



Recovery In Action

Learn—Grow—Succeed

November/December
2010

Recovery In Action

My Recovery Story

Some time ago, at a very bad time in his life, John wrote the following at the request of a staff member.

Challenge: To become an active, productive member of society, making a difference in my own way, and being happy with my life and enjoying it.

Steps to reach goal:

The goal is a never ending process. You can say you have met it, but at the same time, you could lose it without continually working on a future goal or level of accomplishment. It is always a work in progress. So, wake up in the morning and feel good about myself. Have a purpose in life, a mission. Be able to look in a mirror and be proud that I was put on this planet for a purpose and at least halfway accomplished it. To have my kids call me dad and to be able to spend the rest of my life knowing them.

Update:

John was a graduate of the peer training in his county. He now helps facilitate two support groups, as well as being requested to help those from another support group. John now has a purpose, which is to be able to share what he's learned the hard way, in order to soften the ride for those who follow. John IS proud of what he's doing. He is a valuable member of the peer communities in his county. He has worked hard, attended more than 80 hours of training, and will continue to learn so that he can help others. He is thinking of ways to be more involved, and can be counted on to follow through on everything he commits to doing. Congratulations, John!! You're an important part of peer support in your county! I hope to find more like you.

John, like many others, is finding that being a volunteer can be an important part of Recovery, and help a person to feel valuable and needed. Volunteering does wonderful things for a person. I know that volunteering was how I started my own Recovery. Never think that you can't be an important part of the consumer movement, because you can! There are many different ways to help your peers. Let's talk! 970-257-0891 Thanks, and I hope to hear from you! Janice

New Support Group Starting in Rangely

There is a new NAMI support group for consumers and family members starting in Rangely. It will meet on the last Tuesday of each month at 6:30. Call Linda, 970-629-9470 for details. In November, they will be watching the video "Change Your Brain, Change Your Life" by Dr. Daniel Amen.

New Support Group Starting in Eagle

There is a new NAMI support group for consumers and family members in Eagle. It will meet on the 2nd and 4th Monday of each month from 6:30-7:30pm at Colorado West Mental Health, 137 Howard St., Eagle, CO. The Peer Group will meet every 2nd and 4th Monday from 6:30 to 7:30 P.M. For information contact Ed Thompson at 970-904-2570 or CWMHpeergroup@gmail.com.

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"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes."—William James

Beating the Holiday Blues (POSTED DEC 4, 2009—www.yourchn.com) (Colorado Health Network)

It's here again—that time of the year when movies, TV, and magazines focus on images of holiday cheer. Holiday icons are everywhere, and “Rudolf the Red-Nosed Reindeer” fills the air. Healthy, happy, cheerful families are depicted sitting around a mahogany table laden with bountiful holiday fare.

But it can be pretty depressing if your reality falls short of the expectations set by such media images. Maybe your family has suffered a loss through divorce or death. Maybe a loved one is ill, or in a distant city. Maybe there's not enough money to buy the kinds of gifts and holiday trimmings you hoped for. Maybe you're not on speaking terms with certain family members, or maybe you're under so much stress that holiday obligations only add more pressure to your life. Maybe you're alone, and lonely.

Of course, holidays can be wonderful. But often, they're not all they're cracked up to be. That's when the holiday blues can kick in. Most of us know the signs: a "blah" feeling, difficulty getting involved in the holiday spirit, irritability, sadness, even depression.

Fortunately there are some things you can do:

Plan your time carefully. Plan your visit with your family so you don't fall back into your childhood role. Take your parents out to dinner, spend time with them individually, and plan activities for yourself away from your parents.

Have realistic expectations. When families have reunions, tensions appear. Expect this and try not to let any problems get you down. You can't fix everybody!

Practice creative gift-giving. If money is tight, consider setting a limit on the amount spent on gifts within your circle of friends and family. Try making gifts or give the gift of your time in the form of a useful service like babysitting or dog walking. In large groups, each person can be assigned one person to buy a gift for, drastically cutting down on the amount of money that needs to be spent.

Be kind to yourself. Expect to miss loved ones during this and allow yourself time to reflect. Remember to count your blessings, too!

Reach out. If the holiday blues are severe or hard to take, seek professional help. Your Employee Assistance Program can provide free, confidential holiday stress management or help with any personal matter. **Call Us: 1-800-804-5008** (<https://www.achievesolutions.net/achievesolutions/en/chp/>)



PEAK Phase I Implementation

This is a self-service interactive website that assists individuals to find out what programs they could be eligible for: Colorado continues to improve the eligibility determination process. A new Web site, Colorado.gov/benefits, allows individuals to determine if they are potentially eligible for food stamps, cash assistance, Medicaid or CHP+ through the "Am I Eligible" function. The PEAK Web site walks a potential client through a process and then provides useful information about their eligibility and how to apply. The PEAK "Check My Benefits" function allows existing CBMS clients the ability to check on benefits.

