



Members Only Event!



Celebrating October at the IC

Munch on pizza and snacks, dance and dress up for a costume contest-

Noon to 3 p.m., Tuesday, Oct. 31

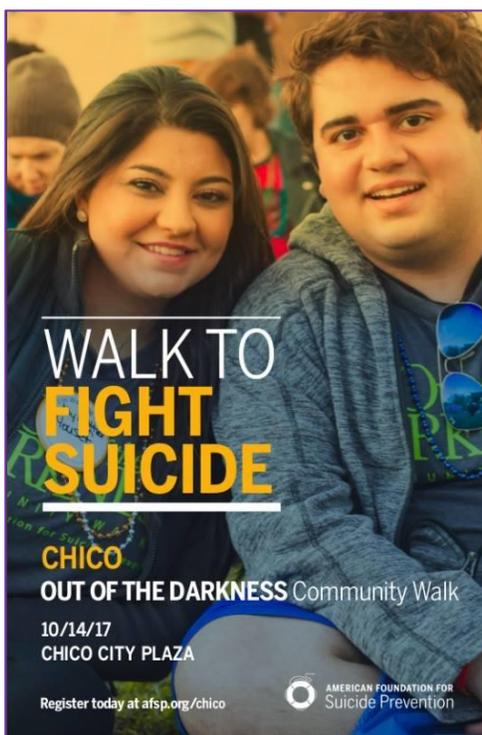
The annual *October Celebration* is a part of a members-only day at the center. Guests are invited to come other days and see what the center is about or come to an orientation on Mondays to join and be part of the fun!



Annual Wildlife Sanctuary Trip Planned in October

Iversen members are invited on a trip to the Barry R. Kirshner Wildlife Sanctuary on **Oct. 25**. Members who attend get to see exotic and endangered animal species, such as Kaba, the snow leopard, and Dori, an American Black Bear. Iversen Center is providing transportation and lunch for the event. Cost is \$5 per member.

Looking Ahead: *New WRAP Group starting Wednesday, Nov. 1!*



Chico's Out of the Darkness Community Walk unites our community in preventing suicide, fighting stigma, supporting survivors of suicide loss and those at risk of suicide.

Join hundreds as we come "out of the darkness" to raise awareness about depression, mental illness, and suicide; while strengthening ties within our caring community of Chico.

This upcoming event is hosted by the Greater Sacramento Area Chapter of the American Foundation for Suicide Prevention.

Email the Walk Chairs, Lizzie or Ariel, for more information:

egreenman@mail.csuchico.edu
arielschoolpsych@gmail.com

Event Details

Walk Date: **Oct. 14, 2017**
Walk Location: **Chico Downtown City Plaza**
Check-in/Registration Time: **9 a.m.**
Opening Ceremony: **10 a.m.**
Walk Ends: **12:30 p.m.**



October Events

Karaoke

Noon
Wed., Oct. 4

Movie Matinee

Noon
Wed., Oct. 11

Karaoke

Noon
Wed., Oct. 18

Sing Along With Nancy

1 p.m.
Thurs., Oct. 19

Movie Matinee

Noon
Wed., Oct. 25

Open Mic

3 p.m.
Thurs., Oct. 26

Celebrations Ceremony

Noon
Fri., Oct. 27

Classic Movie

Noon
Sat., Oct. 28



Member's Meeting & Social

Noon
Mondays

Iversen Orientation

1 p.m.
Mondays

Kerry's Korner

ADVOCACY RESOURCES

*Bringing you monthly info, fun,
informative websites, interesting
Phone Apps, and more!*



Greetings friends and neighbors! Do you receive food stamps, also known as SNAP (Supplemental Nutrition Assistance Program)? If you sometimes find yourself running short at the end of the month like I do, here's a wonderful surprise...

MARKET MATCH

(at North Valley Plaza Farmer's Market)

This started as a grant to stimulate business for our local farmers. The Market Match program benefits not only the farmers, but shoppers as well.



At the Farmer's Market in the North Valley Plaza when you shop with food stamps, you first stop at the EBT booth. Let's say you want to spend \$20 of your benefits. They give you 20 tokens to spend on whatever you need. With the Market Match, you receive an additional \$20 in tokens, FREE. So for each dollar you spend, you get an additional matching dollar FREE.

The market has not only wonderful fruits and vegetables, but also locally grown/organic eggs, meat, rice, and fresh bread. So come to the North Valley Plaza Farmer's Market and get double your food stamp value. *While you're there, visit the Iversen Center/Talk Line booth!*

ENVIRONMENT: Sierra Club

www.sierraclub.org

This is an excellent site that clearly explains local/national environmental issues. It has a newsletter available that's informative and interesting, also with good wildlife photos.

