

# SUNRISE MOUNTAIN WELLNESS CENTER NEWSLETTER

April | 2023



Check out our Facebook group: [www.facebook.com/groups/258922969274217](https://www.facebook.com/groups/258922969274217)

## Spring Cleaning Dropout

By Jullie Calkins

It's spring again and I must confess that I am no longer the type of person that has an inner drive to throw open the windows, scrub everything in sight, hang my sheets on the line in the sunshine and make everything perfect. During times of deep depression, I dreaded the spring because I felt a societal expectation that just magnified my perceived failure.

Don't get me wrong, I tried. Even in my worst depressions there were also those manic spring mornings where I stripped the beds, washed the curtains, and scrubbed the floors on my hands and knees. Fueled by the

dream that this would be the year I succeeded in joining the rest of the world in this expression of stability. I had very high hopes.

Invariably, in the late afternoon I would lay down exhausted in overwhelm and cry into my still damp blankets. My house was in complete disarray, every cabinet, closet door and drawer open and the whole thing worse than when I started. Eventually, I gave up trying on those

spring mornings and I would remind myself of how every attempt went down in flames. In my mind failure was inevitable. The relentless negative self-talk in my head was a cruel bully to which I had no defense. I considered this a serious character defect and evidence that I was of little value to the rest of the world.



I look back at those times and I have a deep compassion for myself. At that time in my life, I didn't understand how to manage my ADHD or create reasonable expectations for success. I had yet to learn that I work best when I slow

down. I did not know that drinking water and eating healthy would increase my stamina. I had never learned that my overwhelm could be managed with effective planning, breaking down tasks into small bites, and taking frequent small breaks. It would be years before I learned the magic of strategies like accountability partners, To-Done Lists and body doubling.

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Like almost every part of my wellness journey, creating a Wellness Recovery Action Plan (WRAP) provided a pathway towards creating the life I want and the key to my progress.

Through WRAP I learned that unconditional positive regard for myself goes a lot further to helping me get the house clean than the shame and bullying I used in the past.

By no means am I reformed. WRAP did not craft me into creating the neat, tidy, organized, deep cleaned, orderly environments I thought impossible. WRAP did help me learn to find what works for me in my own life. WRAP has helped me stop comparing myself to others and instead recognize the progress I make in my own life. WRAP taught me to identify what I am like when I am well and use that as my benchmark for comparisons and plan my days accordingly.

With WRAP I learned how to identify and respond to those things that caused me stress or triggered me to feel unwell. I learned how to recognize those red flags and early warning signs that I was not doing ok and I learned how to create a plan to keep those from causing my mental health to deteriorate.

Perhaps the most important thing I learned with WRAP was how to take care of myself and get the support I needed when things were breaking down for

me. These skills helped me avoid crisis and hospitalization, while still helping me get my needs met.

At SMWC we offer a variety of ways to learn to use the Wellness Recovery Action Plan for your own wellness journey. Through the month of April, we are having **WRAP-it-Up!** on Wednesdays 1-3 pm. This loosely structured, interactive, WRAP learning experience is great for people new to WRAP and veterans of WRAP alike. We are also excited to share that we will be offering the traditional 8-week WRAP Level 1 Seminar, beginning Wednesday May 10<sup>th</sup>. This workshop is the gold standard for WRAP and will provide you with the opportunity to achieve your WRAP Level 1 Certificate.

Education is one of the key concepts in WRAP, so I am always looking for good resources that help me create the life I want to live. Since it's once again spring, I've decided to take a whole different path towards supporting my environmental wellness.

I recently found a great book called [How to Keep House While Drowning: A Gentle Approach to Cleaning and Organizing](#) written by K.C. Davis. It rings so true to my own values I have developed with WRAP.

I would not be at all surprised if I were to learn that K.C. Davis is familiar with the WRAP program philosophy. Both this book and WRAP affirm that treating ourselves with kindness and self-empathy is a powerful change agent. WRAP taught me, I am the expert on my own experience and I need to find solutions that will work for me. I have the power to modify and adapt strategies to suit my specific challenges and, perhaps more importantly, methods that utilize my strengths. K.C. Davis makes a strong argument that care tasks like cleaning and organization are morally neutral and our success or perceived failures are not a reflection on our worthiness as human beings.

In this issue of the newsletter you will find an interesting interview with the author, K.C. Davis. I would love to hear your thoughts on it.

