forum may be repeated in upcoming months.

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## The Conch

I wish I were a Conch Shell  
Just existing in the sea  
And when I become stranded  
Upon the beach  
Someone would find me.  
They'd lift me to their face  
Tell me I'm beautiful and so free  
Just to hear my proud roar  
And kiss me company.  
Well my new home is a mantel  
And I'm feeling cracked and dry.  
Well, dying ain't so peaceful  
Without the sea by my side.

By Mel Strasser

A Poem From Creative Linx V2  
Literary Journal.

## UpComing Events

### Friday May 6th-

10:00am-3:00pm

Wrap Training for Transitional Age Youth

### Friday May 13th-

12:15pm-1:00pm

Anxiety Workshop by Stephen Rios

## New Groups

### Beyond Basics-

10:00am-11:00pm

Every first Monday of the month: Computer Lab  
Learn how to create Power Point Slide Show

### G-mail Workshop-

10:00am-11:00pm

Every 2nd Monday of the month: Computer Lab  
Learn how to create your own e-mail account.

### Hanging out in the

### Lounge with Char-

12:00pm-1:00pm

Starting April 7th in Living Room. A place to get to know your neighbor.

### Peer Support Group-

10:00am-11:00am-Tuesdays

Open format and safe and supportive place for members to share what is happening in their lives.