



Rooted In Recovery

NOTEWORTHY

News from the Metro Suburban Recovery Learning Community

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Growing In Community

March 2011

*******ADVOCACY ALERT*******

Breakfast With Our Legislators

Celebrating Hope, Resiliency, Recovery, and Positive Changes

Tuesday, March 15 from 9:30 am to 11 am
At the Great Hall of the State House

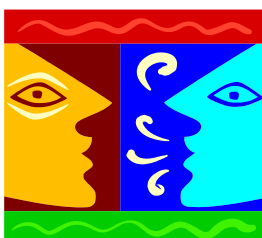


This *Citizens Legislative Breakfast* is part of a series of breakfasts with our state legislators organized by the Department Of Mental Health. These breakfasts are an important opportunity for consumers, their families and friends, DMH staff, and other providers, as well as other supporters and advocates of mental health recovery, to meet with our legislators. The keynote speaker at the March 15th breakfast will be DMH Commissioner Barbara Leadholm.

It is also an opportunity to celebrate the role consumers have in shaping “mental health” programs, services, and practices.

Nicole McMahan, one of the founding members of STEPS (the Young Adult Resource Center in Arlington and a sister organization of the MetroSuburban RLC) will be part of the celebration. In addition to her ongoing work with STEPS, Nicole recently completed the *Certified Peer Specialist* training. As part of her CPS training she will be doing an 8 week internship with both STEPS and the MetroSuburban RLC in the near future.

NOTE: The MetroSuburban RLC office in Quincy will not be opening until 1pm on March 15th so that our paid staff and as many members as possible can attend!!!!



“Conversations That Matter”

While we all engage in conversations every day, some conversations “matter” more than others. It is sometimes difficult and/or intimidating to say what we need to say for ourselves in certain circumstances and

situations. It can also be important to truly “hear” what another person has to say – even when we don’t agree with them!

During the “Conversations that Matter” workshop meetings we will learn and practice skills which allow us to participate more meaningfully in conversations; enhance our communication with others, and strengthen relationships in all aspects of our lives.

The topics we will be covering during the workshop include how:

- True dialogue is different from debate and discussion
- To use dialog principles in creating "conversations that matter"
- Conversations are part of a creative process and
- Conversations create community

The workshop meetings will be held at

12 Prescott St., Arlington

March 10, 17, 24 and 31

1pm – 3pm

Space is limited! If you are interested in attending or learning more, please call Rhiannon, 617-472-3237 or email rkimball@metrosubrhc.org

What is ‘Conversations that Matter?’

“Conversations that Matter, a new workshop, is being held at S.T.E.P.S and facilitated by the MSRLC. This is our FIRST joint collaboration in Arlington!!! The workshop explores anything and everything that may be important for healthy, comfortable relationships which in turn aid with effective communication. This workshop has no itinerary; therefore the discussion will always be relevant and in sync with the ideas and feelings of the group! This is a workshop that you must try for yourself! Truly unique!!!”

Nicole M (workshop participant)

“When I went to the group I wasn’t sure what to expect. It turned out to be a great conversation that really got me thinking! I can’t wait to see what we talk about next time”

K.I.

SPRING ALTERNATIVES PERSPECTIVES FILM SERIES

Healing Homes – An alternative model for healing psychosis

As a “kick off” to the ***Spring Alternative Perspectives Film Series*** (organized by Western Mass RLC with several cosponsors including the MetroSuburban RLC) -- Daniel Mackler, director of the documentary ***Take These Broken Wings***, is returning to Massachusetts to discuss his experiences with ***Healing Homes*** in Sweden.

In his new documentary, ***Healing Homes***, he portrays the experiences of individuals in Sweden who were placed with farm families in the countryside as an alternative to traditional treatment.

Healing Homes is being shown in several different locations at different times. There will also be an opportunity for in person discussions with Daniel Mackler after each film showing.