As I become secure in the knowledge that I have the power to create the life I want, I find it easier to find the answers that work for me. Just like my WRAP, I can design solutions that take advantage of my strengths. And when I fall short, I can begin again, and again, as many times as I need.



For more information on WRAP—Wellness Recovery Action Plan

<https://copelandcenter.com>

<https://www.wellnessrecoveryactionplan.com/bookstore/>

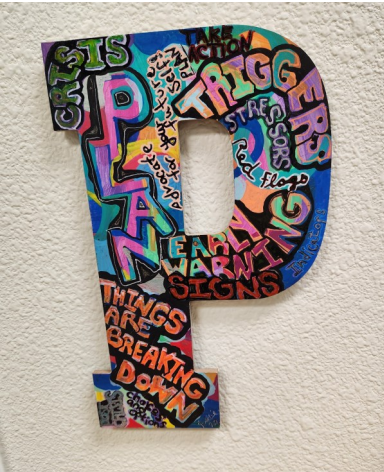
# 8 week WRAP Seminar I Starting SOON

Wednesdays 1-4 pm

May 10 17 24 31

June 14 21 28

July 12



## What Is a Wellness Recovery Action Plan (WRAP)?

So, what is an action plan in recovery? The Wellness Recovery Action Plan, more commonly known as WRAP, is a straightforward process that helps individuals develop unique approaches to address the emotional difficulties they face. Created over 25 years ago by Mary Ellen Copeland, WRAP is designed to help people not only recognize their emotions but their own distress patterns so that they can better learn to manage them. Building this awareness allows individuals to create planned responses to difficult emotions, giving them more control over situations where they often feel

Rooted in self-empowerment, WRAP focuses on creating an individual wellness action plan that can help you feel confident in your choices and your healing process. However, WRAP can also implement steps for others in the event that you cannot take care of yourself or keep yourself safe. In this way, WRAP can be useful for almost anyone who feels overwhelmed or helpless due to changing emotions during recovery.

### **By using WRAP in your journey of recovery, you will:**

- Discover effective tools and methods that help you take care of yourself.
- Create a daily routine that helps you stay on track and keep up with your goals.
- Identify issues and stressors that may make your situation more difficult.
- Learn how to reach out for help and get the support you need when you need it.



# You Don't Have to Fold Your Laundry

BY [REBECCA ONION](#)

<https://slate.com/technology/2022/04/kc-davis-interview-struggle-care.html>

"Welcome to my ADHD fridge" is the TikTok video that introduced me to K.C. Davis, a cheerful therapist from Texas who has made it her mission to offer tips for what she calls "struggle care": housekeeping and self-care for people who, for various reasons, are having an extremely difficult time keeping up. "Condiments? They're going in this bottom drawer. F#@%! a produce drawer, that's where things go to die and rot," Davis says, putting cucumbers and Pyrex containers of carrots in the fridge's door compartments. "If I designed refrigerators, they would be 6 feet long and 1 foot deep."

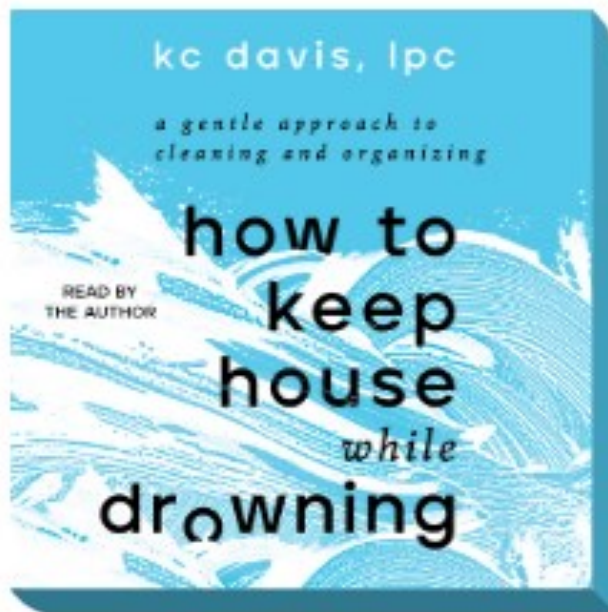
Davis' argument—developed over the course of the pandemic on TikTok and Instagram and presented in full, with pithy bullet points and sidebars, in her new book ***How to Keep House While Drowning: A Gentle Approach to Cleaning and Organizing***—is that people who are struggling with tasks like laundry, dishes, or picking up don't need advice on keeping houses perfectly clean and organized; they need a plan for how to do what they can. The funny hacks Davis has come up with along the way to make her own life work better—veggies in the fridge door, a rack for dirty dishes as well as clean, a family closet to cut down on trips to put away clean clothes—are not meant as prescriptions, but as inspiration.

