



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 October 2014

Hello Folks,

A hearty Fall welcome to all, especially to those of you who are new to the Surviving Spirit newsletter – thank you for allowing this resource to be a part of your life.

Grateful and honored that so many share this newsletter with others. I'm always in amazement when presenting elsewhere throughout the country and I will share some resources at the end of the respective workshop, training or performance and there is always someone [sometimes, several folks] who let me know that they post the newsletter to their website, share it in their peer center or mental health center, etc. And these are folks *who are not on* the active mailing list. So thank you to all who pass this forward.

Again, it has always been the idea, the mission, if you will, to share resources that let us know – we are not alone in our struggles. Hope, Healing & Help for those impacted by trauma, abuse and mental health challenges is out there. We may have to search to find it, but it's there...and that can be a comfort...it certainly won't change our life overnight...but perhaps it can be a start to finding the means to find peace, comfort and safety in our lives. We all deserve to thrive in life...

“You are not accidental. The world needs you. Without you, something will be missing in existence.”
Osho

“Just get over it” - Hurtful & shaming words - Michael Skinner

Some thoughts to share with my friends, peers and caring folks...and hopefully, reaching those who are unaware. [Read the entire article](#)

“Talk to yourself like you would someone you love.” Brene Brown

“Speak from your soul and every heart will understand,” M. Painter

Music & Healing

“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

1] [*Does Music Have Healing Powers?*](#) by Michael Friedman, Ph.D. Psychology Today

"Does music heal emotional suffering? Research says yes."

Studies shows music is a potent treatment for mental health. Thanks Pete Seeger!

We now know through controlled treatment outcome studies that listening to and playing music is a potent treatment for mental health issues. Research demonstrates that adding music therapy to treatment improves symptoms and social functioning among schizophrenics. Further, music therapy has demonstrated efficacy as an independent treatment for reducing depression, anxiety and chronic pain.

There are several mechanisms by which music can have this effect. First of all, music has positive physical effects. It can produce direct biological changes, such as reducing heart rate, blood pressure, and cortisol levels.

Also, studies suggest that exposure to pro-social lyrics increases positive thought, empathy, and helping behavior. The message in a lyric such as "*We shall overcome*" may be able to reach more people than all of the psychotherapists in the world combined. [Learn more](#)

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

2] [*The Healing Power of Music*](#) - Scripps Health

Making and listening to music can improve your health and wellness.

If you've ever popped a favorite CD into your car stereo during rush hour to soothe your nerves or take your mind off the long commute ahead, you've tapped into something music therapy professionals know: music can have real effects on body, mind and mood. In fact, it has been shown to stimulate the brain centers that register rewards and pleasure — the same places that respond positively to food, sex or even alcohol and drug use.

How music therapy works "In my work, we try to make music accessible," says Barbara Reuer, PhD, a music therapist who works with patients at Scripps. "Making music in a group setting for just 30 minutes helps your immune system, increases the count of disease-fighting t-cells in the body and builds a sense of camaraderie."

The benefits of rhythm and tone

Research findings have supported a wide range of music therapy benefits. Various studies suggest it can do the following:

- Change brain waves
- Lower heart rate
- Reduce blood pressure
- Slow breathing rate

- Reduce anxiety and depression and create a positive mood
- Reduce symptoms of insomnia
- Boost the effects of anti-nausea medications in chemotherapy patients
- Help reduce short-term pain
- Improve comfort at the end-of-life [Learn more](#)

“Music expresses that which cannot be said and on which it is impossible to be silent.” Victor Hugo

“You can look at disease as a form of disharmony. And there’s no organ system in the body that’s not affected by sound and music and vibration.” Mitchell Gaynor, M.D., Sounds of Healing

3] [Instruments of Healing, Inc](#) - Instruments of Healing [IoH] is a 501(c)(3) nonprofit organization, with the mission of using music to motivate our peers in their recovery from mental health and addiction challenges. The programs include instrumental experimentation, basic instruction, group jamming, solo singing, and sing-a-longs. This unique mobile peer-run, peer-based organization brings a range of professional-grade musical instruments for use during the many programs we give throughout Maryland, Washington DC, Northern Virginia, and beyond. During the programs, our participants lend each other a unique form of musical peer support that is non-judgmental, encouraging, and supportive. As peers teach each other, share their skills and talents, listen attentively to each other perform, and bond together over music, confidence and self-esteem is fostered during the IoH music-making experience.

