



SIX STONES WELLNESS CENTER



Six Stones Wellness Center Newsletter

August 2017

Six Stones Wellness Center welcomes you to this peer driven, agency supported center of groups, activities and fellowship. Individuals 18 years old and older are invited to join us, as we learn about wellness and recovery.

SSWC is a supportive environment. Introducing life skills to support healthy choices, overcoming obstacles and building a positive outlook.

Groups and activities are ever changing, including several 12-Step groups. We invite you to support your mental, emotional and good health through developing new interests and meeting new people.

Six Stones has a strong peer support community. Our peers facilitate groups, volunteer in the community as well as one another at Six Stones Wellness Center.

We look forward to seeing you!



In This Issue

- Welcome
- Looking through the lens of hope.
- Seeking Support
- Bipolar Disorder signs & Symptoms
- Balance
- Coping with Traumatic Events
- Take Care of Yourself
- Disappearing Buffalo Chicken Dip
- Veterans Information
- Contact Six Stones Wellness Center with any questions at 841-0810.



Looking Through the Lens of Hope

<http://mentalhealthrecovery.com/info-center/looking-through-the-lens-of-hope/>



By William J. Hood, MFA, CRSS,
WRAP Facilitator, Filmmaker,
Hoffman Estates, IL

In 1990, I had just finished filming a five-part video project on the Age of Exploration for Encyclopedia Britannica. When I learned that the 10th annual National Alliance on Mental Illness (NAMI) convention would be held in Chicago, I grabbed a colleague and a camera, and, with NAMI's permission, filmed several of the presentations. One was by Mary Ellen Copeland, Ph.D. That decision changed my life. From then on, I was looking through a lens of hope.

Trauma and the Brain

I've been behind a camera most of my life, and I graduated from UCLA with a Master of Fine Arts degree in 1968. My early years as a filmmaker were marked by the tragedies of the Robert Kennedy and Martin Luther King, Jr., assassinations and by the heady atmosphere of Los Angeles at the time. My contemporaries at UCLA included the singer/songwriter Jim Morrison and Gloria Katz, who wrote the screenplay for *American Graffiti* with William Huyck. By 1984, I would come to believe that filmmaker George Lucas was stealing my work. The thing about delusions is that when someone tries to talk you out of them, it can actually make them stronger.

Among other health challenges, I was diagnosed with temporal lobe epilepsy and became interested in learning more about the brain. I started reading the work of Bruce Perry, M.D. Dr. Perry talked about the impact of trauma on a child's developing brain. It was breathtaking news that experiences could actually change the chemical structure of the brain.

That brings me to the NAMI conference. I chose three sessions to film. One was about how home movies could help predict the later development of schizophrenia. One was by the chair of psychiatry of Rush University who spoke to about 40 people in a room that was built to hold 300. The third was by Mary Ellen. She spoke in a converted hotel suite with not an empty space to be had. If the fire marshal had seen us, he would have closed it down.

Capturing the Beginnings of WRAP

Looking back, I think I chose to film Mary Ellen, in part, because her story had key elements that I knew would be important to a lot of people. She had received a psychiatric diagnosis. Her mother had been hospitalized for several years when she was growing up. She also experienced trauma as a child. But there she was, smiling and enchanting the audience (who were there to hear about depression) with talk of affirmations and light diet and exercise. She was speaking about coping skills and about staying well, too. She had a story to tell that I knew others would need and want to hear.

I filmed her at the NAMI conference and then spent a week with her in Brattleboro, Vermont. We filmed research psychiatrist and her landlord, Dr. Wayne London; her mother; her daughter, Patti; her pharmacist; her bodyworker; and Joyce Burland, Ph.D., who became head of education for NAMI. We went back to Chicago to film transitions and the opening sequence. The resulting film, *Coping with Depression*, tells Mary Ellen's story through family photos and interviews and demonstrates her journey from a life struggling with mental health challenges to a life of wellness and recovery. It's a compelling and intimate look at the work that led to WRAP as we know it today.