We spoke recently about her "five things" cleaning method, the similarities between

online organizing culture and diet culture, and why some women shame other women for having messy houses.

Our conversation has been edited and condensed for clarity.

**Rebecca Onion:** How did you come up with the idea for "struggle care"?



**K.C. Davis:** I was postpartum with my second baby. We had just had the pandemic shutdowns. I was really isolated and alone. I was suffering from postpartum depression and undiagnosed ADHD, and I had started making some videos about just some of the light, kind of funny and quirky ways that I had figured out how to cope with being overwhelmed with cleaning and home care.

There's a lot of content out there for home care and self-care, but it tends to be really aspirational and aesthetically pleasing and curated. And there's this large segment of the population that was not being helped by that and, maybe even more, actually feeling ashamed at not being able to keep up with that—everyone from people who are neurodivergent, disabled, have a chronic illness, parents of small children, people without a good support system, people who are chronically stressed or overwhelmed. I started talking about this idea of care tasks being morally neutral, and the idea that you deserve kindness, regardless of your level of functioning.



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It's powerful when you stop judging whether you should be struggling with something. Because we tend to think that the only things we're allowed to struggle with are things that "deserve" our creativity or adaptivity. If someone breaks their leg and it's hard for them to move around, they typically don't have any problem coming up with all kinds of creative, out-of-the-box ideas to help themselves. But with someone who says, "You know, I don't know why, I will pass that moldy coffee cup sitting on my bedside table a thousand times and not pick it up," that person assumes they should not be struggling with this, and so doesn't try to come up with an adaptive solution. But they're not able to just make themselves do it, or they would have already, right? So they're just continuing to stare at dirty coffee cups and feeling ashamed.



It's so powerful when you can embrace the idea that your moldy coffee cups are morally neutral, and even if you don't like yourself, even if you don't think you deserve it, you can still find ways to care for

yourself, and it doesn't have to follow any of the rules.

**Rebecca Onion:** I didn't think of this at all before encountering your account, but I wonder what you think of this analogy: Organizing culture in the U.S. is a little bit like diet culture, in the way it works. I think I got to your account, ironically enough, from one of those "how to fold your clothes perfectly" Instagrammers. There's a whole little world of organizing and cleaning advice-giving. It's intermittently helpful in my life, but mostly overwhelming, and it interests me to think of this as an ideology.



**K.C. Davis:** I see it impacting people in a big way, and what I see most is that whenever you watch a video or any kind of media that's from organizing culture, whether it's a magazine or an Instagram photo or a Netflix show about organizing, you watch people organize spaces in this way that it almost feels like it scratches an itch in your brain. It's aesthetically pleasing. Everything has a place to go.

I think the mistake that a lot of us make is that we misinterpret that emotional experience. And instead of just allowing it to be what it is, which is *this is the emotional experience I have when I consume this media*, we allow it to create a story in our head that says that if we can figure out a way to live that looks like this, I will feel like this all the time! I'll be peaceful, inspired, be another me. And if you pair that with someone who is already struggling in their lives, ashamed about not being able to keep up with care tasks or do things the way they should be done, they feel insecure.

The second issue is that we tend to approach these types of projects from an all-or-nothing point of view. We get sick and ashamed of ourselves, and say, "That's it! Tomorrow: New me. I'm going to Kondo my whole house, edit my whole pantry, pick up a new diet and exercise routine and meditate every day." ... It feels good to think about that, because it feels like we're going to have such a different emotional experience in our lives once we get these things put together.



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# CREATIVE EXPRESSION

Here at SMWC we embrace creativity in all it's forms.

Expressing creativity is an important wellness tool for many people. It can help reduce anxiety, depression and other challenges related to mental health.