**Metro Suburban RLC is cosponsoring the film showing on:
March 10 from 2pm to 4 pm
At the Arlington Town Hall, 730 Massachusetts Ave, Arlington.**

Other nearby showings include:

March 9 from 2pm to 4pm at Advocates, Inc., 1881 Worcester Road, Framingham

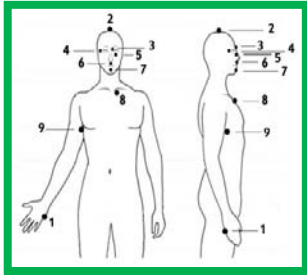
March 10 from 10am to 12 pm at the Boston Resource Center, Solomon Carter Fuller MHC, 85 East Newton Street, Boston

Daniel Mackler is a musician and film director. He was also a practicing psychotherapist until he ended his practice in March of 2010 in order to travel and investigate new treatment options for mental illness. He will be coming back to Massachusetts again in July to present and discuss another of his documentaries about the **Open Dialogues Project in Finland**.

For Your Healing and Well Being -- MERIDIAN TAPPING Workshops

We welcome you to try MERIDIAN TAPPING for promoting both your emotional and physical health and wellbeing. While Meridian tapping is based on the principles of acupuncture and acupressure – it is much easier to learn and use.





Meridian Tapping involves using your hand to “tap” different spots of your body to help reduce and control many different physical and emotional issues. It can be useful for reducing pain, stress, anxiety, insomnia, panic attacks, fears, and phobias. It can also be used to foster self confidence in a wide range of situation.

**The Metro Suburban RLC is hosting Two workshops
March 8th and March 22nd
12:30 – 1:30 pm**

Individuals are invited to participate in **one or both** workshops

**** Each workshop will have a different focus ****

March 8 – focus on *physical health* including pain reduction and weight management

March 22 – focus on *emotional wellbeing* including stress, anxiety, & self confidence

Space is limited – Sign Up Today - Contact Rhiannon at 617-472-3237 or rkimball@metrosubrlc.org

WELLNESS RECOVERY ACTION PLAN

A Wellness Recovery Action Plan and a “Wellness Toolbox” can be an integral part of your recovery and ongoing wellness. A WRAP is written **by the individual for themselves**. It includes identifying:



- What you are like when you are doing “well”
- Personal “triggers”
- Changes that indicate “things are breaking down”

While a WRAP can include a “crisis plan” for when things “break down”, many individuals find their “Daily Maintenance List” the most important part of their WRAP. It is a list of things individuals find useful and/or necessary to do for themselves every day in order to maintain their balance and sense of well being.

If you would like to learn more –
Join Us For An Introduction and Overview

**Monday, March 14
10:30 am – 12:00 pm
At the RLC office
460 Quincy Ave, Quincy**

RSVP to Rhiannon at 617-472-3237 x301 or email rkimball@metrosubrlc.org

Impressions of WRAP
by Michael McNeice

*Hope is Contagious. Catch some.
Kindness is free. Give some.
People need you. Help them.
Experiences are valuable. Share some of yours.
Dreams come true when you have the courage to follow them.*

I recently attended a ten-week session of W.R.A.P. meetings. W.R.A.P. stands for Wellness and Recovery Action Plan and is designed to help people experiencing symptoms of mental illness to better understand what they are going through (by increased awareness) to never lose hope, use their support system, and make better decisions.

Kerry and Scott were very helpful in letting us share experiences and learn from them. It was a special group of people, and I really miss them. Among the key concepts we learned about, the “Wellness Toolbox” was my favorite. It’s the kind of a list of things you can use to help yourself if you’re starting to feel overwhelmed or depressed. Some of these “tools” could be like meditation, taking a break from the fast-paced world, using some of your supports, reaching out to a friend, stopping for a large iced coffee :) **You know, whatever works!**

More Thoughts on Wrap

By Lucy

Wellness Recovery Action Plan includes a chapter on crisis handling. In it are suggestions about preparing for a crisis, i.e. how do you decide yourself when you are well, and how do you describe yourself when you are getting or have already become sick?

