

KYCAN NEWS FOR YOU!

Kentucky Consumer Advocate Network, Inc.
for Mental Wellness

Gossip: Just Isn't Cool in the Consumer Movement

Dear Friends,

I like to write positive messages. I love sending readers thoughts to think upon and to feel good about. My hope is that a hello from KYCAN brings a smile to your face, if not today, maybe tomorrow. I wish that everyone would respond in a favorable way.

Unfortunately we do not live in a perfect world, and occasionally a person's response is negative. I deeply respect the right for everyone to have an opinion- positive or negative. However gossip, especially malicious gossip, is not an opinion, and it most definitely has no place in the consumer movement.

Virginia Allen distinguishes between "good gossip" and "bad gossip." She defines "good gossip" as casual talk about other people and "bad gossip" as casual talk turned into malicious words. Bad gossip hurts. It destroys reputations; spreads negativity

that seeps into the depths of any cause; raises doubts and lowers trust; demeans and lowers self-esteem which in some cases has even caused suicide or attempted suicide.

Rudyard Kipling wrote this about gossip, "... (they) took pleasure in seeing me wince." If it hurts so much, why do some people get joy in hurting others? Although gossip may be a form of socialization, malicious gossip is an unhealthy way that some people deal with their personal issues and agendas.

We all can relate to financial difficulties and unexpected crisis. Yet the most challenging problems that I have encountered over the years, especially those while working at KYCAN has been dealing with all the gossip that swirls around the consumer movement, including KYCAN, our leaders and myself. I am not lecturing or pointing fingers, but this issue is important

enough to address.

Real life in recovery is difficult enough without any consumer or consumer group having to deal with malicious gossip. No one comes out a winner, and no movement can ever move forward with it.

If you hear gossip ask yourself, "Do I have all the facts?" If you can not answer with a resounding yes, get all the facts. Go directly to the person or group talked about. Get the other side of the story.

Let's work together to keep gossip from spreading. It makes the lives of our peers miserable. It utterly destroys any good that we have and can accomplish in Kentucky's Consumer Movement. Let's help malicious gossips live healthier lives. Do not be afraid to let the person know that *Gossip in our Consumer Movement just isn't cool!*

Wishing you all only words that empower, *Doreen*

Criminal Justice Student: Interns at KYCAN

KYCAN proudly announces a new venture. We have created an on site College Internship Study Program. Cathy Guffy has enrolled as our first Intern. She is a student at the Daymar College and

was approved to do her Fall 2009 Internship at KYCAN. She will be joining us this month in our Louisville Office. Cathy is interested in the criminal justice field. She wants to learn as much as she can

about working with people who have mental illnesses. Her interest started, because she has a niece with autism. Cathy will graduate in January 2010. She is the mother of 3 children. Welcome Aboard, Cathy!

SEPTEMBER 2009



Mark Your Calendars...

Crisis Intervention Training-LMPD	Sept. 22
Harrodsburg BRIDGES Begins	Sept. 29
Richmond BRIDGES Begins	Oct. 21
Mental Health Olympics Shepherdsville	Oct. 1
Eastern State Hospital Conference	Oct. 2
BRIDGES to Recovery Louisville	Oct. 5
Case Manager's Training	Oct. 7 & 14
KYCAN Board Mtg.	Oct. 15
SAMHSA Institute	Oct. 26-28
NAMI Morehead Presentation ADMHT	Nov. 10
KY RIVER CMHC Review	Nov. 16-20
Pathways CMHC Review	Dec. 9-10
Creating YOUR Yellow Brick Road Beyond Recovery	April 12-13, 2010
KYCAN Consumer Conf	

Happenings and Celebrations!!!

Barbara W. from Madisonville has joined the "I Quit Club!" She stopped smoking 3 months ago, and we celebrate this accomplishment with her!

Congratulations to all members of the Commissioner of Mental Health Search Committee for completing the search and interview process. We are all eagerly waiting for the announcement of a new commissioner for the KDBHDID. A special thanks to *Eric Friedlander, Acting Commissioner*, for facilitating this search process and making it inclusive for consumer participation. *Betty Jo Moss* represented

KYCAN during the candidates' interview process. Thank you, *Betty Jo*, for your time and interest in this process.



Congratulations to the newest WRAP participants from Munfordsville: *Paula B.; Peggy G.; Ruth Ann T.; Brenda S.; Chris T.; Kenneth G.; John T.; Franklin W.; Mark D.*; and *Jo C.* Way to go, Class! A special thanks is sent for all your hospitality especially to *Jo* and *Sandy* for making the time possible!

Sarah Welch joins the KYCAN staff as this year's 2010 Annual Conference Coordinator. From the time that she was 9 years old she has worked with the general and the not so general public, and eventually plans to attend college and become a Pharmacist. Along with an insatiable desire to help people, she has previously worked in a church setting, and in a Christian Bookstore. In her free time she enjoys spending time with her husband and dog, playing music, and visiting with friends and family. Sarah loves working with people and finding a way to make a positive impact, no matter how small, on some else's life. Welcome, Sarah!

