



Healing the Heart Through the Creative Arts, Education & Advocacy

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

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

The Surviving Spirit Newsletter September 2013

"May you move all of your mountains, and disturb the peace by adding to it." Carol Horos

Greeting Folks,

Fall is upon us and fortunately we have been having some really nice weather here in our little section of New England...though it does drop quite precipitously at night...can we say chilly? The requisite 'frost advisory' is coming true for our friends up north and soon it will make its way here, oh well. I have long enjoyed the change of seasons, even when the snow is up to my windows.

I am not enjoying the season of hate and fear that has been actively present these past few years, especially when it comes to the media, some politicians and others banging their drums of stigma and discrimination. Sadly, there have been some truly horrific acts of violence perpetrated by some deeply troubled individuals – unfortunately, these heinous acts committed by a small group of people tends to tarnish the rest of us who deal with the issues and concerns of trauma, abuse and mental health challenges.

We do need to be thinking proactively on how to change this destructive mindset that has a troubling impact upon all of us - all we seem to be hearing is the "*dangerousness of the mentally ill*", etc - nauseating and quite scary at the same time. I worry that it is helping to undo so many of the good things that have been accomplished...and help push us back into the '*dark ages*' of treatment, stigma and discrimination.

I have been reminded of how and why the Surviving Spirit came to light. I was deeply shocked when I entered the '*mental health arena*' back in 1993 – I was completely unaware of how harmful the words "*mentally ill*" could be to a person. A long story brought to a short summation – I started sending out an e-mail 'newsletter' called *Survivor Friends and Friend of Survivors*, which eventually morphed into the current *Surviving Spirit*. The thoughts and the mindset that were present back then still hold true today – create a forum to share the creative works, the advocacy efforts, the good deeds, simple acts of kindness and caring and so much more that is being fostered and delivered by the folks impacted by trauma, abuse and mental health challenges. To help show that

WE ARE not dangerous, violent, useless, damaged, etc...we are in fact, the total opposite of what so many would want the greater part of society to believe.

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.” Ralph Waldo Emerson

That said, I still see the glass as half-full and always will....and here are some more great examples of why I believe this to be true.

“If we're growing, we're always going to be out of our comfort zone.” John Maxwell

1] Andy Blanch recently shared the following info on The State Public Systems Coalition On Trauma [SPSCOT] Listserve - a vehicle for communication between and among individuals involved with state public systems concerned with meeting the needs of people in public service systems who suffer from the impacts of unaddressed trauma.

There will be a series of dialogues held across the country this fall which are likely to play an important role in the future of the mental health system. The "national dialogue on mental health" responds in part to the mental health issues raised by incidents of community violence like the Sandy Hook and Naval Yard shootings.

To date, the process doesn't mention trauma, and most of the partners are mainstream mental health or civic organizations. I think it could really make a difference if enough people attended events and raised the issue of trauma - particularly if survivors made the case that trauma-informed care is what is needed. There is also an open invitation for groups to organize their own events.

Here is a link to the web site that provides information about these events and how to get involved: [Creating Community Solutions - Part of the National Dialogue on Mental Health](#) I'd love to hear about your experience if you decide to attend or organize an event.

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“This is the way of peace: Overcome evil with good, falsehood with truth, and hatred with love.” Peace Pilgrim

“If the human race wishes to have a prolonged and indefinite period of material prosperity, they have only got to behave in a peaceful and helpful way toward one another.” Winston Churchill

2] Andrea Blanch, PhD, is the President and Director of the [Center for Religious Tolerance](#) [CRT] and a consultant for the National Center on Trauma-Informed Care. She

has spent her life involved in social change movements, including second wave feminism and the disability rights movement. She was a 2009 Fellow in the Women, Religion and Globalization program at Yale University, was awarded the 2010 annual Duisberg Peace Award by the Southwest Florida Coalition on Peace and Justice, and in 2012 received the Elisabeth Schilder Memorial Scholarship Award for her interfaith work with CRT. Andy is passionate about the power of grassroots organizing to bring about change and about the growing power of women to help shape a peaceful and sustainable future. She sees CRT as a vehicle to help support global transformation.