IoH programs have something to offer everyone - from the participant who has had no musical experience, to the participant who might once have been a professional musician. IoH is founded on the belief that music can and does heal. The facilitators are peers/musicians who have felt this in their own lives, and are skilled at helping others explore their personal musical worlds. During programs, participants pick songs that are meaningful to them. Each IoH program is a unique experience and no two programs are alike. Throughout the programs, the participant go on journeys of recovery as they make music.

Participants in IoH programs commonly find phenomenal transformations within themselves, as they become immersed in the music-making process. Most leave with huge smiles on their faces and elated moods. Many go on to further pursue and expand on the skills that they established at the programs they attend, using music as a tool for personal wellness. [Learn more](#).

“Music is a therapy. It is a communication far more powerful than words, far more immediate, far more efficient.” Yehudi Menuhin

“The glow of one warm thought is to me worth more than money.” Thomas Jefferson

4] [9 Best Ways to Support Someone with Depression](#) - World of Psychology by Margarita Tartakovsky

If your loved one is struggling with depression, you may feel confused, frustrated and distraught yourself. Maybe you feel like you’re walking on eggshells because you’re afraid of upsetting them even more. Maybe you’re at such a loss that you’ve adopted the silent approach. Or maybe you keep giving your loved one advice, which they just aren’t taking.

Depression is an insidious, isolating disorder, which can sabotage relationships. And this can make not knowing how to help all the more confusing.

But your support is significant. And you can learn the various ways to best support your loved one. Below, Deborah Serani, a psychologist who's struggled with depression herself, shares nine valuable strategies. [Her book - [Living with Depression](#)]

1. Be there.

According to Serani, the best thing you can do for someone with depression is to be there. "When I was struggling with my own depression, the most healing moments came when someone I loved simply sat with me while I cried, or wordlessly held my hand, or spoke warmly to me with statements like 'You're so important to me.' 'Tell me what I can do to help you.' 'We're going to find a way to help you to feel better.'"

2. Try a small gesture.

3. Don't judge or criticize.

4. Avoid the tough-love approach.

5. Don't minimize their pain.

6. Avoid offering advice.

7. Avoid making comparisons.

8. Learn as much as you can about depression.

9. Be patient.

Sometimes supporting someone with depression may feel like you're walking a tight rope. What do I say? What do I not say? What do I do? What do I not do?

But remember that just by being there and asking how you can help can be an incredible gift.

[Read the entire article](#) - some great insight and thoughts shared relative to the Bullet Points

Margarita Tartakovsky, M.S. is an Associate Editor at Psych Central and blogs regularly about eating and self-image issues on her own blog, [Weightless](#) - A Helpful Way to Think Of Your Thoughts

More of her helpful articles are posted here - <http://psychcentral.com/blog/archives/author/margarita/>

"Set out each day believing in your dreams. Know without a doubt that you were made for amazing things." Josh Hinds

5] [TISBA - The Independent Spiritual Book Awards](#) - "Awakening to Me" by Kerri Lawnsby, 2014 Memoir Category Winner

This powerful book intensely and beautifully expresses the internal world of someone with Borderline Personality Disorder. The author takes us on a tour of her internal emotional world: the depths of despair, the emptiness, and frantic efforts to find love. Ms. Lawnsby takes us with her on the journey toward internal independence and core stability – what works and what doesn't.

From her personal work she provides suggestions, exercises and quotes. This book will be of profound

use to anyone with this diagnosis, their family members, therapists and allies. In fact, I'd also recommend it for those diagnosed with Post Traumatic Stress Disorder or who have symptoms of Bipolar Disorder.

But, in truth, we can all benefit from reading this book. *Awakening to Me* is an invitation to self-honesty, persistence in seeking meaningful help, and the long work of sustained effort.

