



The Voice

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CVAB Board of Directors

Bridget Ball	Aaron Harris
Julie Bracken	Lonny Klugman
Rey Cabral	Teresa Olson
Glen Clark	Teri Owen
Lance Echo-Hawk	

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The VOICE Contributors
Nick K
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Kathryn M
Pat R

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.

What I have to be Grateful for Today Kathryn M

I AM GRATEFUL FOR...

<i>ACTS OF KINDNESS, ACCEPTANCE</i>	<i>NATURAL INNATE GOODNESS</i>
<i>BABY STEPS, BOUNDARIES, BEAUTY FROM WITHIN</i>	<i>OPPORTUNITIES TO GROW, CLEVERLY DISGUISED AS INSURMOUNTABLE CRISIS</i>
<i>COURAGE, BOUNDLESS AND FIERCE, CHILD LIKE FAITH</i>	<i>PATIENCE</i>
<i>DREAMS, DOORS OPENING TO SHOW ENDLESS OPPORTUNITY</i>	<i>QUIET TIMES TO REFLECT REALITY</i>
<i>ESPRESSION, SAFE, A WAY OF GROWTH... ENERGY TO FACE THE DAY-</i>	<i>SANCTUARY, SANITY, SELF LOVE SOOTHING, SELF UNDERSTANDING</i>
<i>FRIENDS</i>	<i>VALUE, THE KIND NO ONE CAN TAKE AWAY</i>
<i>GREATFUL HEARTS</i>	<i>WINNING THE BATTLE, WISDOM</i>
<i>HIDDEN TALENTS, BLINDING COURAGE</i>	<i>XANAX</i>
<i>INGENIOUS CREATIVE MINDS</i>	<i>YEARNING, THE MOTIVATOR FOR CHANGE</i>
<i>JOKES THAT MAKE ME LAUGH</i>	<i>ZEBRAS</i>
<i>KINDERED SOULS</i>	
<i>LOVE OF SELF</i>	
<i>MATURITY</i>	

- September 13, 2007

Recovery Theme

CVAB is committed to the reality of Recovery. We encourage you to look for a Recovery Con-

cept posted each month and enter into the dialog we enjoy around the new theme at each

CVAB Community Gathering. October's theme is Self-Direction.V

The Warm Line

Why a kolumn about the Warm Line? After all, most of you know all about it, right?

Well, apparently not. After all, the most calls I've ever got during a five-hour shift is a meager "3". I find this rather disconcerting, especially considering the fact that it's advertised on all the CVAB cards, flyers, and issues of the Voice.



Kessler's Kolumn

It's hard to know how to feel after that five-hour volunteer shift when you've received—at the most—three calls. Five hours of sitting with the pagers and trying to bide time.

I guess if all those other people out there who don't call don't need the Warm Line, it's time to cancel the resource and move our energies elsewhere. But I don't think the above scenario is

true. I think a lot of people are afraid to call the Warm Line; perhaps they don't want to open up and would rather wait until a crisis explodes around them. But when you really think about it, the Warm Line deals with the problem in a much better way. And it sure keeps the volunteers busy if we actually receive calls! If the number is indeed among 700-800 visits a month here at CVAB, then people should be aware of it. But perhaps we need a better way of spreading the word. Who knows? **V**

Meet Pat Roe

For those of you who I haven't had the opportunity to meet yet, my name is Pat Roe and I am the new Family Support Specialist at the Clark County Regional Support Network (CCRSN). While new to the position, I am not new to the County having worked for almost 5 years as a parent partner and certified peer support counselor providing direct services for families in the Connections Program at the Juvenile Justice Center.

My degree is in Psychology and Business from Eastern Oregon University, but it is my real-life experiences as a parent and mental health consumer that brought me to this work. I understand many of the unique challenges faced by families having lived through them within my own home. It is a personal goal of mine that no other parent should feel the isolation or desperation I did

when seeking services for myself and my son.

I am so excited about the opportunities that come with this position. My new duties will include assisting CCRSN staff in planning and coordinating the development and ongoing implementation of priority services for families with children in the public mental health system and to promote the vision of recovery and resilience and community integration. I will be assuring that family voice is present at the county table.

I am also excited about the opportunity to work in close partnership with community organizations such as CVAB and NAMI,

for discussions about the ongoing needs of families in Clark County as we hopefully find ways to meet them together.

"I will be assuring that family voice is present at the county table."

If you have questions or comments about what I will be doing, you can reach me at the Department of Community Services, 397-2130, ext.7874, or,

I'll be attending the monthly CVAB Community Gathering, we can meet and talk more there. **V**

Pat Roe
Family Support Specialist
Clark County Dept. of Community Services
(360) 397-2130, ext. 7874
patricia.roe@clark.wa.gov

Thanks CVAB! From Sara

I just wanted to say thanks to the Staff and Volunteers of “Consumer Voices are Born”.