Seven Characteristics of a Person Who Has Recovered from Mental Illness by Daniel Fisher, M.D., Ph.D.

Dr. Fisher passionately advocates that people do and can recover from mental illness. The following is a list of elements that have evolved from research at the empowerment center, literature, and numerous focus groups. Dr. Fisher has collected his data over the last 10 years. Seven Characteristics of a Person Who Has Recovered from Mental Illness: (1.) Makes their own decisions in collaboration with other people outside the mental health system. (2.) Has a meaningful and fulfilling network of friends out-

side the mental health professionals.

(3.) Has achieved a major social role/identity other than a consumer (such as student, parent, worker.) (4) Medication is one tool among many freely chosen by the individual to assist in their day to day life (used as chronically normals use medications.) (5.) Capable of expressing and understanding emotions to such a degree that the person can cope with severe emotional distress without it interrupting their social role and without them being labeled symptoms.

(6.) A Global Assessment of Functioning Scale (GAF) score greater than 61: "functioning pretty well, some meaningful interpersonal relationships and "most untrained people would not consider him/her sick." *Note: The GAF is a 100-point tool rating overall psychological, social, and occupational functioning of people 18 yrs & older.* (7.) Sense of self is defined through life experience and interaction with peers. Dr. Fisher writes, "After people recover from mental illness they still go through emotional healing..."

Methamphetamine: Myth and Facts

Myths and Facts About Meth

Myth: Using meth will give you a lot of energy.

Fact: Meth dangerously increases your heart rate and blood pressure. The extra energy leads to convulsions and tremors, strokes, heart attack, coma, or death.

Myth: Meth is safer than heroin and cocaine.

Fact: Meth is more harmful than cocaine and heroin. It is highly accessible

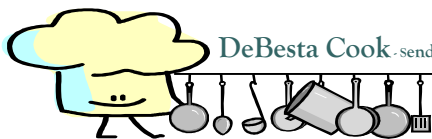
and cheaper to produce, with side effects that are just as deadly.

Myth: Meth will help you lose weight.

Fact: meth takes away your appetite for everything except meth, resulting in pale complexion, sunken eyes and cheeks, and rotten teeth. Meth makes your body cannibalize itself.



Methamphetamine is a "souped-up" version of amphetamines produced in makeshift laboratories. It can be smoked, eaten, snorted, or injected. The death rate from meth has tripled over the last 3 years. Treatment is imperative. If you do not know where to go for help, call 1-866-535-7922 or go on-line to www.methhelpline.com. Skill build writes, "Every day with a meth addiction takes a person further from a cure and closer to death."



The scent of fall fills the air. Football season begins and autumn leaves line the hillsides and yards. Pumpkin patches mysteriously begin to come alive with bright garden orange. This time of year awakens kitchen enjoyment, and personally it doesn't come often! I found this recipe that taste great and smells delicious while baking!

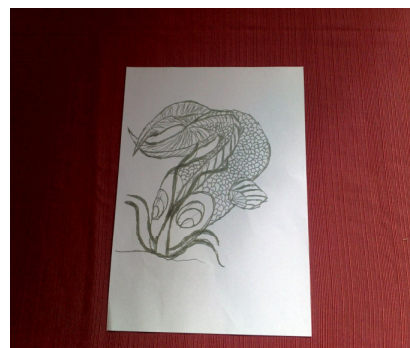
PUMPKIN DELIGHT

- Crust:** 1 *Yellow Cake Mix* (reserve 1 cup)
1 stick *margarine*, melted
1 *egg*
- Filling:** 1 can (29 ounces) *pumpkin*
2 *eggs*
2/3 cup *milk*
1 cup *sugar*

- 1 teaspoon *cinnamon*
1/2 teaspoon *nutmeg*
1/2 teaspoon *ginger*
1/2 teaspoon *salt*
- Topping:** 1 cup *reserved cake mix*
2 tablespoons *sugar*
1/2 stick *margarine*

Preheat oven to 350 degrees. To make crust, combine cake mix (minus 1 cup), melted margarine, and egg. Press into greased 9x13 inch pan. Combine all filling ingredients and mix until smooth. Pour over crust. For topping, mix reserved cake mix, cinnamon, and sugar; cut in margarine until crumbly. Sprinkle over filling. Bake 50 minutes, or until knife inserted into center comes out clean. *Eat and Enjoy!!!*

KENTUCKY ARTIST

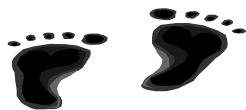


This sketch of a Koi fish was sent in to us from *Daniel Edward Ray* from Cave City. He wrote, "I want all things to be perfect for all things and you." Thanks for the excellent piece of art and the thoughts!

