



Healing the Heart Through the Creative Arts, Education & Advocacy

Hope, Healing & Help for Trauma, Abuse & Mental Illness

Out of suffering have emerged the strongest souls; the most massive characters are seared with scars. - Kahlil Gibran

Hi Folks,

Well as they say, “*where has the time gone?*” – Another month has passed and time for sharing some more good news and resources that offer *Hope, Healing & Help* – the three legs to the stool that I sit upon and oh-so-important legs to everything that I try to do in life. Basically, I have always used these three words and how would my children [now all adults] view what I am doing – am I setting a good example for them & others and is it being a change for good? What do you use for your yardstick, your mantra or whatever else it is that helps move you forward in life? – would love to know!!!

We’ve been busy here at *Surviving Spirit* Command Central or the International Headquarters as I refer to it here in Goffstown, New Hampshire...a little town, but with a big impact in how we reach out to others – regionally, nationally & internationally. The resources of individuals, organizations and causes we like to share are also making their important marks in helping others; I like to joke how I am *computer challenged*, but all kidding aside, the computer and the Internet have been so vital for all of us in our respective missions and efforts to help one another. So if you have long thought about doing something yourself, here are some more great examples of different ways to achieve that goal and idea...as they say – “*nothing ventured, nothing gained*”

1] Bill Murray and his fellow co-hosts have quite the radio talk show addressing child abuse, in all of its forms – I was honored to be their guest on 7/14/11 – you can hear the show in its entirety – a long show at 1 ½ hours, but well worth listening too – they even included several songs of mine with the back story to their creation and what they are about. I was really impressed that Bill and his friends had done their homework in researching and learning all about me prior to the show - [Stop Child Abuse Now \(SCAN\) - 094](#)

You can learn more about Bill and his fellow hosts via the link to my show and this one – they have a wealth of past shows archived full of great interviews and insights – kudos to them for all that they do!!!

[Community Matters with Bill Murray](#)

The host of "Community Matters" and "Stop Child Abuse Now" (SCAN), the nationally respected public safety advocate Bill Murray, has a special mission: to address the issues of child abuse.

2] I was equally honored to be asked by our good friends at Big Voice Pictures, the creators of the powerful film documentary, “*Boys and Men Healing from Sexual Abuse*” to share an article at their website, alongside some fellow male survivor advocates of childhood sexual abuse. So not only can you read my article on “[Acceptance, Healing & Love](#)”, but you have the opportunity to read some great thoughts and comments from some dedicated people trying to make a difference - Scott Berube, Rick Goodwin, Ken Followell, John Mark Clubb & Mark Crawford – some of these folks are fellow participants from the Oprah Winfrey Shows on male sexual abuse.

[Acceptance, Healing & Love](#) – just scroll down a bit and you’ll find me – for anyone impacted by trauma, abuse and/or a mental health concern, you understand where I am coming from.

3] Excited to share this article from a dear friend and a valued board member of the *Surviving Spirit*, Sara Martel - [Rx Against Street Violence: Scuba](#)

“I wanted to share this link to a short article I wrote for Sierra magazine for two reasons. First, the therapist featured has found an innovative way to work with traumatized teens. Second, a college professor of mine once gave me the message that I ought to abandon the idea of writing professionally, because my writing wasn’t good enough. To be fair I’m not sure he intended to communicate that, but that was my perception of what he told me. Despite disability and my professor’s lack of faith in my writing ability, my writing has been published (and I’ve been paid for it!) multiple times. Whatever your creative aspirations are, *please follow your heart and don’t let unsupportive people deter you.* – Sara Martel”

[“I have learned silence from the talkative; tolerance from the intolerant and kindness from the unkind. I should not be ungrateful to those teachers.” Kahlil Gibran](#)

4] [The View From My Planet](#) - Jacquese A. Armstrong – “I have survived 29 years with schizophrenia. I have started an inspirational blog to foster hope, help eradicate stigma and hopefully result in getting my memoir published.”

Jacquese’s blog discusses mental health issues in order to inspire, educate and promote her memoir – way to go Jacquese!!!

5] [Working on Wellness](#): A Practical Guide to Mental Health - Karl Shallowhorn addresses mental health issues from a personal perspective. The author is both a consumer and a mental health professional.

[“People are lonely because they build walls instead of bridges.” Joseph Fort Newton](#)

6] [Voice Today](#) – is another pro-active advocacy organization raising awareness and breaking the silence on the concerns and the impact of childhood sexual abuse. Part of their mission includes *removing the stigma of child sexual abuse from the victim* and creating an informed and alert society to proactively protect children instead of waiting for a child to disclose after the physical and emotional damage is done.

"The taboo against talking about incest is stronger than the taboo against doing it."-
Maria Sauzier, M.D.

7] [Dolores M. Miller](#), author, poet & playwright

“In my writing I strive to convey the message of the human spirit to overcome adversity - I have come through it all - as a survivor of childhood abuse, I know and understand the obstacles faced by children who are currently suffering through abuse and neglect. I was adopted by a young couple and was embraced with love, welcomed into the family and enjoyed a nice childhood. I have so many people who care about and love me. I write to thank all of those people who really helped me, to see that they have made a difference!”

8] [Child Abuse - The Hidden Bruises](#) - The American Academy of Child and Adolescent Psychiatry (AACAP)

“The statistics on physical child abuse are alarming. It is estimated hundreds of thousands of children are physically abused each year by a parent or close relative. Thousands actually die as a result of the abuse. For those who survive, the emotional trauma remains long after the external bruises have healed. Communities and the courts recognize that these emotional “hidden bruises” can be treated. *Early recognition and treatment is important* to minimize the long term effect of physical abuse. Whenever a child says he or she has been abused, it must be taken seriously and immediately evaluated.”

9] [SANE](#) a United Kingdom based charity works to:

- a] Raise mental health awareness; combat stigma and increase understanding
- b] Provide emotional support, practical help & information
- c] Initiate research into causes, treatments and experiences of mental illness

They even have a pretty cool video of Ray Davies from the Kinks singing – well worth the visit!!

10] A New Resource from the Temple University Collaborative on Community Inclusion: [A Practical Guide for People with Disabilities who want to go to College](#)

This new publication provides a practical guide to help people with disabilities who want to return to college - to community colleges or career institutes, or for four-year degrees or graduate education. The publication provides an overview of the challenges and supports needed in four areas: finding the right school, locating supports at your school, managing your disability and your education, and using your new educational qualifications in the search for a better job.

“Human beings, by changing the inner attitude of their minds, can change the outer aspects of their lives.” William James

Take care, Mike

ps. Please share this with your friends & if you have received this in error, please let me know.

*Our lives begin to end the day we become silent about things that matter.
~Martin Luther King, Jr.*

A diagnosis is not a destiny.

[The Surviving Spirit](#) - Healing the Heart Through the Creative Arts, Education & Advocacy

[The Surviving Spirit Speakers' Bureau](#)

[The Surviving Spirit Facebook Page](#)

[Michael Skinner Music](#) - Hope, Healing, & Help for Trauma, Abuse, & Mental Health through music, resources, & advocacy

[Michael Skinner Music Facebook Page](#) - Friends, Music & Advocacy

[Michael Skinner Music YouTube Page](#) - live performance of "Brush Away Your Tears" – a song written for those hurt as children

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"BE the change you want to see in the world." Mohandas Gandhi