Creativity is inside all of us and we all express it differently. Many people might say, "I'm not creative. I'm not an artist." What they may be saying is, "I don't know how to \_\_\_\_\_" or "I don't have \_\_\_\_\_ skills." Representational art is only one form of creative expression out of hundreds. Here are a few ways to express our creativity:

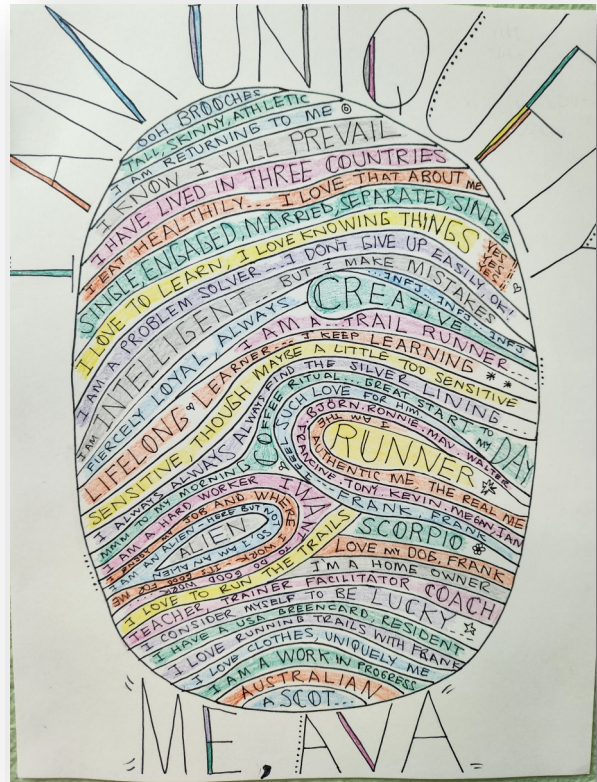
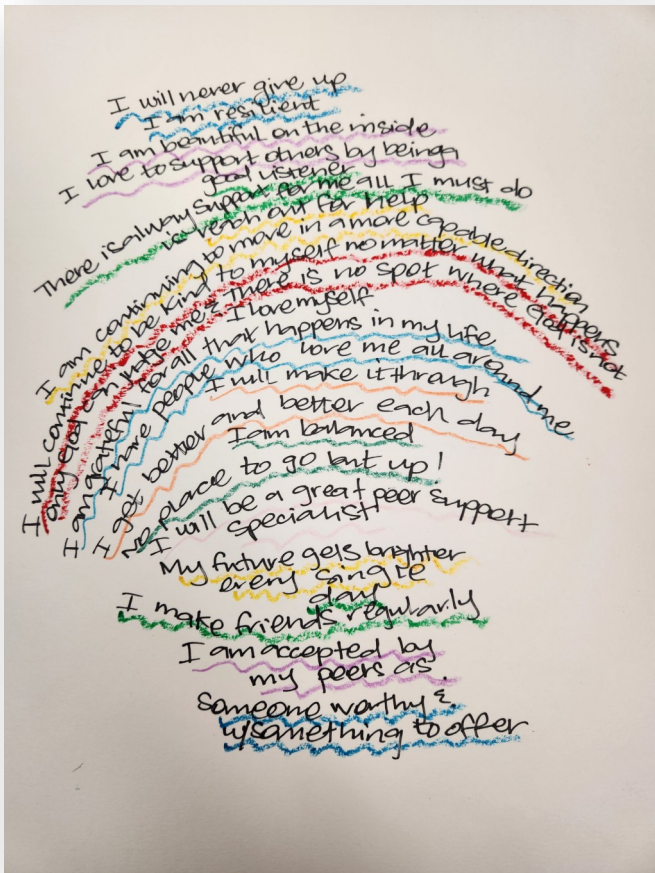
- Cooking
- Problem Solving/Developing Strategies/Planning
- Singing/Music/Playing an Instrument
- Gardening/Decorating/Sewing/Jewelry Making
- Woodworking/Building/Home Repairs
- Conversation/Public Speaking/Spoken Word
- Mindfulness/Meditation/Prayer/Devotions
- Written Expression/ Poetry/Journaling/Writing
- Humor/Storytelling
- Art/Painting/Crafting/Coloring Books
- Sports/Athletics/Exercise/Dance



How do you express your creativity?



# CREATIVE EXPRESSION





# CREATIVE EXPRESSION

## CREATIVE EXPRESSION

### Ghost Dog

Why would he want to leave? The charm of the old cottage matched the gait of the lab, always ready for a romp, now buried in the garden next to the tennis balls he buried.

The worn spot on the rug was an unwelcome reminder as the old man tended the hearth.

A tennis ball rolled to his foot. He half-heartedly rolled it away. As he filled his pipe it rolled back.

His attention now fully gotten, he picked up the yellow toy, and threw it down the hall.