CRT promotes peace and social justice through spiritually based interfaith activities. Our work is guided by principles of fairness and compassion, grounded in an abiding belief in the unity of human consciousness, and nourished by faith

“Safety and security don't just happen, they are the result of collective consensus and public investment. We owe our children, the most vulnerable citizens in our society, a life free of violence and fear.” Nelson Mandela

3] [The Dr. Peter Breggin Hour](#) - "Dr. Brent Potter is a psychotherapist in the "old" tradition of taking people and life seriously. We have an in-depth discussion about the roots of profound human suffering and how people heal. You will feel like you are sitting together with us sharing a thoughtful evening of discussion. Join us."

[Brent Potter, Ph.D.](#) 818.337.9701 brentpotterma@yahoo.com

At an early age, I intuitively answered my calling to work with others who, like me, experienced many of the familial and social elements that foster debilitating states of mind and body. I knew I wanted to work in psychology in the seventh grade, began working in the field at 18-years-old, and today I continue to love the work in all its manifestations.

My life experience and 20 years of psychotherapeutic practice with children and adults who have been labeled as chronically mentally ill and/or addicted has served to continually renew my passion for the work.

Author, [Elements of Self-Destruction](#) - "Brent Potter guides us on an erudite, elegant and deeply instructive hermeneutic investigation into the most disturbing and contradictory of all human impulses - one, as he shows, potentially inherent in all of us - the urge to self-annihilation." - Gabor Maté M.D., author of *In The Realm of Hungry Ghosts: Close Encounters With Addiction*

*“Healing is a matter of time, but it is sometimes also a matter of opportunity.”
Hippocrates*

4] [The Dr. Peter Breggin Hour](#) - 09/25/13 - What is life about? What matters? How we approach people with Alzheimer's or other dementias is filled with meaning about the ultimate value of every human life. My guest Laura Bowley exemplifies finding purpose

in her own calling and in the lives those whom society too often neglects. Good lessons for therapy and life!

5] [Peter R. Breggin, MD](#), has been called "[The Conscience of Psychiatry](#)" for his many decades of successful efforts to reform the mental health field. His scientific and educational work has provided the foundation for modern criticism of psychiatric drugs and ECT, and leads the way in promoting more caring and effective therapies. He has authored dozens of scientific articles and more than twenty books including the bestseller *Talking Back to Prozac* (1994, with Ginger Breggin), [Medication Madness: The Role of Psychiatric Drugs in Cases of Violence, Suicide and Crime](#) (2008), and [Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients and Their Families](#) (2013). In 2010 he [testified before Congress](#) about psychiatric-drug induced violence and suicide in the military.

"We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty." Mother Theresa

6] [Survivors Chat](#) - Welcome to the Survivors Chat Community! We are a site dedicated to survivors of rape, incest and abuse whether sexual, physical, emotional, mental, psychological, verbal, RA or SRA. This is a place where survivors can come together to help each other, support each other, or just pass the time. We are DID-friendly; alters (whether adults or "littles") are welcome here.

Who We Help -You. No matter how, where, when it happened or by whom, we are here to help you. If you have need for this site, we first want to say that we are sorry for whatever circumstances have brought you here, but we are glad you've found us. We are honored to provide a safe and comforting environment for you to share your feelings and be accepted. At times the hurt may be overwhelming. It may seem never-ending. Don't give up, you are not alone. It will be all right. The journey may be long and complicated, but you will reach its end. Congratulations on your first steps toward healing. The links above will guide you through our site. Thank you for joining us!

"Part of the healing process is sharing with other people who care." Jerry Cantrell

7] "[In a Nutshell](#)" © Mary Ann Goughler

Hi to all, I am a self-employed, self-taught Artist, Writer, Speaker, Mental Health Advocate and Educator who has struggled with Schizophrenia. I've been married 20 years to a wonderful man, have a terrific dog that helps me get thru the day and I'd like to offer support/hope to all those who suffer from mental health concerns, while trying to lift the stigma attached to it. I love life, try to live it to the fullest and have lots of stories to tell. Humbly, Marushka, aka, Mary Ann Goughler.

Please feel free to contact me at magoughler@yahoo.com comment here under any post, and I can also be found on LinkedIn. Thank You

“Healing takes courage, and we all have courage, even if we have to dig a little to find it.” Tori Amos

8] [Survivors of Incest Anonymous](#) [SIA]

Welcome! We are so glad that you made it here...

