

MHSA VOLUNTEER NEWSLETTER

Shasta County Mental Health

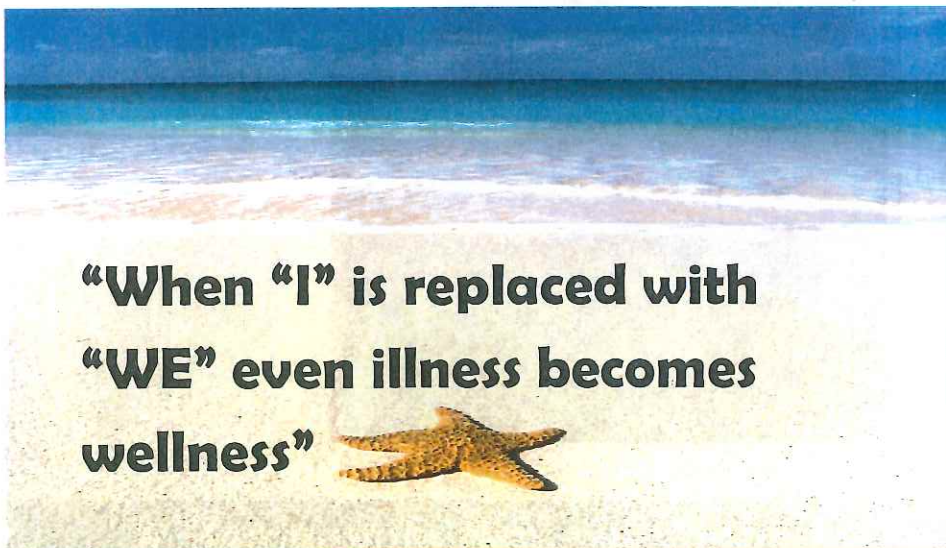
March 2016

What is Recovery?

Recovery is a verb. It is an action that encompasses a broad range of categories. People can be in recovery for mental illness, physical illness, or emotional distress. One definition of recovery is "the return to health from sickness." What does this mean for someone with a mental illness? The process of recovery is different for everyone. What works for one person may not work for another. Our Spring Academy class has defined recovery as "a subjective process of reclaiming oneself through a journey toward wellness of mind, body, and spirit." This reiterates that recovery is an individualized process. One thing that many agree with is that HOPE is the key to understanding that a better and more fulfilling life is possible.

"Wellness seeks more than the absence of illness; it searches for new levels of excellence. Beyond any disease free neutral point, wellness dedicates its efforts to our total wellbeing— in body, mind, and spirit.

- Greg Anderson



**"When 'I' is replaced with
'WE' even illness becomes
wellness"**

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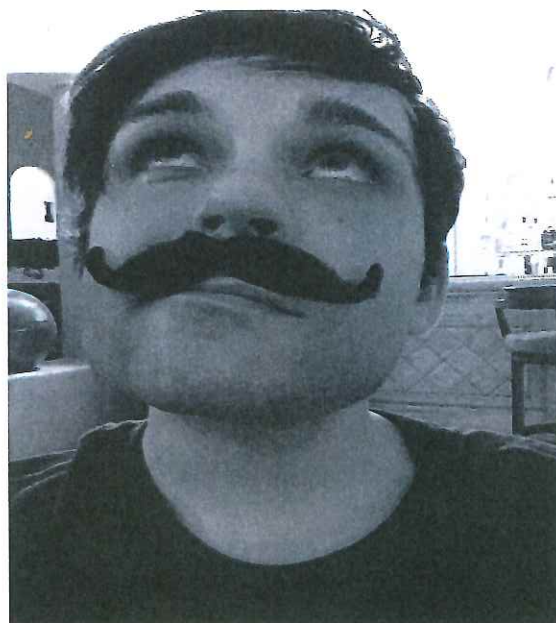
Tips for Coping with Anxiety

Let me introduce myself, my name is Kenneth Davis. I'm new to the volunteer program. I'm not very used to talking to groups of people about myself - thank you for listening. I have suffered with anxiety all of my life. Before I go out I prepare myself for the situation. Whether it's for an interview or just going out with my friends. I would like to give some simple techniques that I find helpful and use in preparing for everyday life:

1. Five minutes before I leave I count to three and exhale and inhale.
2. I believe that being positive really helps with anxiety. So, before I go out to any situation I tell myself that everything's going to be all right and I try to stay positive.
3. I have also found that if I exercise before it really helps with anxiety. Exercise is proven to release chemicals to the brain that help in reducing feelings of anxiety.

Thank you for being open to hearing a little about me. I really hope these simple tips will help somebody that suffers from anxiety like I do.

- Kenneth Davis



“It is not selfish to love yourself, take care of yourself, & make your happiness a priority. It’s necessary.” -Mandy Hale

Pumped Up!

Hi, I'm Morgan. I am a student intern from Shasta College. I am majoring in Psychology and preparing to start my Bachelor's program in May. I'm enjoying my internship so far. I have learned about many resources available in this community. The main reason I get so pumped up about this is because I'm finally on this side of things! I've been homeless, I've been to rehab, and I've needed this county for support. Thank to the resources of his community, I have made t into recovery! Now I am in a position to be a part of the greater cause and in turn help those who need it. This is an amazing opportunity to grow my compassion and become an active member in the mental health community. I hope I can help others, in the same way I have been helped.

-Morgan Mora

Contact Us

Give us a call for more information:
(530)-225-3678

Email us at
mhsa@co.shasta.ca.us

Visit us on the web at
www.shastamhsa.com

Want to share a piece of your story, thoughts on the recovery process, art or poetry? Please email us by April 14 so we can include it in our next newsletter.



Stand Against Stigma
Changing minds about mental illness

Upcoming Events

- **Hope Is Alive!- Open Mic Night.** Celebrate how art helps healing and understanding.
5/8/16 6-8pm
Atrium in the Downtown Promenade
1670 Market Street Redding, CA 96001
- **Minds Matter Mental Health Resource Fair**
5/7/16 noon-3:30 pm
& 4-6pm
Library Park
1552 Placer St., Redding, CA
- **Coming Out Proud**—Training on mental health disclosure.
6/1/16 & 6/2/16 1-5pm
Redding Library Community Room
1100 Parkview Ave. Redding, CA 96001
RSVP to Marc Dadigan (530)-225-5970

Community Resources

Shasta County has two consumer-run wellness centers. Both centers are multi-service mental health programs that provide services and activities for individuals with mental illness and/or their family members.

Olberg Wellness Center

2757 Churn Creek Road, Suite D

Redding, CA 96002

(530)-247-3321

Center Hours: Monday– Friday 10 am –3pm

Circle of Friends

37095 Main Street, Suite C

Burney, CA 96013

(530)-335-4222

**Center Hours: Monday , Wednesday, Friday
12:30pm– 3:30pm**

MHSA CLASS SCHEDULES

- **MHSA Academy**
Tuesdays
Feb. 23– May 25
8am– 12pm
- **General Volunteer Training**
Wednesdays
1pm-3pm
- **Student Internship Training**
April 22, April 29,
May 20
2pm– 4pm