This book is well written and well organized but it is the author's honesty and insight that makes it powerful. Her emotions and thoughts, the related beliefs are clearly described. These are in turn related to events in Ms. Lawnsby's history, into present relationships and dynamics in a manner that doesn't lose the reader in her internal world. Instead, we understand ourselves better, our friends and family members. We understand better what it means to be human. [Learn more](#)

[Books](#) - Kerri Hummingbird Lawnsby - *Awakening To Me: One Woman's Story to Self Love* is a story of personal metamorphosis, written over the course of several years in real time as life unfolded and lessons were learned. It is a work of naked truth about Kerri Hummingbird Lawnsby's struggles with borderline personality disorder, recovering from divorce after a 20 year marriage, and seeking love from outside herself.

[Empowering People to Manifest Inspired Lives](#) - Kerri Lawnsby

My mission is to empower you to manifest the inspired life of your dreams. Each moment of your life is an opportunity to step out of rote living and into intentional action, to create a life that makes you feel the way you love to feel. Feeling connected to the world around you, and being present in the moment with a joyful outlook, can happen beyond your vacation—it can become the way you live your life *every day*. [Learn more](#)

"If you can't face it, you can't heal it. If you don't say it, you will never come to grips with it." Iyanla Vanzant

6] [The Leadership Council - 8 Myths About Child Sexual Abuse](#)

Few people are aware of the true state of the science on child abuse. Instead, most people's beliefs have been shaped by common misconceptions and popular myths about this hidden crime. Societal acceptance of these myths assists sex offenders by silencing victims and encouraging public denial about the true nature of sexual assaults against children. The Leadership Council prepared this analysis because we believe that society as a whole benefits when the public has access to accurate information regarding child abuse and other forms of interpersonal violence.

Myth 1: Normal-appearing, well educated, middle-class people don't molest children.

Myth 2: People are too quick to believe an abuser is guilty, even if there is no supporting evidence.

Myth 3: Child molesters molest indiscriminately.

Myth 4: Children who are being abused would immediately tell their parents.

Myth 5: Children who are being abused will show physical evidence of abuse.

Myth 6: Hundreds of innocent men and women have been falsely accused and sent to prison for molesting children.

Myth 7: If asked about abuse, children tend to exaggerate and are prone to making false accusations.

Myth 8: By using repeated interviews, therapists or police can easily implant false memories and cause false accusations among children of any age. [Learn more](#) – great commentary and myth-busting shared with each Bullet Point

“Compassion is not a relationship between the healer and the wounded. It’s a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.” Pema Chödrön

7] [World Mental Health Day 2014](#): Tackling The Stigma Surrounding Schizophrenia

Do you believe schizophrenia is about people with multiple personalities?

If the answer is yes, you may be in a broad majority, but that doesn't mean it's true, which is why events such as World Mental Health Day are critical to assert the facts and dispel myths.

“Schizophrenia is not a 'split personality’”, says Dr Sheri Jacobson, clinical director at Harley Therapy.

“People with schizophrenia don't act normal and then suddenly turn into someone else, like a Dr. Jekyll and Mr. Hyde act. A schizophrenic has one personality, it's their perception of their world that splits.”

It's thought that around 26 million people across the world will experience schizophrenia in their lifetime. It's also estimated that one in 100 people in the United Kingdom are living with the mental illness.

Misinformation in the media about the illness has led to a lack of understanding around it, meaning many suffering do not seek the support they need.

“It is perhaps more important to look at what schizophrenia isn't, than what schizophrenia is, as films and media often portray it in ways that aren't helpful views of the condition.”

Nigel Campbell, associate director of communications at [Rethink Mental Illness](#), says: “As you can imagine, it can be very frightening for people when they first start to experience symptoms like hearing voices, or extreme paranoia.”

Campbell says one of the biggest problems that people with schizophrenia face is the stigma around the illness - some sufferers still lose relationships with family and friends after opening up to them about what they're experiencing, while others will struggle to find employment.

“Many employers assume that if you have a mental health problem, you won't be able to hold down a job. It is a disgrace that only around 8% of people with schizophrenia in this country are in employment,” Campbell adds. [Read the entire article](#)

“There is a call within every one of us, a call to do something, however unpopular or unnoticed, to make the world a better place.” Robert Cooper

8] [Schizophrenia: shattering the stigma](#) - Medical News Today

Schizophrenia. Does this word conjure thoughts of mentally unstable, violent individuals with split personalities? For many, it does. And it is these misconceptions about the disorder that mental health organizations around the world are trying to break.