So compelling, in fact, that the next year I piled into my van with my wife and my 1- and 3-year-old children, a camera, a recording deck, and lights and headed to the NAMI convention in San Francisco to help sell the film. When Mary Ellen wrote *The Depression Workbook*, her publisher picked up the film and distributed it for us. It was the first-ever first-person documentary that talked about wellness as an expectation for people with mental health challenges.

Small Steps to Big Change

little things you can do to feel better on even the toughest days



With Hope, Everything Is Possible

I moved on and lost touch with Mary Ellen for many years. I experienced several changes in my own life, including a divorce. By then, WRAP had become a worldwide phenomenon.

About six years ago, I called Mary Ellen and suggested we update the depression video. She thought about it and decided to remake it instead. I didn't know much about WRAP, so I interviewed her, and we ended up with a two-part DVD called *Living WRAP*. In Part 1, Mary Ellen takes us step by step through the key concepts of WRAP, facilitates a WRAP group, and shows us some of her wellness tools. Part 2 contains some footage of the original film.

By now, I knew I wanted more WRAP in my life. I was working as a recovery advocate at a local hospital one day a week. But sometimes I had fewer than five minutes with patients to, as I wrote in my case notes, "normalize" their experience. I found I had a real skill at dealing with patients. I used music videos on the geriatric floor, and we all were dancing. But Mary Ellen had made me aware that I could do more, and I wanted to become a WRAP facilitator.

I attended a WRAP facilitator training in Oakland, California, in 2013. It was a magical experience for me. One of my nine classmates came from the small town in Iowa that I grew up in. I was delighted because crossing paths with anyone from my home town was so unlikely. Since then, I have facilitated eleven WRAP trainings in Illinois, and the power of these sessions never ceases to amaze me.

I tell people we're going to talk about their own wellness, and you can see a lightbulb turn on in their minds. Some say, "I don't know what that is. It sounds impossible for me." At graduation, a woman who was quiet during the entire training came up to me and told me I had changed her life. That's powerful.

I know how powerful WRAP can be. Because of WRAP, I understand that I am a whole person. I accept parts of my life I didn't appreciate or was ashamed of. Because of WRAP, my focus is on my wellness and on working with others to achieve what I have.

Was it a coincidence that I connected with Mary Ellen all those years ago? I don't know for sure, but I don't think so. What I do know is that whether I'm facilitating a WRAP group or speaking in hospitals, to medical students, or to occupational therapists, the message is simple.

All I'm "selling" is hope. But when you have hope, and you spread hope, everything else is possible.

Hope

CHANGES EVERYTHING



Love Life
Laugh Lots
Love Forever

quotesarcade.com



Seek professional help if you need it.

Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores.

If these feelings last for a while, talk to your doctor or a mental health professional.

You are worth it!

I SPENT
TWO YEARS
TELLING MYSELF
THAT I WAS
GETTING BETTER
BUT NOW I'M REALIZING
I'M NOT BETTER
AND I DON'T THINK
I CAN HANDLE THIS
BY MYSELF ANYMORE

-lei



For Immediate Help

If You Are in Crisis: Call the toll-free National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**, available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential.

If you are thinking about harming yourself or thinking about suicide:

- Tell someone who can help right away
- Call your licensed mental health professional if you are already working with one
- Call your doctor
- Go to the nearest hospital emergency department

If a loved one is considering suicide:

- Do not leave him or her alone
- Try to get your loved one to seek immediate help from a doctor or the nearest hospital emergency room, or call 911

Bipolar Disorder

Definition

Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks.

There are four basic types of bipolar disorder; all of them involve clear changes in mood, energy, and activity levels. These moods range from periods of extremely “up,” elated, and energized behavior (known as manic episodes) to very sad, “down,” or hopeless periods (known as depressive episodes). Less severe manic periods are known as hypomanic episodes.