This site is intended to be a resource to survivors of child sexual abuse, and we hope it can be an aid in your recovery. SIA is responsible for the content of what you find here. However, SIA is not associated with, and takes no responsibility for the sites that provided the link to this site or published this address, nor is it responsible for the content of their statements to the world.

*Our best wishes to you on your journey. Recovery is difficult, but at least we now know that - **We are not to blame, and we are not alone.***

“People don't care how much you know until they know how much you care” John C. Maxwell

32 Years of Offering Recovery to Victims of Childhood Sexual Abuse

One January evening in 1982, at a kitchen table in Baltimore, three women sat together and spoke about the unspeakable: child sexual abuse, perpetrated by family members (father, mother, brother-in-law) on each woman decades before. Using the Alcoholics Anonymous 12-Step recovery model, they admitted to being powerless over their histories, asked for help from a Higher Power so that they might make peace with their past and began to heal and thrive in the present. They began casting off shame and self-blame, living their lives unencumbered by the legacy of abuse. That evening, a new mutual-help, 12 Step program was born: Survivors of Incest Anonymous.

“A lot of people say they want to get out of pain, and I'm sure that's true, but they aren't willing to make healing a high priority. They aren't willing to look inside to see the source of their pain in order to deal with it.” Lindsay Wagner

9] [The Trauma of Everyday Life](#) by Mark Epstein M.D.

Trauma does not just happen to a few unlucky people; it is the bedrock of our psychology. Death and illness touch us all, but even the everyday sufferings of loneliness and fear are traumatic. In *The Trauma of Everyday Life* renowned psychiatrist and author of *Thoughts Without a Thinker* Mark Epstein uncovers the transformational potential of trauma, revealing how it can be used for the mind's own development.

“Real love pours itself out upon the object of its affection, without demanding any return.” Florence Scovel Shinn

10] [The Trauma of Being Alive](#) - NYTimes.com Mark Epstein M.D.

TALKING with my 88-year-old mother, four and a half years after my father died from a brain tumor, I was surprised to hear her questioning herself. “You’d think I would be over it by now,” she said, speaking of the pain of losing my father, her husband of almost 60 years. “It’s been more than four years, and I’m still upset.”

“Trauma never goes away completely,” I responded. “It changes perhaps, softens some with time, but never completely goes away. What makes you think you should be completely over it? I don’t think it works that way.” There was a palpable sense of relief as my mother considered my opinion.

“Poverty, I realized, wasn't only a lack of financial resources; it was isolation from the kind of people that could help you make more of yourself.” Keith Ferrazzi

11] [50 years, 50 stories of Recovery: Special issue of National Council Magazine](#)

Far too often, mental illnesses and addictions make the headlines only in the wake of tragedies, while stories of hope and courage get little attention. The National Council for Behavioral Health [NCBH] is proud to bring you 50 stories of recovery in a special issue of National Council Magazine to commemorate the 50th anniversary of the Community Mental Health Act.

We invite you to read these 50 stories — download a PDF of National Council Magazine at www.thenationalcouncil.org/consulting-best-practices/magazine/

Please feel free to feature this entire issue or selected stories on your website and social media channels and to share with your local media, funders, policymakers, community partners, and stakeholders.

If you need help with your outreach efforts, contact Meena Dayak, editor-in-chief of National Council Magazine at MeenaD@thenationalcouncil.org. And as always, we welcome your feedback and questions, email me at LindaR@thenationalcouncil.org. And please share comments on my blog, www.thenationalcouncil.org/lindas-corner-office/

Best Regards, Linda Rosenberg, MSW President & CEO, NCBH

“The good news is that the moment you decide that what you know is more important than what you have been taught to believe, you will have shifted gears in your quest for abundance. Success comes from within, not from without.” Ralph Waldo Emerson

12] Excited and honored to be a guest on [the National Association of Adult Survivors of Child Abuse](#) [NAASCA] Radio Show Friday September 27, 2013 at 8 pm Eastern, 5 pm Pacific. "Call in" number: 646 / 595-2118 <http://www.blogtalkradio.com/bill-murray>

NAASCA - child abuse trauma prevention, intervention & recovery

The primary mission at NAASCA is to help abused people get into recovery. We also actively advocate for a better understanding of the many issues that surround the problem of child abuse in America.