It includes listing your preferences, for example treatments and/or medications you are for or against You can also name supporters you would like to have kept informed and be of assistance to you and name those who have not been helpful to you in the past, or who for any reasons you may not wish to be involved in a crisis situation.

Each step in dealing with your crisis is carefully dealt with until you are out of a crisis. The suggestions made in WRAP are practical and thorough. In my opinion it is the best and most helpful chapter in the book.



Are You Interested In Becoming A Peer Facilitator?

- Have you reached a stable point in your recovery?
- Are you dependable?
- Do you work well with others?
- Do you have a desire to “give back” to others also on a journey?

*(We recommend experience as a group leader **and/or** experience as a member of a peer support group before you take the Peer Facilitator training.)*

There is still time to apply for the next Peer Facilitator training. The training scheduled for March has been postponed until April. We are still accepting applications for this training session from individuals available to start and/or facilitate support meetings at all of our current sites: Quincy, Arlington, Norwood, and Framingham.

The training will be held in Framingham on

April 4 10 am – 4 pm

April 5 11 am – 1 pm

April 6 11 am – 1 pm

For more information and/or to request an application

Contact Rhiannon at 617-472-3237 x 301 or by email rkimball@metrosubrlc.org

Some Thoughts On Community and Peer Support

I participated in the January Peer Facilitator training sessions and recently starting co-facilitating a group. The training provided us with all the tools needed to become a top notch Peer Facilitator. Congratulations to our eight graduates!! Also a big thank-you to Carol Gapski and Scott Wennerberg for the time they spent training and preparing us.

Jay Crossen

A community is made up of individuals with different backgrounds, gifts, and experiences. At the RLC each individual has a say in how things are run and what is shared. Some are further along on the road to recovery; but all are important towards making a real community, striving towards better understanding and health.

A community is a place where you can feel welcome. It is also a place where you are not afraid to be yourself. This will be a place where you can receive support and understanding from others. It is also where people can help each other by learning from one another. It should be a place where you take what you need. Then give back just as much if not more.

Sherrie Steen

There once was a person who didn't have a clue. Locked in a room away from me and you. Then it was out, finally free. Looking for help at the MSRLC. Speaking to Carol, Deb, Jen, Rhiannon, and all the volunteers. It became a very happy person full of laughter and cheers.

Ralph Marple –

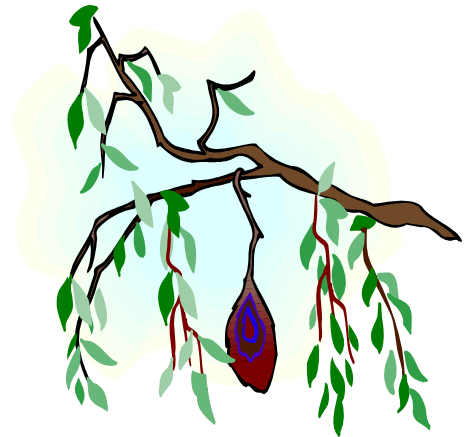
~~ UPCOMING EVENTS ~~

Please join us in the season's first

NATURE WALK

at Houghton's Pond

Friday, March 11th 10:30AM



Rain (or snow!) date Friday, March 18th

Walking can:

- * Reduce risk of heart disease and stroke
- * Reduce high cholesterol
- * Lower blood pressure
- * Reduce body fat
- * Improve sleep
- * Help decrease anxiety and depression

Dress comfortably, wear sneakers, and enjoy the physical/emotional benefits of a leisurely stroll around Houghton's Pond.

****PLEASE PACK A BROWN BAG LUNCH****

Space is limited! To RSVP call 617-472-3237 or email RKimball@MetroSubRLC.org

QPR Workshop – Suicide Prevention from a Peer Perspective

Thoughts of suicide are serious and can affect anyone at some point in their lives. Learn to use the principles of **Q**uestion, **P**ersuade, and **R**efer in supporting family members, friends, and peers in dealing with this issue.