The site offers a chance to learn about important environmental happenings and often has petitions you can sign online to speak out.

AFFIRMATION FOR THE MONTH

"I choose to be happy."

*Happy Halloween to all and Merry Samhain!
See you in November!*

October Awareness Calendar:



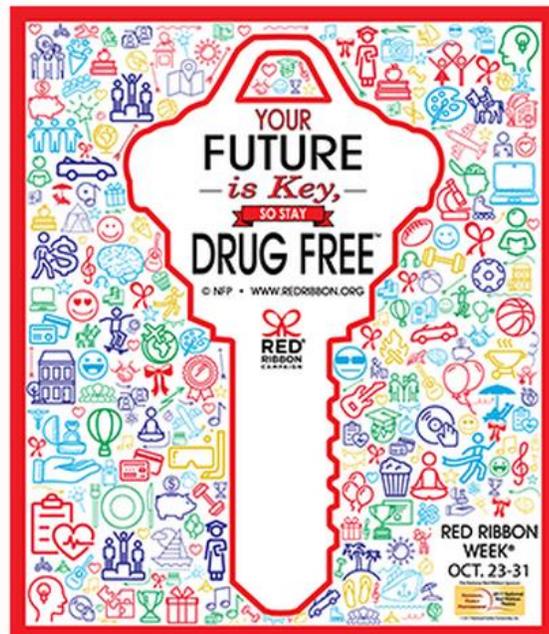
international Day of Nonviolence
OCTOBER 2ND

Oct. 2 –
International Day of Non-Violence

- Oct. 5 –** World Teachers’ Day & National Depression Screening Day
- Oct. 10 –** World Mental Health Day (see page 5)
- Oct. 15 –** Pregnancy and Infant Loss Remembrance Day
- Oct. 23-31 –** **Red Ribbon Week** (Drug-Free America)

September is also:

- ADHD Awareness Month
- Bullying Prevention Month
- Domestic Violence Awareness Month
- Positive Attitude Month



The Iversen Wellness & Recovery Center and Med Clinic

Hope. Support. Respect.

The Iversen Wellness & Recovery Center offers an environment of inclusiveness, recovery, and wellness to adults living with persistent mental illness. Members share their ideas to create a setting that is peer-led and agency supported. The Iversen Center is a “stigma-free” environment offering activities, groups, and social support opportunities. The Iversen Center promotes and encourages tolerance, acceptance, and growth within its members that reflects respect for diversity and differences. Realizing one’s full potential and having a strong sense of hope allows us to realize our dreams.

All services (with the exception of Med Clinic) are FREE and open to members of the public 18 and over.



Recovery oriented activities and services include:

- Peer and Staff-led Groups and Activities
- Peer Support
- WRAP Classes and Groups
- Socialization
- Med Support (through Butte County Behavioral Health)
- Computer Lab

The Iversen
Wellness & Recovery Center
492 Rio Lindo Avenue
Chico, CA 95926
(530) 879-3311

The Iversen Center is a program of Northern Valley Catholic Social Service, and is supported by Butte County Department of Behavioral Health and MHSa funding.



Northern Valley
Catholic Social Service
INSPIRING HOPE & TRANSFORMING LIVES



Great American Smokeout Coming in November

By Bruce Baldwin
Cessation Coordinator
California Health Collaborative

There are so many good reasons to quit smoking that it's always a good time to think about giving up tobacco. But with the **Great American Smokeout (GAS) coming up on November 16**, now is an especially great time to start making a plan to stop!

GAS is an annual event sponsored by the American Cancer Society, a day when they ask all smokers to put down their cigarettes to try and quit, if only for the day. It can be a great way to kick off a lifetime free from tobacco!

Here are just a few of the remarkable changes that happen in a smoker's body starting almost as soon as they stop:

- Within 20 minutes blood pressure, body temperature and pulse rate return to normal.
- Within 8 hours the carbon monoxide and oxygen levels in the blood balance out and return to normal.
- After only 24 hours a quitters chances of having a heart attack begin to decrease.
- Within 48 hours the sense of smell and taste begin to start working normally again.
- After only 72 hours all nicotine has left the body.
- Within the first 2 weeks the blood flow to the teeth and gums will return to normal, beginning the process of restoring long term oral health.
- Within 3 months the circulation improves and lung capacity has improved by 30%.
- After only 1 year the risk of heart attack has been cut in half and after 2 years it is nearly the same as someone's who never smoked.
- After 5 years, the risk of dying from lung cancer is cut in half.

There are so many positive changes and much to be grateful for when people quit, but we all know it isn't easy for most smokers! It really comes down to finding what works for you and being persistent. Most tobacco users will need to make multiple attempts before they finally succeed and remain tobacco free. So if you've tried and failed, don't give up, it's all part of the process!