“Music has healing power. It has the ability to take people out of themselves for a few hours.” Elton John

13] You can hear and watch me perform my song JOY after the presentation of The Silence of Suicide at the NYAPRS Conference 9/12/13 please visit my [Facebook Page](#) and scroll down to September 19th. [More info posted on this Conference and Awards below]

Please note the blue E string on my guitar - part of the [1BlueString Awareness](#) for male survivors of sexual abuse - via [1 in 6](#)

Are you a guitar player? Have the recent sexual abuse headlines made you want to support the survivors? Well, now you can. Just replace 1 of your 6 strings (the Low E string) with one of our blue strings, and help raise awareness for the 1 in 6 men in the U.S. who were sexually abused in childhood.

Fill out the form and they'll send you a blue string, two picks, a gig sticker, and an information card free of charge.

“I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music.” Billy Joel

14] [The New York Association of Psychiatric Rehabilitation Services](#) [NYAPRS] September 2013 Awards - You can see photos of our distinguished award winners taken at Conference via this link: <http://www.nyaprs.org/who-we-are/board-of-directors.cfm>

[Truly honored and humbled to be a part of this distinguished group of awardees]

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.” Ralph Waldo Emerson

The NYAPRS Board of Directors has selected the following extraordinary group of movement heroes as this year's award honorees. They were chosen from an equally impressive group of nominees.

[Please note, a visit to this link will give you the whole breakdown of what was shared for each person receiving an award – well worth the visit folks – <http://www.nyaprs.org/e-news-bulletins/2013/005688.cfm>]

2013 NYAPRS ANNUAL AWARD WINNERS

BRENDAN NUGENT LEADERSHIP AWARD Jody Silver

The Brendan Nugent Leadership Award is presented to an inspiring consumer leader in promoting and advocating for the empowerment of people with psychiatric disabilities in New York State.

Jody has over 20 years of experience in advocating for the New York peer community and has always worked tirelessly to bring new and innovative recovery approaches to the forefront.

Jody's recovery journey brought her to make important contributions to thousands of peers in her work for Fountain House, Venture House and Community Access and as a past co-President of NYAPRS before coming to serve as Director of the Office of Consumer Affairs for the NYC Department of Health and Mental Hygiene.

FRANCES OLIVERO ADVOCACY AWARD Michael Skinner

The Frances Olivero Advocacy Award is presented to an individual who has demonstrated inspiring community leadership and unique contributions in advocacy around a particular issue on behalf of New Yorkers with psychiatric disabilities.

You may recognize Michael as the longstanding, loving host of our conference's Open Mike program for the past decade.

Michael has approached his work supporting those who are healing from trauma, abuse and mental health conditions in two ways: as a singer/songwriter/guitarist who has performed widely and has released several CDs, including 'Train of Tears', and as a popular public speaker at conferences, training seminars, and events all over the country.

In the words of his daughter Alisa, *"I am amazed at my father's strength to handle what he has gone through and turn out so well. He is a hero to make good of what he came from and turn his life around."*

"I'm not telling you it's going to be easy - I'm telling you it's going to be worth it." Art Williams

PUBLIC EDUCATION AWARD Jean Arnold

The Public Education Award is presented to an individual inside or outside of the media who has demonstrated extraordinary public education efforts that advance the needs of and/or that highlight the accomplishments of New Yorkers with psychiatric disabilities.

Almost single-handedly for the past 30 years, Jean Arnold has surveyed news, media outlets, radio and television, print and digital and kept a fine eye and ear on the political events that realign or stigmatize people struggling for mental health. In 1999 she went on-line with the Stigma Clearinghouse. Since then her work has been a valuable resource

for her own well-crafted editorials as well as to archive and make available the essential writings of others.

PUBLIC POLICY LEADERSHIP AWARD Jim Introne

The Public Policy Leadership Award is presented to a legislator who has demonstrated outstanding public leadership on behalf of New Yorkers with psychiatric disabilities.

James E. Introne recently retired from his post as Governor Cuomo's Deputy Secretary for Health and Human Services, which capped a long and distinguished career in public service that included Deputy Director of the New York State Division of Budget, Commissioner of the New York State Office of Mental Retardation and Developmental Disabilities and, from 1981 to 1982, as Director of State Operations for Governor Hugh Carey.

"The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi

LIFETIME ACHIEVEMENT AWARD Sally Zinman, Pat Deegan, Gayle Bluebird

The Lifetime Achievement Award is presented to an individual who has a long record of exemplary contributions to the recovery, rehabilitation and/or rights of New Yorkers with psychiatric disabilities.

