

# KYCAN News for You

December 2009

Kentucky Consumer Advocate Network for Mental Wellness

## SPECIAL DATES:

Correctional Training, KCIW, Louisville	Dec 1
Advocacy/QS Classes, Paris	Dec 3
KY MHC Mtg., Lexington	Dec 9
CMHC Review, Pathways	Dec 9/10
KYCAN Affiliates Teleconf	Dec 17
Metro Disabilities Mtg.	Dec 18
BOD Teleconference	Jan 14
Advocacy/QS Classes Madisonville & Hopkinsville	Jan 20
CMHC Review, Adanta	Jan 21-22

### SPECIAL NOTE:

The United 847K Coalition Advocacy Events scheduled for the 2010 legislative session will be different!!! Three (3) Advocacy events are planned to be held at the Capital Rotunda and Annex. The state has been divided by CMHC and ADD Regions for the rallies. On Feb. 3, 2010 Western, Southern and Eastern KY will participate; Central KY on Feb. 17, 2010; and Bluegrass and Northern KY on March 3, 2010. Look at the Advocacy Action website [http://www.advocacyaction.net/Dot-\\_page.asp?Dotid=56](http://www.advocacyaction.net/Dot-_page.asp?Dotid=56) for more details and watch for more exciting news to come!!!!

## Thoughts from the Executive Director

Dear Friends,

This past month we had the privilege of spending some time in Eastern KY. It convinced me that there has to be a Santa Claus! Who else could transport so many toys up long, steep, drive-ways in a snow storm? I used to worry about that as a kid growing up in Ohio, but moving to KY made me realize in Ohio Santa only had hills, in KY he has mountains!

I love them and as an adult I can enjoy their beauty. They overwhelm me each and every time I drive through them. However to an "outsider" they can be pretty intimidating. I confess I had to ask a good friend to turn my car around in a driveway the last visit I made to Eastern KY. I made the

drive up the side of the mountain, but when I parked the car, the road did not look wide enough to move a Match Box car back down it!

Becky didn't even grimace at my request. She turned my car around like a pro, and I soooooo carefully followed Becky in her car back down the mountain with 3 very quiet buckled up passengers :)

How could Becky deal so comfortably with the mountain that literally terrified me, as I wondered where is Santa when you need him? Needless to say, he wasn't there, but a very special person stood in his place. She knew the mountains, better than him. Becky lives in the mountain area, and I knew I could trust her experience. Most of all I trusted her care to

see all of us arrive safely back home.

How much does this adventure sound like peer support? We all face mountain challenges sometime in our life, some of us on a daily basis. The real gift of peer support is that you don't ever have to face the mountain challenges alone.

Share your burdens with someone you trust. Realistically we know it would be a myth to expect Santa to get us up or down the mountain challenges of life. He is a jolly fellow, but it takes someone with lived experience to help us when we feel frozen on the steep mountains of life.

Let's all try to keep the peaceful and joyous feelings of the Holiday Season as we travel through the New Year.

*Wishing You All Peace, Joy, and Safe Travels, Doreen*

## CALLING FOR YOUR NOMINATIONS...

During the 2010 KYCAN Conference, we will be awarding special recognition awards. We need your help in identifying some well deserving people living in Kentucky. The first nomination is for the Ricki Dublin Award. It is given to a law enforcement officer who has helped a consumer in crisis in a very signifi-

cant way. We also award 2 Consumer Friend awards to people who have made significant contributions on behalf of consumers in their community. How about a legislator from your area, or someone who works behind the scenes on behalf of consumers? For full details, you can check out our web site at ky-

can.org or you can call the office and ask for a nomination form. Our conference is in full planning. We cannot wait to see you there on April 12-13, 2010. Sarah Welch is our Conference Coordinator, and her excitement is contagious! She is working with us to make this the best KYCAN Conference ever!!!!

## HAPPENINGS AND CELEBRATIONS!

Congratulations to *Sherry S.* who graduates this December from Morehead University with a Bachelor of University Studies with a Major in Psychology! KYCAN is happy that Sherry is a member of KYCAN's Board.

