



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 June 2018

Hi Folks,

As the saying goes, '*better late than never*'....still working on getting back into a groove for doing things after the healing of the head injury and the heart surgery, but I am definitely getting there. I 'graduate' from physical therapy tomorrow, just so darn grateful to be able to do things again. I always feel a great sense of relief when I finish the newsletter and can take some time to share a few words. Can't tell you how many times over the years I have done a lot of work in compiling the newsletter only to accidentally hit the wrong key and there it goes, off into computer land, never to be found again. When I don't lose content, I am happy and that usually calls for a cup of coffee, maybe even a piece of dark chocolate.

This last year has given me lots of time to think, to reflect on my endeavors in the mental health/trauma/abuse arena. I honestly wish the trauma and abuse I experienced had never happened in my life, it created too many hurts and losses. That said, so grateful to have met so many others who have gone through hard times in life and yet, still kept moving on, even when falling down, falling back or just stopping for a bit, but somehow, somehow, they find the 'surviving spirit' within themselves and find a way to persevere. That has long inspired me and given me hope, and it always will. So darn grateful for all of you on this newsletter list also, thank you, for allowing me, some time to be in your life.

Take care, Michael

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June is PTSD Awareness Month

“Those who have a 'why' to live, can bear with almost any 'how'.” Viktor E. Frankl

1] [The Grass Gets Greener](#) with Melisa Wilson - I'm Melissa. I empower survivors of childhood trauma and abuse to realize their potential.

Hear from other survivors, [The Grass Gets Greener Podcast](#) - Overcoming childhood trauma and thriving in life through inspiring stories.

About The Grass Gets Greener - You might be wondering what this site is about and who this person is that is behind it. Well, this page is here to tell you just that.

The main purpose of this site is to help survivors of childhood trauma and abuse overcome the lingering effects that can exist as a result of these experiences, and to help you realize your potential and live the life you deserve.

The Grass Gets Greener represents hope and optimism. Sometimes you may feel as if other people have a better life than you, that the grass is greener on their side of the fence, so to speak. Well, this site is here to provide you with inspiration and support to help you overcome the effects of what you experienced that can make you feel this way. This site is here to help you become the person you are meant to be. *To show you how the grass gets greener for you!*

[Healing Unresolved Trauma to Take Back Your Life](#) - Today I'd like to share a new episode of the podcast with you. I'm joined by Certified Rapid Transformational Therapist and Hypnotherapist, Janine Wirth. Janine is going to share her story with us of her traumatic childhood where she had an unstable and abusive home life and then how she thought she was going to die at 18 years of age when a traumatic incident happened to her that left her suffering from PTSD. Janine will then share about how a particular type of hypnotherapy, called Rapid Transformational Therapy, changed everything for her and allowed her to heal. She's now on a mission to help women heal from their traumatic childhoods and reclaim their self-worth. You can check it out at the link below.

Here's to having hope and I'll talk to you again soon! ~Melissa

[Climbing out of the Darkness to Reclaim Your Life](#) - In this episode, I'm joined by Suzanne Ludlum of Trinity Yoga Therapy. Suzanne joins me to share her story of how she's been able to rise above the darkness of depression after suffering multiple devastating losses to become an advocate for those struggling as she once did.

Suzanne grew up thinking her family was normal even though her parents were alcoholics. When she moved out at 19, Suzanne looked back and saw how dysfunctional her family life had been. And then

when Suzanne was in her twenties, she experienced multiple devastating loses, leaving Suzanne and her much younger brother alone. Suzanne joined what ended up being a religious cult; when she left, she sought counseling and was eventually sexually assaulted by the psychiatrist. She had her first suicide attempt not long after.