"People who have a relationship with someone who is successfully treated appreciate the reality that people living with a schizophrenia brain illness are delightful, wise, thoughtful individuals with the same goals and aspirations that others not diagnosed have," Linda Stalters, executive director of the [Schizophrenia and Related Disorders Alliance of America](#) (SARDAA), told Medical News Today.

But it seems society as a whole has other ideas about what people diagnosed with schizophrenia are like.

People with schizophrenia 'feared'

"Unfortunately, there is still a great deal of misunderstanding around schizophrenia," Brian Semple, of UK charity Rethink Mental Illness, told MNT. "Many people assume that it means having a split personality or that it makes you violent, neither of which is true."

The National Alliance on Mental Illness (NAMI) claim that 64% of people believe a split personality - frequently switching between normal and bizarre behavior - is a symptom of schizophrenia. This promotes a perception that people with schizophrenia are unpredictable, which causes society to fear them.

"I think people with a diagnosis of schizophrenia are still feared and perceived as dangerous," said Dr. David Crepaz-Keay, head of empowerment and social inclusion at UK charity the [Mental Health Foundation](#), who has lived with a diagnosis of schizophrenia for around 35 years.

"There is no significant evidence to support the notion of a link between a diagnosis of schizophrenia and violence, but the perception persists." [Read the entire article](#)

"Dwell on the beauty of life. Watch the stars and see yourself running with them." Marcus Aurelius

"We're so concerned with the idea of what we ought to be that we fail to take into account the things that make us who we really are." Nenia Campbell

9] [Can We Auto-Correct Humanity?](#) - Prince Ea -YouTube 3:27 minutes

Why I Refuse to Let Technology Control Me. You need not delete your social networks or destroy your cell phones, the message is simple, be balanced, be mindful, be present, be here. :)

[He says what I think and feel ...and he does it so powerfully and eloquently - good for him...and it will be good for the world if we listen and learn. MS]

"You own everything that happened to you. Tell your stories. If people wanted you to write warmly about them, they should have behaved better." Anne Lamott

10] [Eight Step Method for Managing Intense Emotion](#) - Childhood Emotional Neglect – By Jonice Webb

Recently I received this request from a reader:

What I have found lacking is books or articles on the process of revealing my feelings, the associated pain and some kind of plan to work through the feelings that would help DURING the healing process. Knowing the common steps of healing would be very encouraging and provide both patience and hope.

When you push your feelings down as a child in order to cope with an environment which cannot tolerate them [Childhood Emotional Neglect], you grow up lacking access to your emotions. A large part of the process of healing involves breaking down the wall between yourself and your feelings, and welcoming them.

But what if many of those old feelings are painful? What if the process is so painful that it's too hard to let the wall down? What if you lack the skills needed to cope with the pain because no one ever taught you?

Managing painful feelings happens on Two Levels:

1. In the Moment: Coping
2. The Long-Term: Resolving

Next week's article will be about Level 2: Long-Term Resolving. So check back! [[Psych Central](#)]

But for now, here are the Steps for Level 1, Coping in the Moment:

1. Sitting with the feeling is Step One toward processing it. So fight the natural urge to escape it. Take a deep breath, and set a goal to sit with it.
2. Putting words to the feeling is Step Two toward processing it. So try to identify the feeling while you're feeling it.
3. Remind yourself that this feeling is only just that: a feeling. It's your body telling you something.
4. Let your tears out. (This applies to you too, men.) All of the above steps work best when you don't hold back.
5. Recognize that no feeling lasts forever. And the best way to get a strong emotion to pass is to accept it.
6. Picture the feeling as a wave washing over you. You are not running away from the wave or swimming into it.
7. Use your breathing to help you. Close your mind inward and focus on your breathing.
8. Most intense emotions need to be felt more than once and processed before they go away.

Each time you welcome, sit with, and process an intense emotion, you are breaking through the wall that was set up in your childhood. You are taking an old, simmering emotion that had power over you from underground, and you are taking control of it. By owning it and listening to your feeling, you are owning and listening to yourself. You are giving yourself something vital, powerful, and meaningful that you did not get as a child: emotional acceptance and validation.

