



# RECOVERY IN ACTION NEWSLETTER

## AFFIRMATION CORNER

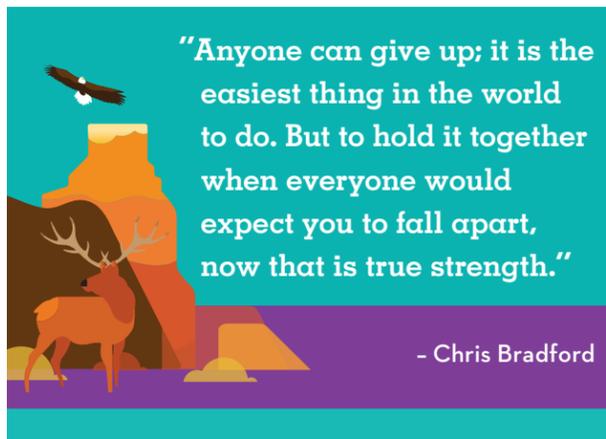
I lovingly hold & embrace my experiences with ease and joy.  
 I handle all my experiences with wisdom, with love and with ease.  
 I am safe. I trust the process of life to bring only good to me.  
 I digest life safely and joyously.  
 I am peaceful with life.

Affirmations shared from Louise Hay, *You Can Heal Your Life.*



**"Anyone can give up; it is the easiest thing in the world to do. But to hold it together when everyone would expect you to fall apart, now that is true strength."**

- Chris Bradford



## FALL 2021

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## DON'T GIVE UP

By L.R.

**I was abused when I was a kid by my real dad.** My mom was in the military so my dad took care of my brother and I. He was physically abusive. Eventually he was put in jail.

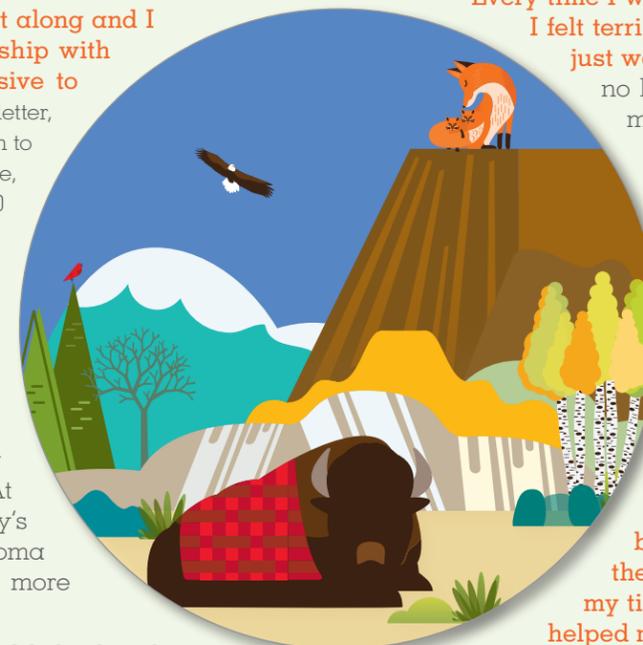
My mom left and then came back when I was 5. We spent a lot of time with my grandparents.

and I couldn't handle it, so we divorced. I moved back to Colorado in 2006, to get away from Oklahoma, I have now lived in Colorado for 12 years.

I was really close to my mom and we lived together. We would go shopping, get a coke and just hang out. But she passed away in 2009, 12 years ago. I still miss her.

**My brother and I did not get along and I still do not have a relationship with him. He was verbally abusive to me.** I recently wrote him a letter, but received no response. I plan to send him a birthday card in June, I will keep trying. It has been 20 years since I have seen him and 10 years since I talked with him.

**I began dealing with depression when I was 15 and was taken to a mental hospital, in Enid, Oklahoma.** I started taking medications at that time. At age 16, I was put in St. Mary's psych ward, in Enid, Oklahoma where they put me on more medication and it helped.



**Every time I would go to the mental hospitals I felt terrible – like a Mac Truck hit me. I just wanted to give up.** I felt there was no life for me in this big world. But my stays in the mental hospitals helped me get back on the right track and get my medications stabilized.

**Now, I am doing so well. I am now in an assisted living facility and they give me the support I need.** I have not had to go to West Springs Hospital in over 2 years.

I have worked really hard on my mental health. God is upstairs and He helps me. **I also believe that all of the support, therapy, and skill building from my time at Mind Springs Health has helped me.** I am forever grateful.

My message to anyone struggling with mental health problems is; **"There is a whole big world out here, just don't give up."** ✕

I got married when I was 18. My husband was physically abusive to me. **I became extremely depressed because I had 2 mischarges. I took an overdose and was put in Bass Hospital.** I turned my life over to God at this time. We got a divorce when I was 25 then I moved to my mom's home in Grand Junction, Colorado.