“Try to understand the blackness, lethargy, hopelessness, and loneliness they’re going through. Be there for them when they come through the other side. It’s hard to be a friend to someone who’s depressed, but it is one of the kindest, noblest, and best things you will ever do.” Stephen Fry

2] [The Conversation, Articles on Trauma](#) – News, Research and Analysis – page 1,
Displaying 1 - 20 of 76 articles

[A sudden and lasting separation from a parent can permanently alter brain development](#) by Jacek Debiec, University of Michigan

[How to heal African-Americans’ traumatic history](#) by Taasogle Daryl Rowe, Pepperdine University and Kamilah Marie Woodson, Howard University

[Children with severe trauma can be fostered, and recover with the right treatment and care](#) by Kathomi Gatwiri, Southern Cross University and Lynne Mcpherson, Southern Cross University

[Toronto attack: How support can help prevent PTSD](#) by Margaret McKinnon, McMaster University

[How parents can support children after traumatic events](#) by Rachel Hiller, University of Bath and Sarah Halligan, University of Bath

[When sexual assault victims speak out, their institutions often betray them](#) by Jennifer J. Freyd, University of Oregon

[We must listen to male sexual abuse victims #too](#) by Christine Wekerle, McMaster University

[How childhood trauma changes our hormones, and thus our mental health, into adulthood](#) by Sarah Baracz, Macquarie University and Femke Buisman-Pijlman, University of Adelaide

[Dissociative identity disorder exists and is the result of childhood trauma](#) by Michael Salter, Western Sydney University; Martin Dorahy, and Warwick Middleton, The University of Queensland

[Women who sexually abuse children are just as harmful to their victims as male abusers](#) by Larissa Christensen, Griffith University

“The most important thing about a man is what he believes in the depth of his being. This is the thing that makes him what he is, The thing that organizes him and feeds him; the thing that keeps him going in the face of untoward circumstances; the thing that gives him resistance.” Hugh Stevenson Tigner

3] [PTSD Awareness Month - Say Something Do Something](#) You Tube 1:01 minutes

“This month is PTSD Awareness Month, and I want us all to become active and courageous and start chatting about the issue.” Dr. John A King

[#dealwithit My Recovery From Sexual Abuse And PTSD](#) – Dr. John A. King & Next Foundation

#dealwithit is a book for anyone who has lost it all. If you have been shot at, faced with sudden loss, blown up, screwed over (or in my case, screwed), this book is for you. I like to think of it as duct tape for the soul.” Dr. John A. King

#dealwithit is the honest, raw, not-safe-for-work account of Dr. John A. King trying to piece his life back together, move forward and thrive after the spontaneous recall of over a decade of childhood sexual abuse by his parents and their friends. This recall event, or John-A-Geddon, was followed by the immediate onset of Complex Post Traumatic Stress, which led to the loss of his marriage, career and health.

This book shares John’s gritty process of rebuilding his life. On his journey, you’ll find practical tools, unlikely mentors and his trademark Aussie sarcasm. #dealwithit is the perfect book for anyone who is getting up to go again, or is in the middle of the fight and just needs to hear, *“You can make it.”*

Secure your copy today: <https://www.drjohnaking.com/shop/dealwithit/>

“To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable.” Helen Keller

4] **Isana**, [Unfinished: A Personal Journey of Healing, Self-Discovery and Resilience.](#)

This raw and tender memoir celebrates one woman’s ability to transcend difficult circumstances and forge a life of meaning. - Foreword Clarion Reviews

Writing under the pen name Isana, the author is now happily married and has found peace. This memoir is her contribution to helping other women who have experienced childhood and adult trauma in the hope that her healing will send a message that forgiveness is possible and that bitterness is not the only outcome. Isana finally feels whole and wants the same for those who have lived through similar experiences.

Isana’s memoir is raw, angry, wise, and tender as she traces the events of her life from childhood through maturity. She shows how cycles of abuse, inappropriate behavior, ridicule, and lack of respect can repeat through generations, making it difficult for women such as herself to discover their true value.

Insightful and honest, Isana writes of her dysfunctional family, failed relationships, self-abuse through excessive demands on her body, on-the-job harassment while serving as a police officer, and finally, of finding a trustworthy man who loved and honored her.

The writing is clear, expressive, and to the point, and the story is fast paced and engaging. Some may find the graphic descriptions disturbing, including that of the discovery of a man who had shot himself; however, such moments serve to vividly bring the scenes, and the author’s feelings about them, to life.

The book's hopeful epilogue celebrates Isana's new ability to protect her own inner child, "the feisty one, the scrapper ... the one who wouldn't back down." Unfinished honors that sensitive little girl, still alive within the author, whose greatest desire was to be accepted and loved for who she was. - Kristine Morris, [Foreword Clarion Reviews](#)

"I am not afraid of storms for I am learning how to sail my ship." Louisa May Alcott

5] [Beneath the Vest: Police Officer PTSD & Mental Health](#) – You Tube 4:31 minutes

The first of our three-part series with first responders entitled "Beneath the Vest: Conversations about Mental Health."