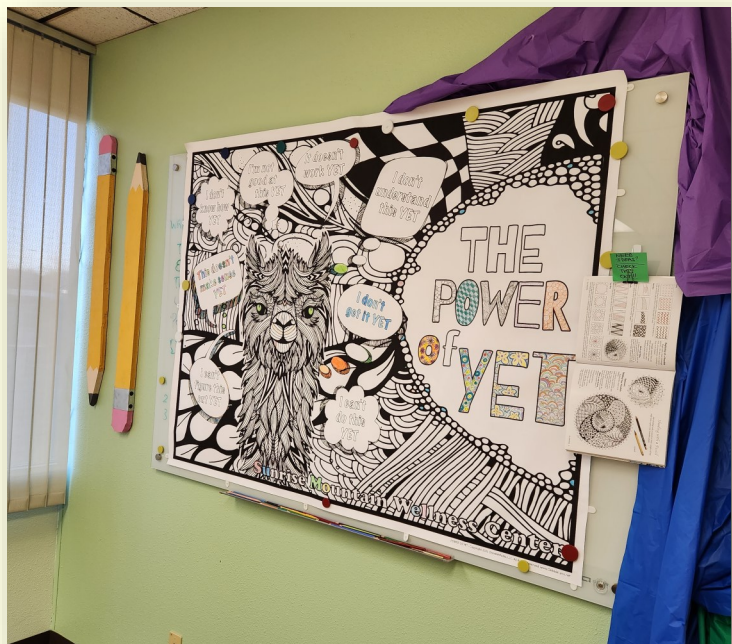
It came back.



Tears stung his eyes. He knew some bonds are never broken.

Feeling the weight of his friend and companion on his feet, he fell asleep.

By Anonymous  
(Art in our Lives - Descriptive Writing)



Join us every **Monday at 11am** for:

# Written Expression

Let's do a bit of everything  
for **April, 2023:**

## 4/3/23 – Fabulous, enjoyable, green, wholesome, reptilian Descriptive Writing

In today's group we'll be seeing how many adjectives we can stick in front of a noun. Nope, I'm only joking. Today we'll be expanding our creativity muscles through the clever use of descriptive words to help our readers really see what we're writing about.

### ALLISON

**A** is for Adventure, the way you explore life  
**L** is for Learned, beyond your years  
**L** is for Lionhearted, for your courage  
**I** is for Idealistic, you believe in yourself  
**S** is for Sociable, you spread smiles around  
**O** is for Organized, disciplined approach towards life  
**N** is for Nice, as a beautiful sunset

## 4/10/23 – Writing a poem with your name

This is called an acrostic poem... it's a poem in which the first letter of each line spells out a word, name, or phrase when read vertically. Today that word will be your name. But we'll be doing two kinds of acrostic poems...

## 4/17/23 – What you really mean when you say...

Words can be confusing little beasts. And the way we use them doesn't always convey what we are saying. Sometimes that's our intention, and sometimes it isn't. Let's play around with that.



## 4/24/23 – Let's end the month Writing Cliffhangers...

Oh what's that... you wanted to know more about this group? Well, you'll have to come to it to find out...

For transportation support or information about this group contact:

**Ava Blass** at 530-351-2854 or [ablass@kingsview.org](mailto:ablass@kingsview.org)

Sunrise Mountain Wellness Center  
1300 Hilltop Rd, Suite 200  
(inside the back of Bank of America)  
**530-618-5630**



Shasta County  
**Health & Human  
Services Agency**

Sponsored by: Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding for this project is provided through the Mental Health Services Act.



# VOX POP

- ◆ I advocate for myself by letting people know what I need.
- ◆ Music helps me manage frustration.
- ◆ Setting smaller daily goals helps me reach my goals.
- ◆ I think it's important to know that people can always contribute with a positive attitude.

- ◆ I advocate for myself by talking in Peers Supporting Peers.
- ◆ Taking a walk helps me manage frustration.
- ◆ One thing I am doing to reach my goals is writing in my journal.
- ◆ I think it's important to know you are loved and capable of greatness.

- ◆ One way I advocate for myself is by talking to my counselor.
- ◆ Attending meetings helps me manage frustration.
- ◆ Attending peer groups is one thing that I am doing to reach my goals.
- ◆ I think it's important to know how to support myself.

- ◆ I advocate for myself by sharing and asking for input.
- ◆ Body positions that promote spinal alignment help me manage frustration.
- ◆ Taking one day at a time helps me reach my goals.
- ◆ I think it's important to know John Chang.