Sally Zinman is considered one of the pioneering leaders of the consumer/survivor and recovery movements.

Gayle Bluebird has been involved in the consumer/survivor/ex-patient movement since it began in the early 1970's.

Patricia E. Deegan Ph.D is an activist in the disability rights movement and has lived her own journey of recovery after being diagnosed with schizophrenia as a teenager.

"We cannot do everything at once, but we can do something at once." Calvin Coolidge

MARTY SMITH MEMORIAL AWARD Joseph Woodward, Housing Options Made Easy & Amy Kohn, Mental Health Association of Westchester

The Marty Smith Memorial Award is presented to a uniquely inspired and dedicated provider who has demonstrated exemplary contributions to the advancement of best practices in service to New Yorkers with psychiatric disabilities.

Joseph Woodward, Housing Options Made Easy - For the past seven years, Joseph M. Woodward has been the Chief Executive Officer/Executive Director of Housing Options

Made Easy, Inc. (Housing Options). This recovery oriented peer agency provides supportive housing and advocacy training for individuals with mental health issues. Joe represents, develops, implements, and coordinates a comprehensive and effective \$4 million, 400 bed, 48 staff, regional mental health peer-governed agency.

Amy Kohn, Mental Health Association of Westchester - Dr. Amy Kohn, President and CEO of the MHA of Westchester and her staff have long been recognized for their uniquely inspired and dedicated provider who has made exemplary contributions to the advancement of best practices in service to New Yorkers with psychiatric disabilities.

“Make yourself necessary to somebody.” Ralph Waldo Emerson

MURIEL SHEPHERD PARTNERS WITH FAMILIES AWARD GLENN LIEBMAN

The Muriel Shepherd Partners with Families Award is presented to an individual who has demonstrated inspiring leadership in the advancement of the alliance of families and consumers in promoting the recovery, rehabilitation and rights of people with psychiatric disabilities.

In his 2 decades of service to people with psychiatric disabilities and their families, Glenn has always led with his heart, his compassion and intelligence.

FAITH & FELLOWSHIP AWARD Bill Gamble

The Jason Brody Award is presented to an individual who has been an extraordinary source of kindness, caring and devotion to people within their mental health community.

Over the past 20 years, Bill Gamble has worked tirelessly to help people to stand up for their rights and take back their power. When you talk to Bill, you can expect to have conversations that include his own struggles, flaws and hard lessons.

“It is difficult to say what is impossible, for the dream of yesterday is the hope of today and the reality of tomorrow.” Robert H. Goddard

QUINCY BOYKIN MEMORIAL AWARD Ulysses Harrell

The Quincy Boykin award is presented to a person in heartfelt recognition of your inspiring contributions to the recovery, empowerment, integration and inclusion of all New Yorkers with psychiatric disabilities

Ulysses Harrell spent his childhood and adolescent years in psychiatric institutions and went on to overcome the challenges of deinstitutionalization and homelessness in the 1970s to become a highly regarded peer advocate and voice of peers everywhere.

“Trying to suppress or eradicate symptoms on the physical level can be extremely important, but there's more to healing than that; dealing with psychological, emotional and spiritual issues involved in treating sickness is equally important.” Marianne Williamson

This year's Annual Conference was another great success, filled with inspiring keynotes and timely informative workshops. We would like to thank all who attended and hope that you all had as great of a time as we did. Thank you for continuing to support us and our mission of Recovery, Rehabilitation and Rights.

All presenter PowerPoint's can now be seen on our [website](#) We also have some great photos of the Conference posted @ <http://www.nyaprs.org/conferences/annual-conference/index.cfm> – more pictures will be added as soon as they come in! If you took any pictures at the event that you would like to share, please forward them to Ashley at ashleyp@nyaprs.org.

“Remind me each day that the race is not always to the swift: that there is more to life than increasing its speed. Let me look upward into the towering oak and know that it grew great and strong because it grew slowly and well.” Orin L. Crain

“We can never gain any peace of mind until we secure our own soul.” Margaret Chase Smith

Take care, Mike, Mary, Zsuzsi, Rachel, Cynthia, Lynn & Mary Ann

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 - Hope, Healing & Help for Trauma, Abuse & Mental Health

[The Surviving Spirit Speakers' Bureau](#)

[The Surviving Spirit Facebook Page](#)

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