



THE VOICE

August 2007

CONSUMER VOICES ARE BORN
CVAB

Volume 2, Issue 2

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The VOICE is a monthly newsletter produced and distributed by CVAB, Inc.

The content of articles are the opinions of the writers and are published in the Voice so they may exercise their right to say something, and for your reading pleasure

CVAB is a consumer-run non-profit organization.

The Voice welcomes all original contributions related to your recovery experience that you may want to share with our community. We'll treat each with respect and we'll try to print them as submitted but may need to edit for space. Our deadline is the 15th of each month. Thank you.

BBQ & PICNIC

It is time for the CVAB BBQ and Picnic.

The BBQ and Picnic is August 18 from Noon to 5 PM at Marshall Center Park.

We will be gathering to eat, play and enjoy the day.

CVAB is providing the burgers, dogs, most the fixing's and water, and you bring a side dish or dessert.



We'll have some games for the kids and one or two for the big kids (adults?).

LET'S BBQ

There may even be a raffle.

If you plan on coming, please sign up at CVAB. We need to know who is coming and what they are bringing. You can also sign up to help with something.

Questions? Contact CVAB.

Thanks to Lloyd and all who have worked to plan this years BBQ.



Thanks to Boeing Employees

Consumer Voices Are Born, Inc. and its Board of Directors express gratitude to Employee Community Fund of Boeing Portland, Inc for the gift of \$1000. We will use the gift to support our operating expenses as we work to fulfill our mission.



KESSLER'S KOLUMN

Nick takes a break from his Kolumn this month but not from thoughtful reflections on movies and helpful tips about local area books.

**YET IF YOU FACTOR
IN THE AMOUNT OF
RESEARCH
CONTRIVED IN THE
FIRST MOVIE
COMPARED TO THE
SECOND MOVIE, IT'S
LIKE SWITCHING
FROM C-SPAN TO**



At the Movies by Nick

An Inconvenient Truth; Starring Al Gore. Directed by Davis Guggenheim. 2006. The Day After Tomorrow; Starring Dennis Quaid and Jake Gyllenhaal. Directed by Roland Emmerich. 2004.

These two movies share a common theme, despite the fact that they are just as radically different from each other to the same extent. Global warming, polar ice caps melting, bizarre weather changes, and international disaster are prevalent in both movies. Yet if you factor in the amount of research contrived in the first movie compared to the second movie, it's like switching from C-Span to Disney.

"An Inconvenient Truth" involves showing the audience just that—meaning we are shown dreadful images of pollution, graphs shown and described by Al Gore the thickness of the ozone layer and how it has changed over the past 2,000 years, along with

testimonies from Al and others about their lives and what first motivated them to research this important subject, and finally a conclusion as to what we should do.

"The Day after Tomorrow", on the other hand, hasn't done its homework. Rather, it sets out to induce terror; and the entire movie takes place over just a few days. It's all about special effects and cliffhanger suspense, and is hard to believe.

But I think what is most interesting is how much more *appealing* "The Day After Tomorrow" is to the average, younger audience. Yes, believe it or not, people actually get off on this stuff. And yet what is even more interesting, and more *hopeful*, is that you can buy "An Inconvenient Truth" at just about any DVD distributor, while "The Day After Tomorrow" has faded away after being released just 2 years earlier. Maybe people *are* trying to take the world more seriously. V

In the Bookstore by Nick

The Zinester's Guide to Portland: A Low/No Budget Guide to Visiting and Living in Portland, OR. Edited by Shawn Granton.

It wasn't until I was 21 that I went on my first bus-trip to Portland. I had been there many, many times—but by myself? It was hard. I was nervous. Scared. Didn't really know what I was looking for or what I'd find, but a lot of it had to do with my identity.

This handy little guide can be found at none other than the regal Powell's City of books for \$5. It is, as the title suggests, both a resource for residents and visitors of Portland. There's a lot of

stuff in here. The book is divided into 5 sections, all named after the areas of town: North, Northeast, Southeast, Southwest, and Northwest. Each section has sub-categories that offer fun places to go, mainly just for the heck of it. It's full of humor, lore, cute little drawings, etc. There's also information on public transportation, parks, bike trails, and history. Portland is full of adventure and opportunity, and this book really helps you take in one thing at a time. V

Washington Behavioral Health Care Conference 2007 By Carolyn

Recovery is a deeply unique process of changing ones attitudes, values, feelings, goals, and skills; a new meaning and purpose in ones life as one grows beyond the catastrophic effects of mental illness. Resiliency can be self-discovery; nurture a positive point of view of you keeping things in perspective and maintain a hopeful outlook, take care of yourself through journaling meditation, and spiritual practices.

Another recovery tool is humor. Laughter encourages communication and helps to gain insight. Humor can

help us get out of ourselves.

There is a recovery tool called spirituality awakening wonder. Spirituality is what connects the individual with the universal. Spirituality is what you as an individual define it to be; examples are art, music, God, church, and drumming groups.

Believe in the possibilities.

I received a big break with life. I can breathe on my own! I'm very thankful.
V

A Close Cut

Teri cuts hair. She does many, many other things in addition but she volunteers at CVAB to cut and shape hair. She recently took a brief break for a few reasons including broken and irreparable clippers. Teri and CVAB want to send a special thanks to our wonderful Bob for his donation that replaced her clippers. Teri is back on the schedule so look for her on Tuesdays in August and beyond. Thanks Teri! V

Advanced Directives

This new opportunity is here for you twice a month. What is it? We will have an open time for individuals wanting to work on completing Mental Health Advanced Directives. We think Advanced Directives is vitally important and want to assist anyone desiring to complete them. Everyone is welcome so look for these "drop-in workshops" on the first and third Monday's of the month. V

Warm Line Training

It's that time again, time for you to do two things.