The series addresses the mental health challenges encountered by the first responder community. As in other parts of our society, first responders face a culture of stigmatization and discrimination, which may be keeping people from getting the help they need.

"May we know once again that we are not isolated beings but connected...in mystery and miracle...To the universe, this community and to each other." Anonymous

6] [Healing From Childhood Abuse](#) - Brian Cardoza – The ManBits Podcast [MBP] - Join our growing [MBP Facebook Community](#), Check us out at [Twitter](#), [Facebook](#), and [Instagram](#). Subscribe to The ManBits Podcast [on Apple Podcasts](#) or [on Android](#).

Brian Cardoza writes a letter to his 6 year old self "*We become a superhero, we are mighty little ones and we are brave.*"

Brian experienced repeated sexual assault and repeated abuse as a child. He left home at the age of 15, that night he chose to fight and survive and he now chooses to be a voice of a sensitive topic, one of stigma and shame associated with it especially in men and that is childhood physical and sexual abuse.

He is now an author, a speaker and an artists and sends a message of hope and is an advocate of speaking out.

'Raw, powerful testimony from a dear friend, sharing hope and healing.' Michael Skinner

This topic is sensitive, non of the content should be used as professional therapy. If you find yourself feeling vulnerable or if you know someone who is vulnerable, please use our support page on the website manbits.com/support

My good friends – It seems that life throws us a curve ball when we least expect it. Whether it's a trauma, a break up, financial difficulties, a loss of a loved one or friend, PTSD or one of the many stressors its important to know that you're are not alone in your struggle.

It's 100% likely that someone else in the world has gone through a similar experience. Support is out there. It's not always easy to ask for support – I get that. Remember – No-one will think you're silly, or nuts for feeling the way you do.

Our high level mission to reduce suicide among men globally reaches further than just men. It also reaches out to the loved ones of men, their siblings, parents, friends & wider family, their work colleagues and acquaintances and more.

The following list provides you with the contact details of numerous organizations created to help you and those around you through the tough times. Are you feeling vulnerable, having suicidal or depressive thoughts – or simply finding yourself feeling lonely or down about life? If so, please contact one of these organizations, as they're there to listen without judgment and provide appropriate support.

My love and respect to you all

Paul Averill – Founder of The ManBits Podcast

“Creativity does not necessarily mean you paint or write – creativity is being uniquely who you are & expressing it. It helps us unblock negativity so we can start to see the world in a more positive light.”
Amanda Clifford

7] [The Right Way to Respond to Negative Feedback](#) by Tasha Eurich – Harvard Business Review

Feedback, as they say, is a gift. Research bears this out, suggesting that it's a key driver of performance and leadership effectiveness. Negative feedback in particular can be valuable because it allows us to monitor our performance and alerts us to important changes we need to make. And indeed, leaders who ask for critical feedback are seen as more effective by superiors, employees, and peers, while those who seek primarily positive feedback are rated lower in effectiveness.

But processing and acting on negative feedback is not always easy. It can make us defensive, angry, and self-conscious, which subsequently impairs our effectiveness. What's more, we can't take all feedback we receive at face value. While critical feedback can frequently be given objectively and with the purest of motives, it can also be inaccurate and/or nefarious in nature: a coworker who wants to throw us off our game; a boss who has completely unachievable expectations; an employee who is scared to speak truth to power; a friend who projects her own issues onto us. It's hard to know what is real and what should be filtered out.

There are plenty of resources available on how to ask for critical feedback, but there's comparatively little guidance on how to navigate the hard feedback we receive. Here are five empirically supported actions to help you hear critical feedback openly and calmly, intentionally mine it for insight, and harness it to improve without collateral damage to your confidence and self-concept.

1. Don't rush to react
2. Get more data
3. Find a harbinger
4. Don't be a lonely martyr
5. Remember that change is just one option

[Read the entire article](#)

Tasha Eurich, PhD, is an organizational psychologist, researcher, and New York Times bestselling

author. She is the principal of The Eurich Group, a boutique executive development firm that helps companies-from start-ups to the Fortune 100-succeed by improving the effectiveness of their leaders and teams. Her newest book, *Insight*, delves into the connection between self-awareness and success in the workplace.