- ◆ Pushups and sit ups are one way I advocate for myself.
- ◆ Listening to 8D music with the lights off and a black light on helps me manage frustration.
- ◆ It helps me reach my goals when I keep pushing.
- ◆ I think it's important to know my boundaries.

- ◆ Going to the first group of the day, Peers Supporting Peers, is one way I advocate for myself.
- ◆ Having a cup of coffee helps me manage frustration.
- ◆ One thing I am doing to reach my goals is Showing Up!
- ◆ I think it's important to know how to manage my emotions.



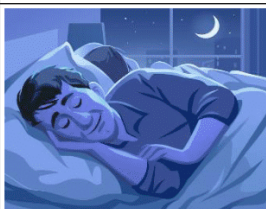
Join us every **Thursday at 11am** for:

# Wellness Tools

**April, 2023** Wellness Tools theme is **Back to Basics**.

## 4/6/23 – What’s the right diet for me? (Nutrition)

Q: What is the right diet for me? A: One where you eat real food, but not too much. Beyond that it’s up to you. Together we’ll explore what ‘Real Food’ is and how to get more of the good stuff into your daily eating plan.



## 4/13/23 – Sorry I dozed off, what did you say? (Sleep)

Do you know what ‘good sleep hygiene’ is? Would you like to hear 20+ ideas for improving the quality of your sleep? Do you wake up early? Do you have trouble falling asleep? Would you like to share what’s worked (or not worked for you)? Then come to this group!

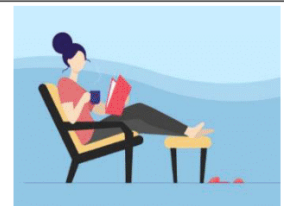
## 4/20/23 – This sofa feels so good (Exercise & Movement)

Don’t feel bad – it’s a completely normal to conserve our energy (cough... be lazy) – it’s how our ancestors survived. But we no longer spend our days weaving baskets, picking berries, or hunting buffalo. So let’s explore ways to get movement into our days.



## 4/27/23 – Ommmmmmmmmm.... (Relaxation)

So, our diets now have more real food in them, we’re sleeping better, we’re moving our bodies more. Sheesh... that’s a lot of change. It’s time to look at different ways to really relax, deeply relax – and most importantly HOW to fit some relaxation into every day.



For transportation support or information about this group contact:

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But of course, the problem is that you make these plans imagining you'd be a different person. We do this huge overhaul of something, with all of these new habits, and we're not thinking about who we are, what our personal barriers and privileges are, what our preferences are, what our energy levels are like. It does feel good for a little bit, whether you keep it up for a few days or a few weeks, because it's almost like you're cosplaying an adult that has it all together.



But that kind of motivation doesn't actually last very long. It doesn't give you the skills that you lacked before you read that book or implemented that organizational plan or took on that diet. We try to do too much at once, then two days, two weeks, two months later, we've stopped doing all those things. And then we feel ashamed, and we tell ourselves the problem is we just didn't try hard enough. We didn't have enough self-discipline. We

didn't have enough motivation, when that's not actually what the problem is.

You can't actually run your whole life just by the grit of your teeth. Things have to, at some point, become automatic.

I really want to focus on function. What do I need in my home, to function? What do I need out of a laundry system to function, really? All I need is clean clothes. That's the only absolute that has to come from doing laundry. Then I can think about my barriers and privileges and figure out what kind of laundry system works for me. That's when I realized, OK, I have two small children I'm dressing. I don't need to be taking clothes to three different closets. And in the process of laundry, I didn't have a problem getting clothes to the washer, I didn't have a problem getting them to the dryer. I did procrastinate around the task of folding everything and putting it away. So what if I stop folding it altogether? I just started skipping that, and putting the kids' stuff away in what's become our family closet.

That's an example of a small change. Or, like, when I decided that I was going to take my dishes to the sink after using them. That was a very small change. I didn't want to say I was going to take them to the dishwasher, or that I was going to run the dishwasher, or that I was only going to eat in

the kitchen. Or how I went out one day and bought like 12 laundry baskets, and looked at my house to see where clothes were thrown on the floor, and put laundry baskets there. That was a small change that worked.



**Rebecca Onion:** I liked your "five things" method for tidying. That's a great example of a concrete framework to use. Can you explain what that concept is?

5

**K.C. Davis:** For me, and I think for a lot of people, when you walk into a room and there seems like there's thousands of things in that room, you feel really overwhelmed. There's just this decision fatigue. You have to decide where to start, decide what to pick up, decide to pick up an item. Look at it.