Thanks for being there during the passing of my Mom in June. I was very grief stricken and did not know where to turn. Not only was I grieving but I also have a mental illness and was being symptomatic at home. One day my Case Manager planted a seed and said “what about CVAB.” I actually did not feel like seeing anybody for a week or two afterwards. But one day I was sitting there praying, what do I do? Then CVAB automatically came to mind. So I de-

ecided to pay them a visit and I think I walked into CVAB crying. To make a long story short, the Staff and Volunteers were wonderful to me. I made a lot of new friends, participated in their groups. They were there to listen mostly. The good, the bad, the humorous. I am so proud of my association with CVAB and I know my Mama would be proud of them too. My faith has gotten me through the

rough patches and I know that I will see Mama and Daddy again and I can say come meet all my friends I made at CVAB! V

“I made a lot of new friends, participated in their groups. They were there to listen mostly. The good, the bad, the humorous.”

Members Advisory Council (MAC)

CVAB is creating a Members Advisory Council (MAC). We are seeking members who will participate in helping CVAB staff and Board make decisions that impact everything from CVAB programs to county policies to legislative changes. This is an opportunity to get involved within CVAB and get connected to leadership oppor-

tunities outside of CVAB. The next meeting is Monday, October 8, at 3 PM. Please sign up in advance at CVAB by filling out a yellow registration form and come prepared to contribute and learn. V

Movie Ideas?

It was suggested and then decided at the CVAB Community Gathering that there was interest in submitting movie ideas for our Thursday afternoon matinees. We are open to documentary and entertaining ideas. If we get enough good ones, we may start showing some in the evenings. Please submit your ideas in writing to CVAB. V

Congratulations Teri!

Teri Owen, CVAB Board member and volunteer, was given the Community Advocate award by the Council for the Homeless during their annual Hope and Action Luncheon in September. Teri

“I am recovering from everything...I am living proof that people can and do recover.”
Teri Owen

was recognized for her personal story of success as she inspires and works to bring hope to others.

Congratulations Teri! We are very proud of you! V

CVAB Survey

You can help CVAB understand what is going well and what we can do better. Please complete the enclosed survey and return it to CVAB before October 31, 2007.

We’ll compile the results and report back in December how your input affects CVAB in the New Year. Thanks in advance!

CVAB

CONSUMER VOICES ARE BORN—CVAB

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*A Person-Centered, Recovery-Oriented,
Supportive Community*

WWW.CVABONLINE.COM

Clark County Recovery Initiative Stakeholder Presentation and Trilogy Website Introduction

October 11, 2007

Stakeholder Presentation & Q&A

10 AM—2 PM

Trilogy Website Presentation & Training

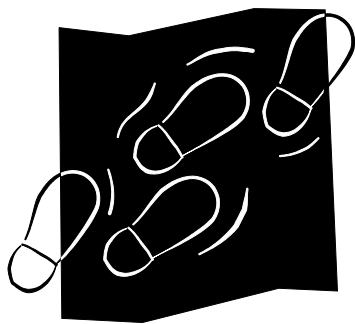
2—5 PM

CVAB for Details!

Nonprofit Org
US Postage Paid
Vancouver, WA
Permit #435

Executive Direction from Brad Berry

In a past column I referenced a mentor I once had who often stated that we should not assume anything about a group that we are about to speak to; I think this is sage advice.



This month, you'll find the first CVAB Assessment. It is a survey for you to fill out that asks

what is going well and what could be better with CVAB. The Board of Directors and staff are interested in your feedback and will use it. First, you'll get a report back at the November Community Gathering about what you reported to us—the raw data. Second, you will be able to read the analysis of what we discovered in the December issue of *The Voice*. Third, we will attempt to put what we learned into practice during 2008 and beyond.

I must confess, I hesitated to send out this survey because I thought we offered so many op-

portunities for you to give feedback, many of which aren't being used. But then I remembered the words of my mentor and the need to take advantage of every way possible to get the feedback necessary to evaluate and plan what we do to benefit the most people possible.

Please complete and return the first CVAB Assessment before October 31, so we have to assume nothing. **V**

Note: Other feedback opportunities presently include: CVAB MAC, CVAB Community Gatherings conversations with CVAB Staff, and the Clark County Recovery Initiative.


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

New Classes or Groups in OCTOBER

Computer 101: Tuesday October 16. Please pre-register at CVAB
WRAP Group 10: Tuesday October 9. Please pre-register at CVAB

Halloween Party!
 No one has volunteered to coordinate the CVAB Halloween Party but we thought we would put something on the schedule. There will be food, drinks and you dressed as...?
October 31, 2007 1–5 PM.

Community Gathering Monday, October 15 @ 1PM



Come to CVAB 101 to discover...

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

CVAB 101 is a 3 hour class to learn about our agency, volunteering and membership.

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.

MELANIE MAIORINO, ED.D CLARK COUNTY OMBUDS
 360-397-8470 or 1-866-666-5070 October 22 @ CVAB

CVAB wants to say a big **THANK YOU** to all of our *Consumer Volunteers of Excellence* including **September honorees Bridget and Nick**. You are making a difference!

MENTAL HEALTH ADVANCED DIRECTIVES DROP-IN WORKSHOP 1ST AND 3RD MONDAYS BE SURE YOU HAVE ONE!

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.

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.

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

Life After... Group Thursdays @ 10 AM
 A “drop-in” A supportive group for any woman who has experienced trauma or life-altering events. We can share our experiences to help ourselves as well as others.
 Facilitated by Karen

Members Advisory Council September 10