“The question is not what a man can scorn, or disparage, or find fault with, but what he can love, and value, and appreciate.” John Ruskin

8] [Unforgotten](#) - short film by Glenn Holsten on OC87 Recovery Diaries

A few months ago, I saw a photo on Facebook of a cemetery in Marlboro, New Jersey. The cemetery was on the grounds where the Marlboro State Psychiatric Hospital once stood, and was the place where people who were once residents of the hospital were laid to rest.

The image I saw wasn't a very artful one, but I couldn't stop looking at it. What made this cemetery unique was that instead of names etched on each tombstone, there were only numbers. It turns out that those without family members, those who died alone, are buried here.

I couldn't shake the image or the concept. Weeks later, I searched out to find the cemetery for myself.

Like many state run psychiatric hospitals, Marlboro State Hospital was a troubled institution. A quick internet search into its history is a depressing lesson in patient care, patient abuse, hospital mismanagement, and, ultimately a failed effort to make a suitable living space and treatment center for those with mental illness. I'm sure that there were many good people who worked hard to make the lives of the residents better, but the number of stories about the lack of care and abuses suffered there are overwhelming.

I also found out that after the hospital closed, a group of dedicated people erected a memorial on the site that included the names of the dead.

This cemetery is one of many across the country. This story is a sort of recovery story. Many of these hospitals were very painful places. Unfortunately, when they closed, nothing better took their place. And despite best intentions, many of the mentally ill persons ended up in the streets, rather than woven into the community, as many health practitioners had hoped would happen.

[OC87 Recovery Diaries](#) is proud to present “Unforgotten,” a video essay about this cemetery. It is our tribute to the more than nine hundred souls who suffered, and now rest there. [Learn more](#)

[Unforgotten – Marlboro State Psychiatric Hospital](#) - YouTube 4:32 minutes - A tribute to the residents of Marlboro State Psychiatric Hospital

“Art is a wound turned into light.” Georges Braque

9] [Share Your Recovery Story](#) - #BustStigma on Mental Health

Many thanks for spending time with OC87 Recovery Diaries. When we were out sharing the documentary *OC87: The Obsessive Compulsive, Major Depression, Bipolar, Asperger's Movie* with

the world, we discovered that some of the most exciting conversations happened after the film ended, when the audience members had a chance to share their compelling stories of struggle and inspiring journeys of recovery.

OC87RecoveryDiaries.com can be a place to share your mental health recovery story to inspire and connect you with others who might learn from your experience.

If you have a story to tell and don't know how to share it, a great place to start is by commenting on the different entries already on our website and social media channels. Share your mental health recovery story. Talk to the community. Brainstorm ideas. Make connections. That's what this website is all about.

If you are ready to share your mental health recovery story now, please read the following guidelines. [Learn more](#)

"There are two ways to live your life: One is as though nothing is a miracle. The other is as though everything is a miracle." Albert Einstein

10] [S.M.A.R.T. Conference](#) to help survivors of severe child abuse [ritual abuse] and torture

For immediate release:

Conference press release - please post and forward

You may use the following press release for the events or resource section in your publication. Feel free to forward this to other sympathetic organizations and publications. Thank you.

A conference to help survivors of severe child abuse (ritual abuse) and torture will be held on August 18 - 19, 2018, between 9 - 5 PM Saturday and Sunday at the DoubleTree Hotel near Bradley International Airport, Windsor Locks, CT [between Hartford, CT and Springfield, MA]. This conference will help educate survivors of this abuse and their helpers. Pre-registration is preferred.

For information write S.M.A.R.T., P. O Box 1295, Easthampton, MA 01027-1295 E-mail: smartnews@aol.com, conference information is at: <https://ritualabuse.us/smart-conference/>

If you are interested in attending or supporting the conference, please feel free to write us via e-mail or regular mail, and we will send you more information.