Truly, there is nothing more courageous than that. [Read the entire article](#) - more info contained in Bullet Points

“Nothing can dim the light that shines from within.” Maya Angelou

“We can pave the way for calm, reasonable communication only if we first find healthy outlets for our own negative feelings.” The Dilemma of the Alcoholic Marriage

11] [Complex Post Traumatic Stress Disorder](#) [C-PTSD] National Center for PTSD

Many traumatic events (e.g., car accidents, natural disasters, etc.) are of time-limited duration. However, in some cases people experience chronic trauma that continues or repeats for months or years at a time. The current PTSD diagnosis often does not fully capture the severe psychological harm that occurs with prolonged, repeated trauma. People who experience chronic trauma often report additional symptoms alongside formal PTSD symptoms, such as changes in their self-concept and the way they adapt to stressful events.

Dr. Judith Herman of Harvard University suggests that a new diagnosis, C-PTSD, is needed to describe the symptoms of long-term trauma. Another name sometimes used to describe the cluster of symptoms referred to as C-PTSD is Disorders of Extreme Stress Not Otherwise Specified [DESNOS]. A work group has also proposed a diagnosis of Developmental Trauma Disorder [DTD] for children and adolescents who experience chronic traumatic events.

What types of trauma are associated with C-PTSD?

During long-term traumas, the victim is generally held in a state of captivity, physically or emotionally, according to Dr. Herman. In these situations the victim is under the control of the perpetrator and unable to get away from the danger.

Examples of such traumatic situations include:

- Concentration camps
- Prisoner of War camps
- Prostitution brothels
- Long-term domestic violence
- Long-term child physical abuse
- Long-term child sexual abuse
- Organized child exploitation rings

What additional symptoms are seen in C-PTSD?

An individual who experienced a prolonged period (months to years) of chronic victimization and total control by another may also experience the following difficulties:

- Emotional Regulation. May include persistent sadness, suicidal thoughts, explosive anger, or inhibited anger.
- Consciousness. Includes forgetting traumatic events, reliving traumatic events, or having episodes in which one feels detached from one's mental processes or body (dissociation).
- Self-Perception. May include helplessness, shame, guilt, stigma, and a sense of being completely different from other human beings.
- Distorted Perceptions of the Perpetrator. Examples include attributing total power to the

perpetrator, becoming preoccupied with the relationship to the perpetrator, or preoccupied with revenge.

- Relations with Others. Examples include isolation, distrust, or a repeated search for a rescuer.
- One's System of Meanings. May include a loss of sustaining faith or a sense of hopelessness and despair.

What other difficulties are faced by those who experienced chronic trauma?

Because people who experience chronic trauma often have additional symptoms not included in the PTSD diagnosis, clinicians may misdiagnose PTSD or only diagnose a personality disorder consistent with some symptoms, such as Borderline, Dependent, or Masochistic Personality Disorder. Care should be taken during assessment to understand whether symptoms are characteristic of PTSD or if the survivor has co-occurring PTSD and personality disorder. Clinicians should assess for PTSD specifically, keeping in mind that chronic trauma survivors may experience any of the following difficulties:

- Survivors may avoid thinking and talking about trauma-related topics because the feelings associated with the trauma are often overwhelming.
- Survivors may use alcohol or other substances as a way to avoid and numb feelings and thoughts related to the trauma.
- Survivors may engage in self-mutilation and other forms of self-harm.
- Survivors who have been abused repeatedly are sometimes mistaken as having a "weak character" or are unjustly blamed for the symptoms they experience as a result of victimization.

Treatment for Complex PTSD

Standard evidence-based treatments for PTSD are effective for treating PTSD that occurs following chronic trauma. At the same time, treating Complex PTSD often involves addressing interpersonal difficulties and the specific symptoms mentioned above. Dr. Herman contends that recovery from Complex PTSD requires restoration of control and power for the traumatized person. Survivors can become empowered by healing relationships which create safety, allow for remembrance and mourning, and promote re-connection with everyday life. [Learn more](#)

“True peace is not merely the absence of tension, it is the presence of justice...” Martin Luther King Jr.

12] [ADHD Not a Real Disease, Says Leading Neuroscientist](#) - The Mind Unleashed

One of the world's leading pediatric neuroscientists, Dr. Bruce D. Perry, M.D., Ph.D, recently stated publicly that Attention Deficit/Hyper-Activity Disorder [ADHD] is not 'a real disease,' and warned of the dangers of giving psycho-stimulant medications to children.