First, tell someone about our Warm Line and how valuable a resource it is. Second, sign up and attend our Warm Line training in August. The two and a half day training provides an introduction to the Warm Line and tools for recovery. You can take the training without obligation to becoming a Warm Line volunteer (although we hope you will). Please register at CVAB to be a part of this free training. V

Recovery is...

To take one day or even one moment at a time....Be true to yourself. You are the hero of your own story.

From Paula C's answer to the question "What is Recovery to you?" The rest of her answer and many other CVAB members answer can be found in our community notebook, Perspectives of Recovery in the CVAB Living Room. V



**BE TRUE TO
YOURSELF. YOU
ARE THE HERO OF
YOUR OWN STORY.**



A PERSON-CENTERED, RECOVERY-ORIENTED, SUPPORTIVE COMMUNITY

Nonprofit Org
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Vancouver, WA
Permit #435

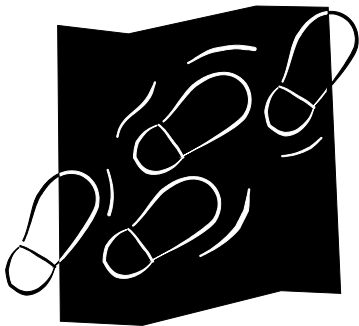
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Executive Direction from Brad Berry

Heroes. This past year I got hooked on the new network show *Heroes*. Its graphic novel style, layered characters and story twists—humorous and ponderous—kept me tuning in week after week. I think one of the things I like is that each of the main characters have extraordinary abilities—some due to genetic evolution and others to the power of the human mind and spirit. There is that “thing” within many of us that wants to be extraordinary and that’s what connects us to stories like *Heroes*.

That’s what I like about working at CVAB. I see and talk to heroes

here everyday, real characters exhibiting the extraordinary power of the human mind and spirit—amazing abilities. The people who come to CVAB are strong examples of recovery in action as they live through the twists life has written into their lives. I can’t help but be drawn into these stories of real heroes—that’s what keeps me coming back, tuning into what I see here everyday.

I look forward to the next season of *Heroes* but I know that the real Heroes are here at CVAB laughing, crying, learning, growing, stumbling, recovering—demonstrating extraordinary abilities. V

IT'S HAPPENING AT CVAB IN AUGUST! IT'S HAPPENING AT CVAB IN AUGUST!

Brown Bag with Brad

Meet to talk about CVAB and other stuff.

Register at CVAB



Come to CVAB 101 to find...

- ...Who CVAB is
- ...What CVAB is
- ...How you can get involved

Employment Help
Job Ready—Mondays at 11 AM
 A group that helps with resumes, interviewing, searches—whatever you need.

Wednesday @ 2 PM Support Group
 A "drop-in" support group for your journey of recovery. No registration needed. Facilitated by Cathy Bowen.

Games ON Games Of Nick
 Come each week to play a new strategic game. Hosted by Nick

Computers 201—WORD
 Wednesdays @ 9:30 AM
 This class is a self-paced tutorial with staff support. Start when your ready and continue at your own pace.

Community Gathering
 The August Community Gathering will include a Clubhouse update from Bill Waters
 Monday, Aug 20 @ 1PM

CVAB 101 is a 3 hour class and you have 2 opportunities in August. We request you register for CVAB 101 at our office or through emailing info@cvab.org. Thanks!

WRAP GROUP
 WRAP=Wellness Recovery Action Plan
 Learn self-help skills and how to use them more easily to monitor physical and emotional symptoms. This group will help you:

- Develop your own list of activities for your everyday well being.
- Track triggering events and early warning signs.
- Prepare your personal responses if symptoms increase.
- Create a plan for your supporters to care for you if necessary.

Angela Dummann, Facilitator
 Sign up at CVAB. New Groups beginning every 4-6 weeks. Try the three hour WRAP Lite for a taste of WRAP!

MELANIE MAIORINO, Ed.D
 CLARK COUNTY OMBUDS
 360-397-8470 OR 1-866-666-5070

OMBUDS IN August
 August 27 @ CVAB

Members Advisory Council August 13

Members Advisory Council August 13

Members Advisory Council August 13

Learn the Basics of American Sign Language
 Help CVAB become a welcoming community through sign language. Classes begin at 3 PM on Tuesdays.

RELAXATION Group
New Group Meets August 24
Register @ CVAB

MENTAL HEALTH ADVANCED DIRECTIVES DROP-IN WORKSHOP

1ST AND 3RD MONDAYS
BE SURE YOU HAVE ONE!

SIGN UP TO BRING SOMETHING FOR THIS YEARS BBQ!



CVAB BBQ & Picnic
 August 18
 Noon to 5 PM
 Marshall Center Park

Please signup so we have enough to BBQ

Life After...

A supportive group for any woman who has experienced trauma or life-altering events. **You are not alone**

Karen Maust
Facilitator

Karen is a peer facilitator who has experienced trauma and the benefits of this type of group.

We can share our experiences to help ourselves as well as others.

Thursdays
10 AM-12 PM

WARM LINE TRAINING
August 15-17
Be a Peer Ear Volunteer
Sign up at CVAB