"If I found a healing tree in my backyard, and it grew some sort of fruit that was a healing balm for people to repair what was damaged, I'm not going to just harvest all of those fruits and say 'you can't have this'. If I have a cure for people, I'm going to share it. I'm going to keep growing it and I want you to take some, plant some in your yard, and you plant some in your yard, and you plant some in your yard. Let's all grow this thing that's going to heal us." Tarana Burke

11] [Taking Back Ourselves](#) Weekend of Recovery - for survivors of incest, sexual assault, sexual trafficking, campus rape, domestic violence, religious abuse, military sexual assault, war crimes, tribal and racial violence.

Labor Day Weekend: August 31 to September 2, 2018 Hope Springs Institute Peebles, Ohio

Registration is OPEN for the Taking Back Ourselves (TBO) Weekend of Recovery for Women Survivors of Sexual Abuse and Assault on Labor Day weekend! If you have inquired about a scholarship, please know that TBO endeavors to make Weekends affordable to any survivor who wants to participate in this healing, empowering, life-changing experience.

The Taking Back Ourselves Weekend is designed with profound respect and attention to not only what is comfortable and safe, but also what is most empowering. The facilitation team utilizes mindfulness, Brain Gym, body work, principles of Aikido and chi gong, yoga, music, art, authentic movement, empowerment and, most especially, community. It creates an opportunity for participants to find the places in themselves that seem immovable in recovery, and to embrace their strength and sense of aliveness as they connect as survivors.

Though we are a new non-profit organization with limited resources, and our Weekends are costly to run, we nevertheless maintain a commitment to helping potential participants find alternative resources in cases of financial hardship or limited income. We are careful and vigilant about finding non-denominational venues that are safe, affordable, and attuned to women. We strive to make sure that the environment, food, and lodging are comfortable and nourishing. As part of our costs, we provide a very nominal stipend for our team of incredible clinicians from all over the country who donate hundreds of hours of their time and lives to [Taking Back Ourselves](#).

For those of you who cannot imagine being able to afford to fly to the middle of the country or somehow get to this Weekend of Recovery, we encourage you to be bold and creative in considering other options for securing financial assistance to make it possible for you to attend. There may be opportunities for funding assistance perhaps right within your own communities. Some family members may strongly support your recovery work and be willing to help out-though they're sometimes the last people you might think of contacting for support.

We understand that when you have put everyone else in your entire life first, events to promote your own recovery can feel self-indulgent. Investing in yourself can be a challenge, but it is vital-not only for yourself, but for the people you love and care for. You will take that healing back into all your relationships and communities. And you will be giving others a chance to participate in giving to an important cause.

If you have any questions about registering, or how to empower yourself to come to a Weekend, please email me, [Mikele Rauch] at takingbackourselves@gmail.com.

Here is the link to register: <https://takingbackourselves.org/apply-register/>

In the meantime, be kind to yourself and take good care.

We hope to see you Labor Day weekend!

Mikele Rauch, LMFT
Founder and Executive Director
Taking Back Ourselves
www.mikelerauch.com

“All great achievements require time.” Maya Angelou

12] [Live & Learn](#) - Creative data-driven solutions for a livable, learning society. Laysha Ostrow, PhD
Founder & CEO

Live & Learn, Inc. is a social enterprise that provides research, technical assistance, and knowledge translation services to behavioral health system stakeholders.

Mission - Live & Learn, Inc. is a California-based, consumer-run and woman-owned social enterprise that provides research, technical assistance, and knowledge translation services to behavioral health system stakeholders. Live & Learn specializes in the meaningful inclusion of the perspectives of people who use or have used mental health services in conceptualizing and implementing innovative, data-driven research and policy projects.

Philosophy - Live & Learn improves health and social welfare systems by collaborating across stakeholder groups-practitioners, patients, advocates, and researchers-to promote public health by identifying common concerns and mutual solutions. We synthesize lived experience with learned expertise: those who have "lived it" through their own struggles and direct service to communities, and "learned it" through professional training.

Approach - On all projects, we partner with community-based programs, consumer groups, governments, and research institutions to maximize capacity, and invest in opportunities for cross-learning and growth. In collaboration with these partners, we conduct projects that generate and disseminate actionable products and information related to research and policy in the areas of workforce development, program implementation/sustainability, patient advocacy, and service user experiences. As a consumer-run business, Live & Learn has a demonstrated commitment to the inclusion of service users and families, which enhances our ability to deliver maximally informed and useful analysis, tools, and services.