For more information about the PEAK system, visit www.Colorado.gov/benefits.

PEER SUPPORT GROUPS IN EAGLE; FRISCO; GLENWOOD SPRINGS; RANGELY; RIFE; STEAMBOAT SPRINGS; SUMMIT COUNTY

Eagle

NAMI General Support Group for consumers and family members. The group will meet on the 2nd and 4th Monday of each month from 6:30-7:30pm at Colorado West Mental Health; 137 Howard St. Eagle. For more information contact Ed Thompson on 970-904-2570 or e-mail at www.CWMHpeergroup@gmail.com.

Frisco

Peer Support Group Mental Health and Substance Abuse

Monday's at 12pm at Colorado West Group Room, 360 Peak One Drive, Suite 110, Frisco.

Glenwood Springs

General Support Group

1st and 3rd Wednesday of each month at 6pm at Colorado West Mental Health, 6916 Hwy 82 Glenwood Springs. For questions, contact Janet at 970-945-5737.

Rangely

NAMI Support Group for Consumers and Family Members. Contact Linda 970-629-9470 for more information.

Rifle

General Support Group

2nd and 4th Wednesday of the month at 6pm at Grand River Plaza #1; 796 Megan Way (3rd floor). 970-309-9177.

Steamboat Springs

Bi-Polar/Depression Support Group meets the 1st and 3rd Wednesday of each month at 6:30pm in conference room 2 of the hospital. (call Rona at 970-846-8182 or 970-875-2941 for information)

- If you want information on the **Heartbeat Suicide Survivor's Support Group**, please call Ronna at 970-846-8182 or 970-875-2941.

Summit County

NAMI Support Group for Families of Adults—Contact Sylvia 970-668-3114.

*"Those who wish to sing, always find a song." -
Swedish Proverb*

RECOVERY TRAINING AND PEER SERVICES ARE EXPANDING TO RURAL AND RESORT COUNTIES

Colorado West is looking for mental health consumers who are interested in learning more about Recovery from mental illness, and/or interested in providing support to their peers. Recovery is different for everyone, and allows those with a diagnosis to create a fulfilling, productive life in spite of their illness.

The recovery training portion of the program will be 48 hours, two days a week for four weeks. The Peer training will be an additional 48 hours, two days a week for four weeks. CLASSES START IN CRAIG. GLENWOOD SPRINGS; RIFLE SOON! Regardless of what county you may live in, if you

have an interest in the class, please contact Janice at jcurtis@frontier.net or 970-257-0891. This class is also open to family members who want to advance their learning.

We are looking forward to having peer support in every county of Colorado West if at all possible. We can't do that without the help of mental health consumers from each county. We need your help. If you are interested, please consider taking the class for your own Recovery, and then we can decide if you want to go on to provide peer support.

*If you don't know
where you are
going, you will
probably end up
somewhere else ."*
- Lawrence J. Peter

Seasonal Affective Disorder: What Is It?

Reviewed Oct 22, 2010—www.yourchn.com—Colorado Health Network)

SUMMARY—SAD IS A MOOD DISORDER RELATED TO THE SEASON OR TIME OF THE YEAR. People with seasonal affective disorder (SAD) suffer from mood disorders related to the season or time of the year. SAD also may be referred to as “winter depression.” However, while most people with SAD experience onset of symptoms in the late fall or early winter, some experience symptoms in late spring or early summer. For these people, SAD also may be known as “summer depression.”

An Interior Health Authority survey of the scientific literature estimates that SAD occurs in about 6 percent of the population, with some 10 percent to 20 percent of the population experiencing milder forms. There is no question regarding the legitimacy or reality of the disorder.

While the specific biological mechanisms of the disorder remain unclear, SAD probably relates to the effect of seasonal light variation on humans—perhaps not unlike that of reproductive cycles and hibernation in some animals. Over the course of a year, the patterns and amount of available sunlight changes. Research has found that this causes changes in people’s circadian rhythms, or internal “biological clocks.” *The Diagnostic and Statistical Manual of Mental Disorders Fourth Edition Text Revision (DSM-IV-TR)*, indicates that for people with SAD, these changes can disrupt their biological clocks and cause depressive symptoms and other related symptoms, including:

- weight gain
- increased sleeping
- decrease in activity level
- decrease in energy level
- difficulty thinking, concentrating or making decisions
- cravings for sugary or starchy (high carbohydrate) foods

CAUSES: While no conclusive laboratory tests exist for SAD, melatonin has been linked to the disorder. Melatonin, a sleep-related hormone secreted in the brain, may cause symptoms of depression. The production of melatonin increases the more a person spends time in the dark.