Footsteps of Life

by *Paul Wrege*

Dedicated to *Bob Burns*



Follow your foot steps short and long. *Putting away*

your tear drops that don't belong. While leaving all your bad feelings behind. *There will be love with friendship to find.* Good things will happen don't give up. *As you chase them away with love and trust.* So be sincere in what you say and do. *For there will be someone to pull you through.* Life has a big tomorrow every day. *Be faithful to yourself and don't forget to pray.* Just carry a smile to brighten up your way. *Because that can change everything.*

BRIDGES to RECOVERY

Robin Bensinger, Diversity Coordinator, has organized a new support and education group called Bridges to Recovery. It will be held at the Zion Baptist Church at 2200 W Muhammad Ali Blvd., Louisville, KY starting on Monday, October 5, 2009 at 7:00 pm. The group will meet the first Monday of every month. Persons having a mental health diagnosis are all welcome to learn, heal, grow, and interact. For more information contact Robin at the KYCAN Office 245-5281 or 644-4835.

Poetry Can Heal

by *Robin Bensinger*

Poetry is a balm for the soul.
It will help you relax and unfold.
Unwind without unraveling
Your poems can help you deal
With everything you feel
They can help you escape
From an otherwise dreary day
They're healthy and let you play
So before you throw in the towel
Write a consonant and then a vowel
Then a whole line, and another one that rhymes
Soon you'll have a poem or two or three
And you will see
How wonderful a tool for healing
is that thing called poetry.

A Little Bit of Humor



Paddy walks through town on a day when he spots an interesting looking box in a shop window. He enters the shop, grabs the box, and gives it a shake. Paddy thinks to himself, "This must be some sort of a million piece jigsaw puzzle!!!" He buys the jigsaw puzzle. When he arrives home, he pours the jigsaw puzzle out across the table, but all of the pieces are the same. Paddy tries turning them over,

but they still all look the same. So he decides to call his friend. "Hello, Patrick?" "Hello, Paddy!" "Patrick I've got a bit of a problem. I've bought this million piece jigsaw puzzle and all the pieces look the same." "Well, have you tried turning them over, Paddy?" "Yes, yes, I have tried, and they still look the same." OK, I'll come round to your house in a minute, but tell me one

more thing, what's on the front of the box?" "Oh, some sort of young rooster." When Patrick arrives at Paddy's, he takes him through to the living room where the jigsaw was laid out across the table. "You see, Patrick, this is my million piece jigsaw puzzle with all the pieces that look the same." And Patrick says..."Paddy, that is a box of Corn Flakes!"

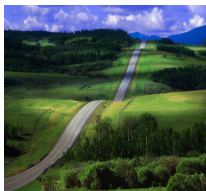
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Recovery: A Journey of Hope *by* Cindy Gibson

If you ask individuals who are diagnosed with severe mental illness or emotional disturbance and their families what

recovery means to them, you are likely to receive many different answers. For some, recovery means not having the symptoms of mental illness. For others, it means succeeding in school or getting a better job. Still others will tell you it is not possible, since there is currently no cure for most severe mental illness. The one constant when you ask consumers what their definition of recovery is that the answer is characterized most often by hope or lack of hope.

Consumers who are hopeful often describe their vision of recovery as one of setting and accomplishing goals, achieving milestones, and experiencing success in their lives. Most of the time, consumers talk about having friends, being accepted and respected by their communities, working in fulfilling jobs, and experiencing meaningful family and romantic relationships.

Consumers and families who lack hope often answer this question differently. They may express skepticism about the concept of

recovery, doubts about the value of treatment, or hopelessness about the ability for their lives to improve. The starkest difference between these two groups is that consumers and families who lack hope are less likely to describe future goals or experiences goals as reachable.

To clearly define recovery, the Substance Abuse Mental Health Services Administration, within the U.S. Department of Health and Human Services convened an expert consensus panel on the subject. The following consensus statement was adopted as a result of the work of this group. "Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential." The consensus panel also defined 10 fundamental components of recovery: (1.) Self-Direction- Recovery must be self directed by the individual, who defines his or her own goals and decides the path that he or she follows to achieve those goals. The primary goal of the system of care is to assist the consumer in setting and meeting his or her own goals. (2.) Individualized and Person centered- Recognize that there is more than

one path to recovery, depending on the individual consumer's experiences, likes and dislikes, abilities and cultures. (3.) Empowerment- Consumers have the ability to choose their services and participate in decisions about their treatment without fear... empower them by providing necessary education and information about their diagnosis and treatment choices. (4.) Holistic- Recovery is much more than a resolution of symptoms. It encompasses body, mind and spirit. Families, friends, health care providers, employers, schools, churches, and community organizations all play a role in recovery from mental illness and severe emotional disturbances. (5.) Non-linear- Recovery is a journey or a transformative experience...a process of two steps forward and one step backwards...Relapse is treated as an opportunity for growth. (6.) Strength-based- Values are the inherent worth of each individual and recognizes his or her unique strengths and abilities. (7.) Peer Support...Peer support is a key component of treatment (8.) Respect- Individuals desire to be accepted by society and to be treated fairly...educate the full community about mental illness...emphasize inclusion. (9.) Recovery oriented systems provide support, encouragement, training, and a nurturing environment to help individuals build the necessary skills to make responsible choices. (10.) HOPE- Recovery is possible and instill hope in every consumer.