March 18 from 10 am – 12 pm
At Advocates, Inc., 1881 Worcester Road
Framingham

Open House

At our "New" Framingham Site!!!

At Advocates, Inc., 1881 Worcester Road, Framingham

Thursday, March 31

3pm – 7 pm



Please come visit us at the office in Framingham. We have started peer support meetings in the area and are continuing to grow. Looking forward to meeting our brothers and sisters in Quincy – Lindsey and Scott

ANNOUNCEMENTS

Peer Workers Support Meetings --

Open To All Individuals Who Provide Peer Support –

Certified Peer Specialists, Peer Facilitators, Peers working as volunteers and other Peer Workers are encouraged to attend

March 18 12:30 pm – 2 pm at Advocates, 1881 Worcester Ave, Framingham

March 21 1 pm – 2:20 pm at Quincy office, 460 Quincy Ave, Quincy

New Peer Support Meeting

At Steps

12 Prescott Street, Arlington

Wednesdays 5pm – 6 pm

Dual Recovery Meetings at the Church of the Presidents

On Tuesdays and Thursdays have been cancelled due to limited participation.

Peer Support Meeting continues to meet at the RLC office, 460 Quincy Ave, Quincy on Thursdays from 1 pm to 2 pm

QBLTQI Peer Support Meeting

We would like to restart the QBLTQI peer support meeting again in April – if enough people are interested in participating.

Please contact Rhiannon at 617-472-3232 or by email rkimball@metrosubrlc if you would like to get this group started again!!!

Your Voice

~Paul B. Schlosberg~

It's in a place within. It's in your mom and brother too
It's in me, and I know it's in you
It speaks in tongues, and that's among its problems
Because until it's unraveled it's like
Yarn balled, tangled, on the bottom,
Within the brook of your soul
It squeaks, whispers, cries "poor me"
Stays stuffed, oppressed, under a manhole cover
That was at one time your living heart. Yes, it's your 'voice'
Yell it from the heights, and beneath tunneled archways.
The more it's used, the more clear, strong,
And subtle it grows, and it grows.
For years it may have been muzzled but have faith, it's still there
Problem was, you didn't acknowledge the jeweled eye
Of self-awareness that today you endear.
So, move on with urgency, keep seeking this light
Always seeking, and never stopping
Integrating all your haunts, pain, and strifes
Don't blow it off, there's a reason it has called
You're hearing it now, through this poem
Connecting your soul with these words
And guess what? You've got so much to say!
With a little oil, and some grease - TLC!
and a whole lot of 'free'
And, it awakens for you and then you find
It is you, it's your true self, uncovered
Yes, you've so much to give, so much to 'be'
And then, maybe you'll also find there's enough poetry in you
To dissolve rock from another's heart
The way I hope this poem is doing for you!

Calling All Volunteers!

There's lots of work to be done at the MSRLC and lots of people are eager to help. Do it together!

**Every Friday
Between 10:30 am – 2:30 pm
people just like you are joining forces for
Volunteer Collaboration Day.**

Have fun, meet people, and work hard to contribute to the continued growth and development of the MSRLC. Coffee and beverages will be provided. You're encouraged to bring in snacks/baked goods to share!

Reminder – we show a movie every Friday afternoon starting at 2:30 pm. So you can come in to work and stay for a free movie!!!!

See you soon!

Your Voice !!!!

We are looking for members of the MSRLC willing to add their personal voice to our monthly newsletter - NOTEWORTHY, and our website.

We “Want” To Hear Your Creative, Energetic Voice --

We want to include:

- Any news and/or upcoming events other members may be interested in
- Any articles, short stories, poems, etc you would like to share with other members
- Graphic materials – drawings, paintings, photographs, etc you would like to share

Don't worry if it is not already in “Computer Usable Form”. We can help with that part of the process.

Please contact Deb or Rhiannon at 617-472-3237 or email submissions to dwebb@metrosubMSRLC.org