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Let the information travel to your brain about what that item is and then go, *Where does this go?* And maybe it goes somewhere, and if it does go somewhere, maybe you wander into the next room to put it away and then you have to figure out what to do next. And if it doesn't go somewhere, you just sit there and stare at it. And all of that can be time-consuming and overwhelming and demotivating.

# 5

And so, what I started doing in my early 20s was telling myself that there are only five things in a room, any room ever. There's trash, laundry, dishes, things that have a place, and things that don't have a place. And I would tell myself, *OK, I'm not going to "clean" this room, but just do one of the things.* I would get a trash bag and I would carry it around looking for all of the trash and throwing all the trash away, until there wasn't any more trash. And then I would move to the dishes, and I would just take dishes to the sink—I wouldn't actually wash them. And the idea is, I get myself moving quickly, and making progress quickly, so that I stay motivated and I'm not really having to

make any decisions. I can kind of go on autopilot. And especially if I marry that method with watching a show or hearing a playlist or a podcast, it becomes a tolerable experience and gets done quickly.

**Rebecca Onion:** What about when this shaming isn't an internal voice, but an external one? Especially when you're talking about a woman who is having this problem. Could be from someone from an older generation in the family, or a friend, who's actually saying, "You should be ashamed." I always remember how my grandma came to our house when my mom had three little kids and a job, and noticed and commented on the dust on the piano, in the middle of the gathering, and how my mom has never, ever forgotten that!



**K.C. Davis:** Those are very real messages that people around us give us. Oftentimes, parents, grandparents, extended family ... there are a lot of familial and cultural reasons why they might

say this. I think, for women in particular, we're really only three generations removed from when women were completely dependent on their husbands, couldn't open a bank account, if they got divorced they wouldn't get custody of their children. We might feel like that was decades and decades ago, but in terms of generations, it's not really.



You might have someone in your life who, when growing up, was told to figure out how to get married and stay married, or they'd be destitute. And so maybe when that mother is raising up her daughter she might say to her, *No man's going to want to marry you if you can't figure out how to cook.* For us now it seems just very judgmental, very critical. But for many people it's actually coming from a place of, *I'm frightened for your well-being. I'm trying to equip you with what you need to survive.*

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**Rebecca Onion:** And in some families there's another dynamic, which is you have to have a clean house or people will think that you are poor.

**K.C. Davis:** There are tons of implications for marginalized communities. We, of course, have the belief in the United States that if you are poor you are lazy and of bad character. So you have a lot of families in poverty who have this attitude of *we may be poor, but this house will shine*. It's a way of them reasserting their dignity in the face of really dehumanizing stereotypes.

**Rebecca Onion:** So how do you advise people who are dealing with these kinds of voices in their families to speak to their families, when they are trying to change their own attitude toward cleaning and organizing?

**K.C. Davis:** I would say you don't necessarily have to change someone. You can recognize for yourself where that's coming from in their life, and you don't have to change your opinion of those things in order for you to decide that this doesn't work for you anymore. Some people will have conversations with their family members: "When you make these comments, it's really hurtful." And some people just kind of smile at their grandma, every time she makes a sideways comment, and let it go. *That's just her. That's not me. I'm not going to accept that as a narrative for my life.*



### **How would you treat a friend?**

For a lot of us it isn't an easy shift to practice self-compassion. Here is a short activity that might help shift our thinking.

1. First, think about times when a close friend feels really bad about him or herself or is really struggling in some way. How would you respond to your friend in this situation (especially when you're at your best)? Please write down what you typically do, what you say, and note the tone in which you typically talk to your friends.
2. Now think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? Please write down what you typically do, what you say, and note the tone in which you talk to yourself.
3. Did you notice a difference? If so, ask yourself why. What factors or fears come into play that lead you to treat yourself and others so differently?
4. Please write down how you think things might change if you responded to yourself in the same way you typically respond to a close friend when you're suffering.

Why not try treating yourself like a good friend and see what happens?



# Seeking PEERS

IN ALL REGIONS OF CALIFORNIA



We want peers who are underrepresented to have more leadership opportunities!

Join our networking groups and attend our forums!