Speaking to the [Observer](#), Dr. Perry noted that the disorder known as ADHD should be considered a description of a wide range of symptoms that many children and adults exhibit, most of which are factors that everyone of us displays at some point during our lives.

“It is best thought of as a description. If you look at how you end up with that label, it is remarkable because any one of us at any given time would fit at least a couple of those criteria,” he said.

Dr. Perry is a senior fellow of the [Child Trauma Academy](#) in Houston, Texas, a highly respected member of the pediatric community, and author of several books on child psychology including, [The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook—What Traumatized Children Can Teach Us About Loss, Love, and Healing](#), and, [Born for Love: Why Empathy Is Essential—and Endangered](#).

His comments are quite refreshing at a time when diagnoses for ADHD in the UK and the US are sky-rocketing and prescriptions of stimulant medications to children are also rising rapidly, with many parents and concerned activists growing suspicious of the pharmaceutical industry's motivations in promoting drugs to children. Ritalin, Adderall, Vyvanse and other mind-altering stimulant medications are increasingly prescribed to children between the ages of 4 and 17.

Dr. Perry noted that the use of medications like these may be dangerous to the overall physical and mental development of the child, remarking on studies where these medications were given to animals and were proven detrimental to health.

Given that the problem of ADHD is complex and the term is more of a blanket term used to describe a wide range of behavioral symptoms, it is important to consider what the root causes of many of the symptoms may be before pharmaceutical intervention should be considered. Citing potential remedies, Dr. Perry suggested an approach that focuses attention on the parents and the child's environment, while also recommending natural remedies like Yoga, and improved diet.

“You can teach the adults how to regulate themselves, how to have realistic expectations of the children, how to give them opportunities that are achievable and have success and coach them through the process of helping children who are struggling.

“There are a lot of therapeutic approaches. Some would use somato-sensory therapies like yoga, some use motor activity like drumming.” [Learn more](#)

“There is a call within every one of us, a call to do something, however unpopular or unnoticed, to make the world a better place.” Robert Cooper

13] [Multiple Sclerosis Radio](#) - Click on banners to read about & listen to Multiple Sclerosis radio shows

“Learn from yesterday, live for today, hope for tomorrow.” Albert Einstein

14] [The Contributor - Diverse Perspectives on Homelessness](#) - Genuine Opportunities for Advancement

The Contributor Inc. is a 501c3 nonprofit organization in Nashville, Tennessee. We print a weekly street newspaper that accomplishes the following:

- Provides a diversity of perspectives and information on the condition of homelessness while highlighting the contributions of homeless and formerly homeless individuals
- Provides homeless and formerly homeless newspaper vendors with a source of income
- Creates community between vendors and customers

“*Street Newspaper*” is a term for a newspaper that focuses on issues surrounding homelessness and poverty and is sold by homeless and formerly homeless individuals on the street. You can learn more about our program on our [Frequently Asked Questions](#) page.

“True peace is not merely the absence of tension, it is the presence of justice...” Martin Luther King Jr.

“Hatred destroys everything and LOVE changes everything.” Melissa Brown

15] [Stone Soup Station](#) – Steven Samra – thought provoking reflections and commentary on homelessness, poverty, criminal justice reform and more....

“And homeless near a thousand homes I stood, and near a thousand tables pined and wanted food” - Wordsworth

I have been lamenting for some time that the new era of prison/sentencing "reform" doesn't seem "new" at all. From my perspective, the focus continues upon the current system in place, adding "modules" like drug, homeless, veteran, and mental health courts without addressing the socioeconomic realities that often are the primary reason one turns to "criminal" activities (and even this is subjective and based on the whims of politicians defining what constitutes 'criminal' acts; ie marijuana possession) in the first place.

[Prison Culture](#) has an excellent piece, referenced in the article below, that pretty much sums up my own skepticism:

With every successive call for ‘reform,’ the prison has remained stubbornly brutal, violent and inhumane. A report titled “Struggle for Justice” published in 1971 put it this way: [Learn more](#)

“You can't calm the storm, so stop trying. What you can do is calm yourself. The storm will pass.”
Timber Hawkeye

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

PS. Please share this with your friends & if you have received this in error, please let me know – mikeskinner@comcast.net

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

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