

THE VOICE



September 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 SUCCESS!

After a year off, the BBQ came back and was a huge success. Everyone present reported having a great time and said they would do it again, and again...and again.



SCOTT ENJOYING THE MEAL

Thanks to all who helped plan and bring it together, from beginning to closing the last garbage bag.

Special thanks to Lloyd for taking the initiative to get it on the calendar and bring together the planning group. Thanks to Irma for hustling for donations and planning the games. Thanks to Angela for learning all those fun balloon tricks. Thanks to Dennis for checking the BBQ. Thanks to Glen for grilling 100 dogs and burgers. Thanks to each of you who brought something to the potluck and thanks to all who brought your appetite.



MUSIC AND A MEAL...NOT BAD



GLEN THE GRILL MASTER



ANGELA TYING BALLOONS IN THE SHAPE OF....?

Who's up for planning next years?! V

(Note: The pictures look better at cvabonline.com)

BBQ THANKS!

CVAB would like to thank the following individuals and businesses for donations that contributed to the success of this year's BBQ.

Taste of Asia on 4th Plain
McDonalds Restaurants
Baja Fresh on Highway 99
Tom Brown of Vancouver

Bob Lafayette of Vancouver
Irma Villarreal of Vancouver
Great Clips
Fred Meyer on Highway 99

Thanks to each of you! V



KESSLER'S KOLUMN

I THINK THIS RINGS
TRUE WITH THE
INTENTIONS OF MOST
PEOPLE WITH
MENTAL ILLNESS:
THEY WANT TO KEEP
GOING, DESPITE
WHATEVER THEY'VE
BEEN THROUGH.



WE ALL NEED
A LITTLE MYSTERY

Relapse...

“Relapse” is known to many of us as a dirty word. We scorn it and we worry about it a lot, probably way more than we should, and many case managers and therapists alike make sure we do. I can’t help but ask the people who make up words like relapse and what they were using when they thought of it. It’s a useless, degenerative term, often aimed at people that don’t deserve it. I have two challenges to the “powers that be,” two types of people that definitely do not deserve the term: people who use or drink responsibly and people struggling with mental illness.

First of all, drugs and alcohol: of course you should avoid these vices if you can, but I have a rather strange belief about these substances—it’s the people that use them, not the drugs,

that determine the outcome.

Second, there’s no reason to beat up on the mentally ill just because they’re having a tough time. I hate to see people getting aggravated and frustrated at themselves because some jackass counselor has told them that they’ve relapsed.

I am reminded of the classic mindset in Kerouac’s “On the Road,” in which Neil and Jack are sitting in a parked car somewhere: “Where you wanna go, man?” one of them asks. The other: “I don’t know, but we gotta go somewhere.” I think this rings true with the intentions of most people with mental illness: they want to keep going, despite whatever they’ve been through. And that’s the right attitude to have, not the attitude of relapse. V

Have We Met? Ask Paula

Have we met, it seems that you know me and how I feel about people who like to judge and don’t accept my

overly emotional mind. At least I am accepted by my real friends and I know that I am not alone in my thinking. V

Movie Review by Nick

The Illusionist. Directed by Neil Burger. Starring Edward Norton, Paul Giamatti, and Jessica Biel. This movie features an incredible (and incredibly well acted) host of actors, with a well done representation of 19th century Austria and a tasteful amount of special effects. There’s plenty of mystery and a certain amount of mayhem involved, with an ending that will leave you baffled. Al-

though Norton is the lead star, it is Giamatti by far that plays the most memorable character; the range of acting ability that the man has (especially in the role he plays) is remarkable. Truly an intricate movie, this is definitely worth seeing and brings the mystery genre back to the central forefront. V

Recovery is getting rid of the “if only’s” and getting on with whatever you need to do to get things right.”

-Collin McCarty

Life After... (A Women's Group)

Life After...is a peer lead group for women who have experienced any life altering events. In the group women talk and express their emotional experiences and help each other by sharing their experiences and how they personally got through the situation(s). In sharing their times of difficult and painful situations, it is the hope

that the women begin a new healthy perspective on life.

Most often in our lives we find ourselves grieving over what we have lost in the simplest to the most damaging experiences in our lives. By sharing our pain, we begin the process of grief. In doing this we find empowerment as well as who we are and who we

desire to be. Working towards a fulfilling life.