Even though circadian rhythms also may play a role in SAD, so far research studies have not produced any consistent findings that indicate a direct, causal relationship. Some preliminary studies have examined brain imaging. And while it is too soon to reach any conclusions, initial findings suggest that people with winter-type SAD may have abnormalities in parts of their brains known as the prefrontal and parietal cortex areas, while people with summer-type SAD may have abnormalities in the orbital frontal cortex and the left inferior parietal lobule.

HOW COMMON IS SEASONAL AFFECTIVE DISORDER? Research indicates that the occurrence of winter-type SAD may vary depending on the latitude at which a person lives, as well as sex and age. Specifically, the disorder is more common in higher latitudes—it is 7 times more common in Washington state than in Florida, and in Alaska, the prevalence rate is 8.9 percent, and higher for subsyndromal SAD, at 24.9 percent. It is also higher for women and among people in their 20s. Generally, estimates of the prevalence of the disorder range from 4 to 6 people out of 100, while 10 percent to 20 percent of the population may have milder forms of SAD. Some studies indicate that it usually doesn’t start in people younger than age 20, however, one study found up to a 5 percent occurrence rate for children in Minnesota (albeit with fewer children experiencing a full depressive episode).



AFFIRMATION CORNER:

I can release the past and forgive everyone. I free myself and everyone in my life from old past hurts. They are free and I am free to move into new, glorious experiences.

I release all fears and doubts. I accept myself and create peace in my mind and heart. I now choose to free myself from all destructive fears and doubts. I am loved and I am safe.

I forgive myself. As I forgive myself, I leave behind all feelings of not being good enough, and I am free to love myself.

The past is over. This is a new day, one that I have never lived before. I stay in the now and enjoy each and every moment.

I am worth loving. I do not have to earn love. I am loveable because I exist. Others reflect the love I have for myself.

It's only a thought, and a thought can be changed. I am not limited by any past thinking. I choose my thoughts with care. I constantly have new insights and new ways of looking at my world. I am willing to change and grow.

I am willing to change. I am willing to release old, negative beliefs. They are only thoughts that stand in my way. My new thoughts are positive and fulfilling.

Websites of Interest:

Get Hooked Into Local Support with National Alliance on Mental Illness-Western Slope: www.namicolorado.org/gjname or e-mail at www.namiwesternslope@gmail.com

Colorado Health Partnership has a very informative website. The website is primarily for Medicaid members, but non Medicaid individuals can access a vast amount of information including over thousands of articles on health and mental health issues. Visit www.yourchp.org.

Stop the Stigma (www.NKM2.org) Have you seen the terrific YouTube public announcement featuring actor Harrison Ford? The new PSA was produced by actor Joe Pantoliano's No Kidding Me Too "Stomping the stigma" campaign and includes several actors. Check it out at www.NKM2.org/videos.

Recovery website with lots of information: www.recoveryhope4all.com

"If you want to increase your success rate, double your failure rate." - Thomas

John Watson, Sr.

A habit is something you can do without thinking—
which is why most of us have so many of them.—Frank
A. Clark.

Where to find Peer Support on Western Slope

Delta/Montrose—see page 6

Grand Junction—see page 7 & 8

Gunnison— contact Kelly at The Center for Mental Health at 970-252-3201 or khause@midwestmhc.org

Meeker—contact Lisa at 970-878-4305

Eagle/Frisco/Glenwood Springs/Steamboat/Summit

Rangely—see page 3



Office of Member and Family Affairs— Resource/Education Library Presentations and Educational Events Community Outreach/Awareness Activities

Director Office of Member and Family Affairs

Carol Jean Garner
970-252-3212
cgarner@centermh.org
Office of Member & Family Affairs
Office Assistant
Kelly Hause
970-252-3201
khause@centermh.org
Center Family Advocate
Tabitha Cardenas
970-252-1423
tcardenas@centermh.org
Center Advocate
Carol Jean Garner
970-252-3212
cgarner@centermh.org
Grievance and Appeals
Robert Etunburn
970-252-3219
retunbun@centermh.org
The Center for Mental Health Website
www.centermh.org

The Center for
Mental Health
2130 East Main St.
Montrose, CO 81401
970-252-3200

The Center for Mental Health Office Locations:

Administration Office	970-252-3200
Miami Outpatient Office	970-249-9694
Delta Outpatient Office	970-874-8981
Gunnison Office	970-641-0229
Western State College Office	970-943-2484
Norwood Office	970-327-4449
Telluride Office	970-728-6303
Nucla Office	970-864-2198
Olathe Program	970-323-8699
Grievance and Appeals	970-252-3219

24-Hour Crisis Line 970-252-6220

Peer Specialists

Carol Jean	970-252-3212
Barbara Browner	970-964-2120
Gwen Anderson	970-965-2125
Debra Staples	970-874-0436
Tabitha Cardenas	970-252-1423
Jim Jones	970-252-1423
Kelly Hause	970-252-3201

Suicide Prevention Project

Judy Schmalz	970-252-3228
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Empowerment Recovery Centers

Jim Jones	Delta—970-874-0346; Montrose—970-252-1423
Tabitha Cardenas	Delta—970-874-0346; Montrose—970-252-1423

Open Arms Empowerment Center

510 South Second Street	970-252-1423
Montrose, CO 81401	

Delta New Beginnings Recovery Center

107 West 11th Street	970-874-0436
Delta, CO 81416	

The Center for Mental Health Online Depression/Anxiety Screening

All Screenings Available Now

www.centermh.org

Colorado Health Partnership

Regional Grievance Coordinator	1-800-804-5040
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Medicaid Ombudsman 1-877-436-7123

National Crisis Line 1-800-273-TALK (8255)

“Goals are dreams with deadlines.” - Diana Scharf Hunt

*“It may be when we no longer know what to do,
we have come to our real work, and that when we
no longer know which way to go, we have begun
our real journey.” - Wendell Berry*

Support groups offered by The Center for Mental Health's Office of Member and Family Affairs

1. Depression Bipolar Support Alliance (DBSA) Group (Montrose)

The current groups meets every Monday at 6:30 PM.

Open Arms Empowerment Center

510 South Second Street

Montrose, CO 81401

(for information on this support group, please contact Kelly at 970-252-3201 or email Kelly at khause@midwestmhc.org)

2. Gunnison Heartbeat

This is a support group for survivors of suicide.

Meets the first Tuesday of each month from 7:00 PM to 8:30 PM.

Western State College (Newman Center) (for information on this support group contact The Center for Mental Health 970-641-0229)

600 North Adams Street

Gunnison, CO 81230

3. Emotions Anonymous Support Group (Gunnison)

Meets every Friday from 5:00 PM to 6:30 PM.

The Center for Mental Health

710 North Taylor Street

(for information on this support group, please contact Kelly at 970-252-3201 or email Kelly at khause@centermh.org)

Mesa County Support Groups/Education

For any information on these support groups/classes, please contact

Denise (dcorbin@cwrmmhc.org) 970-241-6023 ext 3790 or Roxanne (rcaldero@cwrmmhc.org) at 970-683-7115

or Janice (jcurtis@frontier.net) 970-257-0891

Colorado West is located at 515 28 ¼ Road, Building A, Grand Junction

Oasis Clubhouse is located at 450 Ouray, Grand Junction (by Mesa Library)

Anxiety & Stress Support /Education (Wednesdays from 1:00-2:30pm at Colorado West)

We all deal with anxiety and stress in today's world. We are currently exploring the idea of using "mindfulness" as a skill for anxiety and stress reduction. We also demonstrate different skills/ideas to reduce our stress/anxiety.

Self-Esteem (formerly Empowering Women) (Thursdays from 10:00-11:30am at Oasis Clubhouse)

Come join us for a time of relaxation, conversation and education. We are currently using the book "Guide to Self-Esteem" where we identify those areas common among us that hold us back and complicate our lives, while learning new skills to improve.

Emotions Group (Mondays from 1-2pm at Colorado West)

This group uses the 12 steps of Emotions Anonymous, that is similar to Alcoholics Anonymous. This group deals with proven methods of gaining greater control over our emotions.

NAMI – Family to Family (For more information on NEXT CLASS BEGINS 9/13/10, contact NAMI Western Slope @ 970-462-3989)

This is a 12 week Family—to—Family educational/support group. It is only available to those who have mental illness in their families. During the class you will learn about symptoms and clinical treatment of schizophrenia, bipolar disorder, clinical depression, obsessive compulsive disorder, borderline personality disorder, post traumatic stress syndrome and co-occurring brain disorder and addictive disorder. The class will help you to gain empathy by understanding the subjective, lived experience of a person with mental illness. Learn problem solving, listening, and communication techniques and acquire strategies for handling crisis and relapse. You will also learn techniques for coping with worry, stress, and emotional overload and improve communication with your loved ones. To sign-up contact NAMI-Western Slope at 970-462-3989.