[Projects & Initiatives:](#)

[Self-Employment & Entrepreneurship](#) - The Self Employment Starts with You (SESY) study used qualitative and survey data to examine self-employment as a strategy to improve career options and financial outcomes for individuals with a psychiatric disability.

Peer Respite - [PeerRespite.net](#) is a comprehensive online resource dedicated to dissemination and implementation efforts to help communities create effective, sustainable crisis alternatives through independent peer-run programs.

[Psychiatric Medication Discontinuation](#) - The Psychiatric Medication Discontinuation/Reduction study (PMDR) is the first U.S. survey of a large sample of longer-term users who chose to discontinue psychiatric medications. The study, funded by the Foundation for Excellence in Mental Health Care and led by current and former users of psychiatric medications, sought to understand first-hand experiences and strategies of individuals who decided to discontinue psychiatric medications, and either stopped or reduced the use of these medications.

“The world cannot be discovered by a journey of miles, only by a spiritual journey, by which we arrive at the ground at our feet, and learn to be at home.” Wendell Berry

13] [AAPD Career Center](#) - We are proud to introduce our redesigned AAPD Career Center (jobs.aapd.com): a premier source for people with disabilities to search and land professional careers with leading employers. The AAPD Career Center will attract the world's leading companies and universities to find qualified and diverse candidates. The new AAPD Career Center makes it easier than ever to find the right opportunities for you.

The American Association of People with Disabilities [AAPD] is a convener, connector, and catalyst for change, increasing the political and economic power of people with disabilities.

'Instead of spending your energy on hating your enemies, use it to love your friends a little harder.'
Unknown

14] [REV UP Issues Guide](#) - AAPD is pleased to present the REV UP Issues Guide for the 2018 Elections. The Guide provides a comprehensive, yet concise overview of the issues, legislation, and regulations that have a significant impact on the disability community. The Guide is meant to serve as a tool for voters, advocates, candidates, and the media to be better informed on the issues that matter to people with disabilities.

The disability community represents an important and potentially influential voting bloc. To make the disability vote influential, people with disabilities need to be actively involved in the election process and press candidates to give their positions on issues that affect them and their families. Candidates that support the equality and full inclusion of disabled individuals will benefit from the power of the disability vote.

Use this Guide to inform yourself and others on the priorities of the disability community, and to make an informed choice at the ballot box.

Use this guide when meeting with candidates formally or informally. Ask them how they will vote on legislation and what policies they will support. Remind them that the disability vote matters.

Use this Guide when talking with the media about the importance of disability issues in this upcoming election. With 1 in 5 Americans living with a disability, these issues are everyone's issues.

As *Justin Dart* said, *"Vote as if your life depends on it – because it does."*

If you have any questions, please contact AAPD's REV UP Campaign at programs@aapd.com.

"Judge me all you want, but keep your verdict to yourself." *Jim Hunt*

15] [Share Your Story - Families USA](#) - The Voice for Health Care Consumers

Families USA is gathering overlooked and underrepresented stories about people's experiences with the health care system. Maybe you've had difficulty finding a provider, received an outrageous bill in the mail, struggled to afford care, faced discrimination or unfair treatment, or faced multiple hurdles getting to a diagnosis. Or maybe you're still worried about ongoing threats to coverage. Whatever it is, share your story.

Our nation is at a crossroads-while we have made amazing advances in treatment for all kinds of conditions, accessing health care remains out of reach or a struggle for many.

At Families USA, we envision a nation where the best health and health care are equally accessible to all. A key part of our work is bringing to light and elevating the voices of health care consumers all across the country.

And to do that, we need to hear from you.

Tell us about your experiences with insurance, prescriptions, affording and accessing treatment. We want to hear everything-from when things go right to your fears because a program is being threatened-and everything in between.

By sharing your story, you help to inform our work and you speak up for people who may be facing issues just like yours.

"Love is an act of endless forgiveness, a tender look which becomes a habit." Peter Ustinove

"On this day, let me quietly reflect and search out any negative feelings that are left over from yesterday. Old resentments will interfere with my serenity today. Perhaps it is time to let them go. Courage to Change

Take care, Michael

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

[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