*Robin Bensinger*, Diversity Coordinator, represented KYCAN at the KY Commission on Human Rights Advocacy Hearing. Panelists discussed the barriers individuals



face with a mental disability in the daily realm of work, public places, and housing.

*Way to Go Harmony House!* Congratulations to all of you for completing the Advocacy Class. The class graduates are: Larane P., Barb B., Marika L. S., Rose H., Bonnie E., and Erin O'C. Special thanks go to the Harmony House TRP Directors Jason and Elaine for making this class possible and to Debi Smith, KYCAN Staff for teaching the class.

KYCAN proudly announces that *Irene Davis* will be serving on the Metro Disabilities Coalition Council as our representative. Irene previ-

ously worked as KYCAN's Education Director. We are excited about working with her again as she shares her time and talents with all of us.

Congratulations to *Doug Crowds* who works with our Affiliate Coordinators. We now have 49 counties represented and 55 affiliate coordinators. If you are interested in helping in your community as a volunteer, contact Doug at KYCAN for an application form.

Best wishes to Cathy Guffy, Intern at KYCAN. She finished her Fall Semester and is preparing to graduate. She will be missed!

## Emotional CPR

KYCAN will be offering a very special certification training on April 11-13, 2009 called Emotional CPR (eCPR). What is eCPR? It is an educational course to train people to assist others through an emotional crisis. There are three basic steps: C=Connecting (deepening listening skills); P=empowering (helping helpers become empowered and to help assist others to feel more hopeful); and R=Revitalizing (help for re-engaging

relationships and restarting or beginning new routines to gain a sense of accomplishment to energize the healing process.) This will be the first offering in Kentucky for this course. It will be taught by Daniel Fisher, MD, PhD., Lauren Spiro, MA, and Ann

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Rider, MSW, CPRP. There is an application form on the KYCAN website: [www.kycan.org](http://www.kycan.org). There will be a \$50.00 charge (KYCAN members) and a \$55.00 charge (non-members) to help defray the costs. The fee will include all materials, meals, inclusion in some of the KYCAN Annual Conference activities, and motel rooms (2 occupancy.) Hurry and send in your application to the KYCAN Office to reserve your place!

## GUIDING PRINCIPLES OF RECOVERY

The following list are the Guiding Principles of Recovery. They are part of the SAMHSA's Center for Substance Abuse Treatment's *Guiding Principles and Elements of Recovery-Oriented Systems of Care* (SAMHSA News, Sep/Oct 2009.)

- There are many pathways to recovery.
- Recovery is self directed and empowering.
- Recovery involves a personal recognition of the need for change and

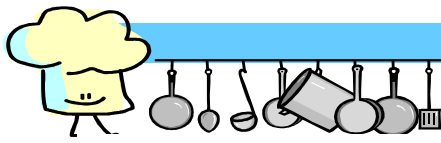
transformation.

- Recovery is holistic.
- Recovery has cultural dimensions.
- Recovery exists on a continuum of improved health and wellness.
- Recovery is supported by peers and allies.
- Recovery emerges from hope and gratitude.
- Recovery involves a process of healing and self-redefinition.

- Recovery involves addressing discrimination and transcending shame and stigma.
- Recovery involves (re)joining and (re)building a life in the community.
- Recovery is a reality. It can, will, and does happen.



RECOVERY IS A REALITY...



Tis' the Season to be jolly, especially if you like to cook, bake, or eat, it is better yet if you enjoy all 3! Believe it or not cooking does not come easily to me! I love looking at recipes especially the ones you all send in. However cooking and baking are not only hard work, they are time consuming. Therefore I find eating the more enjoyable hobby of the Holiday Season! Did you ever notice how many holiday covered dish dinners there are? Most of my family and friends love cooking and baking them. In a panic, I am the person who brings, store bought rolls (piled so very high in a nice basket) that you would almost think they were homemade. I learned desserts are the easiest to volunteer for. Everyone loves a good store bought cheese cake or Holiday