After only a month in Colorado I moved back to Oklahoma. I was remarried at age 31 and remained married to him for 13 years. **During that time, I was in and out of mental hospitals the whole time.** My husband was supportive but he talked about when he was in prison a lot

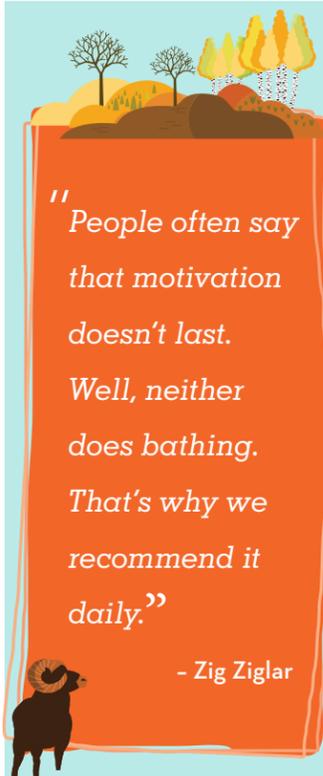


## WEB SUPPORT FOR RECOVERY

- Information and Inspiration ..... [MindSpringsHealth.org](http://MindSpringsHealth.org)
- Find Us On Facebook ..... [facebook.com/mindspringshealth](https://facebook.com/mindspringshealth)
- Follow Us On Twitter ..... [@mindspringsheal](https://@mindspringsheal)
- Free Mental Health App ..... [mystrength.com](https://mystrength.com) (use code WELLNESSWEB)
- Western Slope Mental Health Support ..... [namiws.org](https://namiws.org) or [namiwesternslope@gmail.com](mailto:namiwesternslope@gmail.com)
- Colorado Health Partnership ..... [yourchp.org](https://yourchp.org) or [achievesolutions.net/chp](https://achievesolutions.net/chp)
- Colorado Peak Social Support ..... [Colorado.gov/PEAK](https://Colorado.gov/PEAK)
- Depression & Bipolar Support ..... [dbsalliance.org](https://dbsalliance.org)
- For Teens & Young Adults ..... [voices4hope.net](https://voices4hope.net)
- For Those Who Hear Voices ..... [hearingvoicesusa.org](https://hearingvoicesusa.org)
- Peer Groups & Schedules ..... [MindSpringsHealth.org/peer-services](https://MindSpringsHealth.org/peer-services)
- Office Locations ..... [MindSpringsHealth.org/locations](https://MindSpringsHealth.org/locations)

**"People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily."**

- Zig Ziglar



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## A PEER'S PERSPECTIVE Express Your Success

By Jill Davis, CPFS



of when it comes to "making it big" and I am thankful that you looked with me through a different lens for a few moments. Did you find the strength to make it through your challenging day when you didn't think you could? Way to go! Were you able to make a positive decision that you couldn't even think to make before? **You're a rock star! I hope you see how you have truly succeeded today and then celebrate your wonderful accomplishments...they are your reasons to be proud of yourself and to remember in the times when you aren't feeling successful that you truly are!** ✨

### When you hear the word 'success', what first comes to your mind?

For some, success may be defined by wealth and power. For others, notoriety and prestige and still others, accomplishments galore, besting all in their path. While all of these may be the epitome of the word for some and rightly so, I'm going to throw another possibility into the mix. **What if the very core of success means managing your anxiety well enough to ace a job interview? Facing a day without taking a drink? Getting out of bed in the morning?** Why, if this is the case, we could include taking a refreshing walk after struggling with depression or even letting someone go ahead of you at the grocery store. Here's a concept: that would make each of us a success!

**As a teenager, I wanted to learn to play guitar. I loved music and dreamed of being in a band. I remember saving my money and planning to buy my first guitar.** As a product of the 80s (long live MTV!), I had countless favorite musicians that I couldn't wait to emulate and I thought that soon, I'd be right up there with them. I taught myself to play because neither my parents nor I could afford lessons and soon I had a few chords and songs under my belt. It seemed only fitting that my next step would be to take my bright red sunburst acoustic six-string with the wide rainbow strap (yes, I know you have a visual!) and attempt to play along with my favorite rock station to master my craft. Now, I was headed for the big leagues indeed! **As my calluses grew bigger, my confidence grew smaller as I compared myself to the successful stylings of Nancy Wilson and Jimmy Page.** Well, I still enjoy picking up a guitar now again, except now I can understand the words of George Bernard Shaw when he said, "*Youth is wasted on the young.*" At that time, I didn't realize that success didn't need to be having huge talent and being on Billboard's charts; it could be having a goal such as wanting to play guitar and teaching myself how to do it.

**In this world we live in, it isn't always easy to notice our successes though they are nestled there waiting to be celebrated.** I'm not discounting being successful in the areas that are typically thought



Jill Davis is an author, musician, actress and Peer Services Coordinator for Mind Springs Health who would like to hear your thoughts on thoughts. Think about it, then email her at [Peers@MindSpringsHealth.org](mailto:Peers@MindSpringsHealth.org) or on Facebook.



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## POETRY & RHYME

By Paul Teerlinck

### ME AND YOU

I never had a me like me.  
And I never had a you like you.  
And I never had a you quite like me.  
And you're quite like me it's true.

And when I talk nice to you,  
I talk to me too.  
And things just go so smooth.  
Thank you. Thank me. Thank you.

And I'm happy that I can be  
So kind to you and me.  
And I'm happy that I can see  
You're leading me deeper,  
Deep in the heart of me.

And when you talk nice to me,  
You make my heart fly free.  
Your words are like a key,  
Unlocking a door  
Deep in the heart of me.

And I'm happy that you can be  
So kind to you and me.  
And I'm happy that you can see  
I'm leading you deeper,  
Deep in your heart that's free.



### Why

Do you know me so well?

Why

Does your heart

Water

The tender bud

Struggling

To fight through the dirt,

Hoping

To find the sun?



### I WILL NEVER FORGET

Countless are the opportunities for disaster;

Rocks falling in the road

Windstorms tearing off roofs;

Fires consuming the landscape.

But there is one tragedy I can avoid for sure.

If I never stop loving you

I will never regret

Not having lived.