Signs and Symptoms

People with bipolar disorder experience periods of unusually intense emotion, changes in sleep patterns and activity levels, and unusual behaviors. These distinct periods are called “mood episodes.” Mood episodes are drastically different from the moods and behaviors that are typical for the person. Extreme changes in energy, activity, and sleep go along with mood episodes.

Sometimes a mood episode includes symptoms of both manic and depressive symptoms. This is called an episode with mixed features. People experiencing an episode with mixed features may feel very sad, empty, or hopeless, while at the same time feeling extremely energized.

Bipolar disorder can be present even when mood swings are less extreme. For example, some people with bipolar disorder experience hypomania, a less severe form of mania. During a hypomanic episode, an individual may feel very good, be highly productive, and function well. The person may not feel that anything is wrong, but family and friends may recognize the mood swings and/or changes in activity levels as possible bipolar disorder. Without proper treatment, people with hypomania may develop severe mania or depression.

People having a manic episode may:

- Feel very “up,” “high,” or elated
- Have a lot of energy
- Have increased activity levels
- Feel “jumpy” or “wired”
- Have trouble sleeping
- Become more active than usual
- Talk really fast about a lot of different things
- Be agitated, irritable, or “touchy”
- Feel like their thoughts are going very fast
- Think they can do a lot of things at once
- Do risky things, like spend a lot of money or have reckless sex.

People having a depressive episode may:

- Feel very sad, down, empty, or hopeless
- Have very little energy
- Have decreased activity levels
- Have trouble sleeping, they may sleep too little or too much
- Feel like they can’t enjoy anything
- Feel worried and empty
- Have trouble concentrating
- Forget things a lot
- Eat too much or too little
- Feel tired or “slowed down”
- Think about death or suicide

Diagnosis

Proper diagnosis and treatment help people with bipolar disorder lead healthy and productive lives. Talking with a doctor or other licensed mental health professional is the first step for anyone who thinks he or she may have bipolar disorder. The doctor can complete a physical exam to rule out other conditions. If the problems are not caused by other illnesses, the doctor may conduct a mental health evaluation or provide a referral to a trained mental health professional, such as a psychiatrist, who is experienced in diagnosing and treating bipolar disorder.

Treatments and Therapies

Treatment helps many people, even those with the most severe forms of bipolar disorder, gain better control of their mood swings and other bipolar symptoms. An effective treatment plan usually includes a combination of medication and psychotherapy (also called “talk therapy”). Bipolar disorder is a lifelong illness. Episodes of mania and depression typically come back over time. Between episodes, many people with bipolar disorder are free of mood changes, but some people may have lingering symptoms. Long-term, continuous treatment helps to control these symptoms.

Medications

Different types of medications can help control symptoms of bipolar disorder. An individual may need to try several different medications before finding ones that work best.

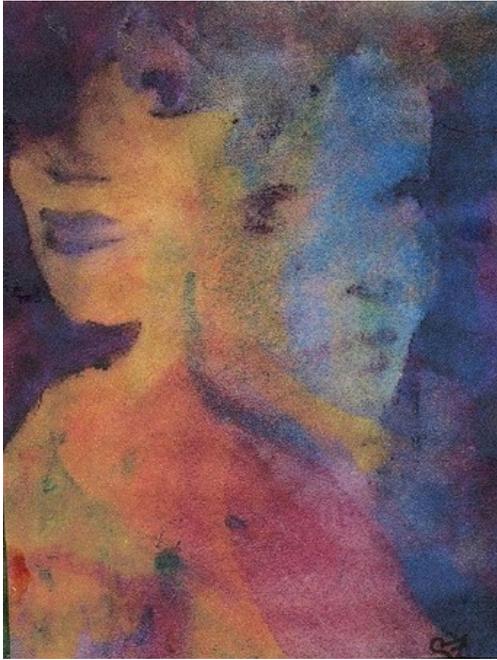
Medications generally used to treat bipolar disorder include:

- Mood stabilizers
- Atypical antipsychotics
- Antidepressants

Anyone taking a medication should:

- Talk with a doctor or a pharmacist to understand the risks and benefits of the medication.
- Report any concerns about side effects to a doctor right away. The doctor may need to change the dose or try a different medication.
- Avoid stopping a medication **without** talking to a doctor first. Suddenly stopping a medication may lead to “rebound” or worsening of bipolar disorder symptoms. Other uncomfortable or potentially dangerous withdrawal effects are also possible.
- Report serious side effects to the U.S. Food and Drug Administration (FDA) MedWatch Adverse Event Reporting program online at <http://www.fda.gov/Safety/MedWatch> or by phone at 1-800-332-1088. Clients and doctors may send reports.