Decorated Cupcakes. If you want to be a really big hit, buy both chocolate and vanilla cupcakes with plastic ring decorations. Kids love to lick the icing off and wear them. I have witnessed some *over indulging* adults enjoy the new costume jewelry too. This Holiday Season, I found a recipe that I can actually make at home and bring in my brand new, 5 year old crock pot! Finding this kitchen appliance reminded me of a hang-up sign that I gave to my best friend, who like me, has a cooking challenge. It reads, "The only reason I have a kitchen is that it comes with the house!" For those of you who love to cook and bake, you are appreciated and admired by those of us whose hobby is to enjoy your talents! And for everyone who is busy, here is a delicious, easy recipe for us!

## ULTIMATE PARTY MEATBALLS

- 1- 16 ounce can of Ocean Spray Jellied Cranberry Sauce
- 1- 12 ounce bottle Heinz Chili Sauce
- 1- 2 pound bag frozen, pre-cooked, cocktail-size meatballs

### *Directions for Crock Pot:*

Place meatballs in a slow cooker. Combine sauces and pour over meatballs. Cover and Cook 4 hours on high.

*Directions for Stove Top:* Combine cranberry sauce and chili sauce in a large pan. Cook over medium-low heat, stir until smooth., Add meatballs. Cover and cook 15 minutes or until meatballs are cooked thoroughly, stirring occasionally.

## CURE THE HOLIDAY BLUES

Do you get the "Holiday Blues?" Here's a sure-fire cure. Many people have a different experience of the holidays. For some, it's a time of joy, peace on earth, and optimistic hope for the New Year. For others it is a time when they are overwhelmed by the feelings of stress, fatigue, or a general sense of unease often caused by relationship struggles with close family.

One of the biggest triggers of the holiday blues is expectation- an expectation about what is supposed to happen, and how others should act. If you have an expectation about how some-

one *should* behave then you are essentially saying, "I will be alright only when you act in a way that is acceptable to me."

As an example: If teenagers get bad grades parents may say to them, "If you do terrible in school you will never get to college. You are ruining your future!" Parents may say this because they care about their teenagers. Parents get really upset, because they care so much. This type of caring is all about *fear*. No matter what the circumstances, the belief is always the same, "I will be okay *when you act differently*."

To have a more enjoyable holiday this year, try to care less and love more. It simply means you are not going to be dependent on another's behavior to be

happy or at peace. When you care less and love more, you won't be dependent on another's behavior to be happy, or at peace. When you care less and love more, you won't take their behavior personally, because you realize that how they act has *nothing* to do with you caring less and loving more does not require being distant or unfeeling. You can choose love- being expansive, open, accepting, and warm- yet not get hooked into the trap of holiday drama. Try not caring so much in a loving way this season. I guarantee you will feel a lot better! (by Ray Dodd, *Belief Works*, 2009.)



## A Little Bit of Humor

A man found himself in terrible financial difficulties. He was so desperate that for the first time in his life he got down on his knees and prayed for help "Dear God, I desperately need your help. I have no money to spend on Christmas presents for my family. Could you please arrange it so that I can win the lottery?" The lottery drawing was held, but he won nothing." He prayed again. "My business has gone bust! I'm going to lose my car, and Christmas will be very difficult.

Please fix things so that I win the lottery." Lottery night came, and he did not win again. He sent up yet another prayer, "Please God I lost my car, and now they are trying to take my house. Please help me win the lottery, or our Christmas will be ruined." However he failed again to win anything. Undeterred he prayed, "I am now bankrupt, and my house has been repossessed by the finance company. We are living on the street, but all I need to get my life back together and to enjoy

some kind of Christmas would be to win the lottery." Suddenly there was a brilliant flash of light as the skies opened. The man hears the voice of God! He said, "Hey, do me a favor will you? Buy a lottery ticket!



Where do snowmen go to dance?  
*Snowballs.*

What happened when the snow-couple got into an argument?  
*She gave him the cold shoulder.*

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Mental Wellness

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*Wishing You a Joyful Holiday Season and the Happiest New Year,  
From KYCAN's Board of Directors, Staff, and Volunteers*