We are no longer labeling ourselves as victims or survivors. We are women who are living our lives to the fullest. Living the Life After....V

(Karen facilitates Life After every Thursday morning at 10 AM.)



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

What is a CVAB 101?

Among the more common questions we hear are, what does CVAB do? Or, how can I volunteer? What do you mean by “conspiracy of hope?” And, how do I experience recovery through CVAB? These good questions and more are answered in CVAB 101.

CVAB 101 is a 2-3 hour class that is offered every month. The first section is about CVAB, who and what we are. The second part looks at recovery, volunteering and becoming a member of our agency. The final section is an opportunity to share your story and only

if you want to.

If you are going to volunteer or be involved in any significant way at CVAB, you will need to go through CVAB 101.

Come discover what you can about our community of hope. V

WE ARE NO LONGER LABELING OURSELVES AS VICTIMS OR SURVIVORS. WE ARE WOMEN WHO ARE LIVING OUR LIVES TO THE FULLEST.

Members Advisory Council

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 the Recovery Center, Warm Line, and future plans; and individuals willing to prepare to be leaders in our community. The only requirements are you need

to complete CVAB 101, become a member and be actively involved at CVAB. Please register before the second Monday of the month. V



WE ALL NEED A LITTLE HELP

A PERSON-CENTERED, RECOVERY-ORIENTED, SUPPORTIVE COMMUNITY

Nonprofit Org
US Postage Paid
Vancouver, WA
Permit #435

Consumer Voices Are Born
CVAB

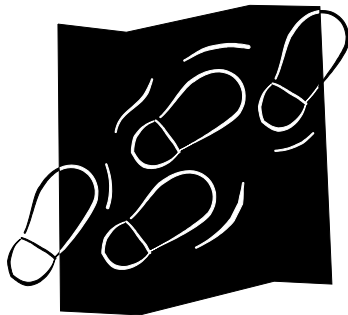
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CVAB

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Executive Direction from Brad Berry



What a difference a year makes. One year ago we moved into our present location and we've seen many changes. I know there are differing opinions about our new address and services but there's something to be said for "location, location, location," and recovery, respect and responsibility (CVAB's three R's). We continue to serve record numbers of individuals and see amazing changes occurring in many of their lives. CVAB is recognized as a center of wellness and recovery and this location has served our mission well at this time in our agency's history.

We continue to work to improve our services while planning for future endeavors and growth. Our next phase of development will be expanding

hours and services here while growing beyond the walls of CVAB into the community and across the state. Our Board of Directors is working on strategies that move us out into the community through expanded peer support services, housing, employment and education efforts, connecting a variety of resources, and assisting in planting new consumer agencies like CVAB across Washington.

CVAB will continue to encounter differing views about locations and services (and leadership), but it is difficult to deny lives are changing for the better and will continue to through individual effort in a recovery-oriented, supportive community. V

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

**The Scenic Columbia River Gorge Tour
October 5, 2007**

CVAB's all day tour of the Columbia River Gorge with stops at some of the areas oldest and historical places.

See...

- **Beacon Rock.** - The core to an ancient Volcano
- **Bonneville Dam-** Learn some of the Indian fishing history and watch the fish in the fish ladders.
- **Schreiner Farms-** The home of 20 species of exotic animals.
- **Columbia Hills State Park/Horsethief Lake-** Historical haven for Petroglyphs and Pictographs from the early Indian tribes.
- **Stonehenge Memorial-** Full size replica memorial to WWI.
- **Bonneville Dam-** Watch boats pass thru the locks.
- **Scenic Hwy 30-** Stops at Multnomah Falls, Glens and Crown Point.

**Register at CVAB by September 28.
There will be a \$10 fee at registration.**

CVAB wants to say a big **THANK YOU** to all of our *Consumer Volunteers of Excellence* including **August honorees Margo and Brian.** You are making a difference.

**MENTAL HEALTH ADVANCED DIRECTIVES
DROP-IN WORKSHOP**

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

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**



Come to CVAB 101 to find...

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

CVAB 101 is a 3 hour class and you have opportunities in September. 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!

Members Advisory Council September 10

Members Advisory Council September 10

Members Advisory Council September 10

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

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

**OMBUDS IN September
Topic: Housing
September 24 @ CVAB**