For basic information about medications, visit the [NIMH Mental Health Medications](#) webpage. For the most up-to-date information on medications, side effects, and warnings, visit the [FDA website](#).



SOME DAYS I want
to FLY 🌈 OTHER days I WANT to
CRASH 🌩️ SOME DAYS I am WHOLLY PRESENT
👩 OTHER DAYS I am FULLY absent 🌐 SOME
days I GIVE all I have 🌍 OTHER DAYS the
COFFERS are BARE 🙌 SOME days I feel Like
a BIG CHEESE 🧀 OTHER DAYS I feel like
cheesy WHIZ 🥛 SOME days I am GENUINELY
TOUCHED 😊 OTHER days I COULDN'T
care LESS 😞 SOME days I am DIRECT
→ OTHER DAYS I wander 🌀 SOME days
I'm Gung Ho ☀️ OTHER DAYS I'M HO-HUM
☁️ SOME days I'M ABSOLUTELY
CERTAIN ✓ OTHER DAYS I'M JUST as
AMBIVALENT ❓ AND SOMEWHERE in
ALL of this i FIND my BALANCE 🧘

Bipolar Awareness

.....
Educate, Understand & Support



Our lives depend on your knowledge.

Coping with Traumatic Events

<https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>



Overview

A traumatic event is a shocking, scary, or dangerous experience that affects someone emotionally. These situations may be natural, like a tornado or earthquake. They can also be caused by other people, like a car accident, crime, or terror attack.

How individuals respond to traumatic events is an important area of research for the National Institute of Mental Health (NIMH). Researchers are exploring the factors that help people cope as well as the factors that increase their risk for problems following the event.

Warning Signs

There are many different responses to potentially traumatic events. Most people have intense responses immediately following, and often for several weeks or even months after, a traumatic event. These responses can include:

- Feeling anxious, sad, or angry
- Trouble concentrating and sleeping
- Continually thinking about what happened

For most people, these are normal and expected responses and generally lessen with time. Healthy ways of coping in this time period include avoiding alcohol and other drugs, spending time with loved ones and trusted friends who are supportive, trying to maintain normal routines for meals, exercise, and sleep. In general, staying active is a good way to cope with stressful feelings.

However, in some cases, the stressful thoughts and feelings after a trauma continue for a long time and interfere with everyday life. For people who continue to feel the effects of the trauma, it is important to seek professional help. Some signs that an individual may need help include:

- Worrying a lot or feeling very anxious, sad, or fearful
- Crying often
- Having trouble thinking clearly
- Having frightening thoughts, reliving the experience
- Feeling angry
- Having nightmares or difficulty sleeping
- Avoiding places or people that bring back disturbing memories and responses.



Physical responses to trauma may also mean that an individual needs help.

Physical symptoms may include:

- Headaches
- Stomach pain and digestive issues
- Feeling tired
- Racing heart and sweating
- Being very jumpy and easily startled



Those who already had mental health problems or who have had traumatic experiences in the past, who are faced with ongoing stress, or who lack support from friends and family may be more likely to develop stronger symptoms and need additional help. Some people turn to alcohol or other drugs to cope with their symptoms. Although substance use can temporarily cover up symptoms, it can also make life more difficult.

Mental health problems can be treated. If you or someone you know needs help, talk with your health care provider.