Sadly, the most commonly chosen method of quitting, just deciding not to smoke anymore and quitting on the spot (AKA "cold turkey"), is also the least effective method.

While abstaining from all tobacco products is an important part of most successful attempts, adding some support and making a plan lead to higher rates of long term success. Smokers who combine nicotine replacement (patch, gum lozenge, etc.) with medication and support are the most likely to remain tobacco free, according to numerous sources.

Fortunately Iversen members NEVER have to go it alone. Every **Thursday at 1 p.m.**, they can join others who have quit or are trying to quit in the **Iversen Center tobacco support and recovery groups**. These meetings are led by Iversen members who are former tobacco users and who have been specially trained to help their peers quit using tobacco. You don't even have to be ready to quit to sit in. You just have to be willing to go an hour tobacco-free to sit in and learn.

There are numerous other resources available, such as the California Smokers Helpline: 1-800-NOBUTTS and the many forms of help now available on the internet. A good guide to those resources can be found at:

<http://www.tobaccofree.org/quitlinks.htm>

No matter what method you choose, quitting tobacco is one of the best things anyone can do for his/her health and wellbeing. Best of luck in your efforts!





October 10, 2017, marks an anniversary: We come together to celebrate World Mental Health Day for the 25th time!

World Federation for Mental Health founded the awareness day in 1992 and since then people all over the world are holding events, making announcements and celebrating #WorldMentalHealthDay.

Also check out the World Health Organization's work at:

www.who.int/mental_health

The World Health Organization recognizes World Mental Health Day annually on Oct. 10.

The day provides an opportunity "for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide."

This year's theme set by the World Federation for Mental Health is ***mental health in the workplace.***

Also keep in mind that October is:



In honor of Positive Attitude Month: Tips for Maintaining a Positive Attitude

By Kathy A. Eubanks

(http://www.selfgrowth.com/articles/October_is_Positive_Attitude_Month_Tips_for_Maintaining_a_Positive_Attitude.html)

...

It is possible to stay positive. It is possible to wake up each morning and look forward to the day. Having a positive attitude not only allows us to enjoy life more, it can improve our health and relationships with others. Here are 7 tips to help you stay positive.

1. Decide to have a positive attitude. We are responsible for our own happiness; other people can't MAKE us happy. We need to decide to make ourselves happy. This is wonderful because now we don't have to wait around for someone else to do it for us.

2. Surround yourself with positive people. We become like the people we spend the most time with. When we surround ourselves with negative people, we become negative. When we surround ourselves with positive people, their attitude is contagious.

3. Use positive affirmations. A.L. Kitselman said, "The words 'I am....' are potent words; be careful what you hitch them to." We need to replace our negative self-talk with positive affirmations. Replace "I hate getting up in the morning" with "I am grateful for a new day." Eventually changing our self-talk will lead to the changes in our behavior.

4. Be very selective of the music and news information that you listen to. GARBAGE IN = GARBAGE OUT!

5. Take time to help other people. Perform some community service; help a neighbor in need. When we do some service for others, it gets us out of our own misery. It also demonstrates to us that we can have a positive impact on our world.

6. Get in touch with your spiritual source. "It is faith that breathes life into hope. It is hope that fuels a positive live giving attitude." -K. Eubanks

7. Don't stop; never give up. Even when we have a positive attitude, we still have days when we don't feel quite so positive. On these days, we may need to take some extra time to review the previous six tips and remember to not give in to the negativity around us.

Author's Bio:

Kathy A. Eubanks is author of WHEN IT'S YOU AGAINST THEM: KEEPING A POSITIVE ATTITUDE DESPITE IT ALL which provides readers with strategies for improving attitude, thereby improving health, leadership ability, relationships and life. Contact her at www.KathyEubanks.com/quiz.html

DIVERSE MINDS

NORTH STATE JOURNAL 2017



Book Release Party

Thursday, Nov. 9, 2017
1 to 3 p.m.

At Veteran's Memorial Hall,
554 Rio Lindo Avenue,
Chico, CA 95926

Celebrate people living in wellness across Northern California, and artists among us, as we present the release of the

Diverse Minds North State Journal 2017

a book of writing, photography, and art produced by community members impacted by mental health challenges. You won't want to miss this emotional experience with people who, despite life's hurdles, produce amazing work!

Personal Experiences
Art *Poetry*
Music *Short Stories*

A project of:
Iversen Wellness & Recovery Center

(530) 879-3311

iversen@nvcss.org • nvcss.org/diverseminds



Northern Valley
Catholic Social Service

This program is supported by Butte County Department of Behavioral Health and MHS funding.