NAMI Recovery/Connections Support Group (Mondays from 2:00-3:30pm at Colorado West)

There is no agenda, we just talk about what's going on with us, and try to find some answers to problems that group members may be experiencing. We also share resources we know about that can be very helpful. Give it a try and see if it's helpful to you. Consumers and Family Members Welcome.

NAMI 3rd Wednesday (3rd Wednesday of every month from 6:00-8:00pm at Colorado West)

The support component is available for those desiring it. The education varies from month to month, and we want to hear from you about what education you'd be interested in. Sometimes we have speakers, and other times we watch videos. Any subject is a possibility if there is interest. What would you like to learn?

Mesa County Support Groups/Education
 For any information on these support groups/classes, please contact
 Denise (dcorbin@cwrmmc.org) 970-241-6023 ext 3790 or Roxanne (rcaldero@cwrmmc.org) at 970-683-7115
 or Janice (jcurtis@frontier.net) 970-257-0891
 Colorado West is located at 515 28 ¼ Road, Building A, Grand Junction
 Oasis Clubhouse is located at 450 Ouray, Grand Junction (by Mesa Library)

Improving Your Health (Wednesdays 11am-12pm (Colorado West))

Are you interested in making positive changes in your health? This is a class that will help you change bad habits and make new ones. For example smoking, eating, procrastination, exercise (but we will not do them, but will discuss the value of it). We will use positive thinking and goal setting as tools to accomplish our goals along with information from leading sources.

Recovery for Life 101 and 102

This is a class that includes many different things that help consumers achieve Recovery, and will help family members gain needed education too. If you complete the class and put in average effort, you will receive education in multiple areas that will allow you to advance your recovery. Contact Janice Curtis 970-257-0891.

Recovery Training/CPS

Also referred as "Consumer Peer Specialist Training." This class uses a curriculum that helps get insight into how one's mental illness affects their life and what they can do about it. This class is to advance your recovery and if you choose to do so it further your aspirations of becoming a peer specialist. Contact Janice Curtis 970-257-0891.

Step Study Group (Tuesdays from 9am-10:15 at Oasis Clubhouse)

This group will seriously study the 12 steps of to see how we can use them to improve our lives and our recovery.

Thinking 101 (Tuesdays 10:30-12:00pm at Oasis Clubhouse)

This class studies the book "SOS for Emotions." This class will teach us how to identify and change our negative self talk, and what that's important.

Women's Group (Fridays 10:00-11:30am at Colorado West)

This group is currently working out of the book "Life After Trauma." The key word here is after. Because of trauma(s) we have developed some unhealthy habits to deal with life. We will not revisit the trauma or trauma's in some cases, just the behaviors and habits associated with the trauma.

**Colorado
West
Regional
Office
Locations
and
Numbers:**

Eagle County
CWMH – Eagle Valley
328-6969 BL 328-6962

CWMH – Eagle Valley
476-0930 BL 476-1050

Garfield County
945-2241 BL 947-9319

Colorado West Counseling
Services Outpatient Clinic
Glenwood Springs, CO
945-2583

Colorado West Recovery
Center/Detox
Glenwood Springs
945-8439

Colorado West Counseling
Services – Rifle
625-3582

Grand County
CWMH – Alpine Center
Grandby, CO
887-2179

Jackson County
CWMH – Walden
723-0055

Moffat County
CWMH—Craig Mental Health
824-6541

Pitkin County
CWMH – Aspen Counseling Center
920-5555

Rio Blanco County
(Meeker)
878-5112

CWMH – Rio Blanco Center
(Rangely)
675-8411

Routt County
CWMH – Steamboat Mental Health
879-2141

Summit County
CWMH—Summit Center
668-3478

Summit County Detox
Frisco, CO 453-1365

Colorado West Recovery Services
Mesa County – Grand Junction
245-4213

Mesa County
Colorado West Crisis Line
1-970-241-6022

CWMH—Psychiatric Hospital
Grand Junction; 263-9535

CWMH—Outpatient Services
Grand Junction; 241-6023

CWMH—Child & Family Program
Outpatient—Grand Junction
241-6023 ext 3270 or 245-3270

CWMH—Oasis Clubhouse
450 Ouray
Grand Junction
241-6099

CWMH—Detox
Grand Junction
683-7000

The Women's Recovery Center
2800 Riverside Parkway, Bldg 2
Grand Junction

Jenni Stansberry -
Patient Representa-
tive and Client
Advocate
1-866-460-5928