Siskiyou County Behavioral Health Divisions:

South County: 918-7200

North County: 841-4100

Siskiyou County Crisis Services Hotline: **CALL 1-800-842-8979 24 Hours a Day, 7 Days a Week for Help.**

SUICIDE PREVENTION LIFE LINE: 1-800-273-8255 (TALK)

Take Care of Yourself and Each Other

Getting support from others, taking care of yourself by eating right, getting enough sleep, avoiding alcohol and drugs and getting some exercise can help to manage and alleviate stress.

Know When to Seek Help

Depending on the situation, some people may develop depression, experience grief and anger, turn to alcohol or drugs and even think about hurting themselves or others. The signs of serious problems include:

- ✦ excessive worry
- ✦ crying frequently
- ✦ an increase in irritability, anger, and frequent arguing
- ✦ wanting to be alone most of the time
- ✦ feeling anxious or fearful, overwhelmed by sadness, confused
- ✦ having trouble thinking clearly and concentrating, and difficulty making decisions
- ✦ increased alcohol and/or substance use
- ✦ increased physical (aches, pains) complaints such as headaches
- ✦ trouble with your "nerves"



If these signs and symptoms continue (persist) and interfere with daily functioning, it is important to seek help for yourself or a loved one.

<http://archive.samhsa.gov/MentalHealth/TraumaticEvent.aspx>

Disappearing Buffalo Chicken Dip

[BEST FOODS/HELLMANN'S](#)

Ingredients:

- 1 C Mayonnaise
- 1 t Lemon Juice
- 1/3 C Cayenne Pepper Sauce
- 1/4 C Blue Cheese
- 2 T Chives
- 1 C Shredded Cheddar Cheese (4 oz)
- 2 C Cooked Chicken (diced or shredded)



www.yummly.com/#recipe/Disappearing-buffalo-chicken-dip-297712

Directions

Toss chicken with cayenne pepper sauce. Stir in remaining ingredients except blue cheese. Turn into 1-1/2-quart shallow casserole, then sprinkle with blue cheese.

Preheat oven to 375°.

Bake uncovered 20 minutes or until bubbling. Serve, if desired, with celery and/or your favorite dippers.

Treatment works and recovery is possible

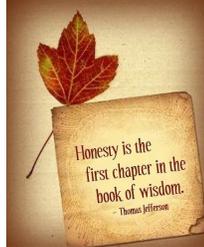
Hear Veterans just like you tell their stories of strength, resilience, and recovery. Although their individual problems may differ, these Veterans share similar experiences of reaching out for support from loved ones, fellow Veterans, and the professionals at VA. They were all able to find solutions that worked for them and get back on track.

Just like physical health, mental health is important at every stage of life and is essential to your overall well-being.

Although Veterans can often recognize when to treat their physical injuries, it can be harder for them to identify mental health or readjustment challenges. Some Veterans, or their loved ones, may notice symptoms and experiences affecting their lives, but aren't sure what to do about them. Others may think nothing can be done or may have concerns about the impact of treatment.

<https://maketheconnection.net/resources/treatment-recovery>

SSWC Bowling Field Trip to Siskiyou Lanes



Snap-Ed

Snap-Ed stands for Supplemental Nutrition Assistance Program Education. This program focuses on bettering the lives of others through nutrition and physical education. SNAP-Ed is a program of NVCSS and is coming to Six Stones Wellness Center.

Come join Mac who will share nutrition information & activities while promoting a healthy life style.



Contact Us

Give us a call for more information about our program.

Northern Valley Catholic Social Service

Six Stones Wellness Center
1501 South Main Street
Yreka, CA 96097

(530) 841-0810

Hours: 10 am to 3 pm, M-F

US Fish & Wildlife: Guided Nature Walk

Call 530.842.5763 for more information



Where and when are Commodities given out?

Canned, fresh and frozen foods are distributed at 22 sites throughout Siskiyou County every other month to residents where their nearest site is located.

Call 530-938-4115 ext.134 for a recorded list of all sites and dates for the upcoming month. Dates are determined a year in advance by the Federal Government.

Wellness 
Recovery
Action
Plan