GO TO [TINYURL.COM/NETWORKINGPEERS](https://tinyurl.com/networkingpeers)

California's population is highly diverse in terms of race, ethnicity, and language. We want the leaders of mental health to reflect that diversity with people of color, those with a range of gender identities, and other rural untapped groups in high-level leadership roles

To learn more contact:  
[natalie@camhpro.org](mailto:natalie@camhpro.org)  
[www.camhpro.org/bpl](http://www.camhpro.org/bpl)

*Building Peer Leadership in California is a three-year project funded by the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA). SM86338*



# Reach a Crisis Counselor

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via mediums people already use and trust.

[Text Us](#)

[Chat With Us](#)

[WhatsApp](#)

Text HOME to 741741 from anywhere in the United States, anytime.

**Crisis Text Line is here for any crisis.**

A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.

Available 24 hours. Languages: English, Spanish

## How Does it Work?

1. First, you're in a crisis. Crisis doesn't just mean thinking about ending your own life. It's any painful emotion and anytime you need support. So, you reach out to a volunteer Crisis Counselor. Your opening message can say anything. Keywords like "HOME," "START" and "HELLO" just help us identify how people hear about us.
2. The first two responses are automated. They tell you that you're being connected with a Crisis Counselor and invite you to share a bit more. The Crisis Counselor is a trained volunteer, not a professional. They can provide support, but not medical advice.
3. It usually takes less than five minutes to connect you with a Crisis Counselor. (It may take longer during high-traffic times). When you've reached a Crisis Counselor, they'll introduce themselves, reflect on what you've said, and invite you to share at your own pace.
4. You'll then message back and forth with the Crisis Counselor. You never have to share anything you don't want to. The Crisis Counselor will help you sort through your feelings by asking questions, empathizing, and actively listening.

*If you don't know where to turn, you can call or text - A volunteer Crisis Counselor will be there for you. It's free and 24/7.*





# Help is available 24/7

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline



*If you don't know where to turn, you  
can call or text - A volunteer Crisis  
Counselor will be there for you.  
It's free and 24/7.*

## theowarmline

**CALL 855-845-7415 TO SPEAK TO A COUNSELOR**

The Peer-Run Warm Line—which began operation in 2014—is a non-emergency resource for anyone in California seeking mental and emotional support. We provide assistance via phone and web chat on a nondiscriminatory basis to anyone in need. Some concerns callers share are challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.



Based on the Recovery Model, the Northern Valley Talk Line (NVTL) provides non-crisis peer to peer telephone service to the community.

7 days a week from 11:30 am - 9:30 pm

**Toll Free:**  
**855-582-5554**

# Shasta Peer Support Work Group

This meeting is for anyone in Shasta County who does Peer Work.

Your job/volunteer title does not have to be “Peer Support”.

**Peer support is the “process of giving and receiving encouragement and assistance to achieve long-term recovery.” Peer supporters “offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, communities of support, and other people” (Mead, 2003; Solomon, 2004).**

- ◆ Personal/Professional Support
- ◆ Skill Building
- ◆ Providing Community for Peer Work
- ◆ Problem Solving
- ◆ Education
- ◆ Learn/Share Resources
- ◆ Promote Peer Support
- ◆ Presentations
- ◆ Wellness Recovery Action Planning for Work
- ◆ Networking
- ◆ **BUSTING STIGMA!**



**2nd & 4th Fridays  
8:30 am—9:45 am**

Location:  
**Sunrise Mountain Wellness Center**  
1300 Hilltop Rd, Suite 200  
Redding, CA 96003  
In the back of the Bank of America Building  
(530) 618-5630

	4/14
Upcoming Meetings	4/28
for APR - MAY -	5/12
JUN	5/2
	6/9
	6/23



# Sunrise Mountain Wellness Center

## April 2023



Check out our Facebook group: [www.facebook.com/groups/258922969274217](https://www.facebook.com/groups/258922969274217)

Contact the Center  
 1300 Hilltop Rd. Suite 200  
 Redding, CA 96003  
 (Inside the back of the Bank of America building)  
 (530)-618-5630  
 Office Hours M-F: 8:00a-4:30p  
 Groups 10:00a-4:00p

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10a Peers Supporting Peers 11a Written Expression 12p Lunch/Nutrition 1p-2:30p Get Crafty ! 1p-3p My Recovery is Epic 3	10a Peers Supporting Peers 11a Boundaries 12p Lunch/Nutrition 1p Computer Lab 1p All Recovery 2p Neuro-Diverse Universe 4p-7p D&D 6p-7:30p 12 Step NA 4	Staff Development & Center Planning No Groups  5	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition – Cal Fresh 1p-4p Gaming 2p-3:30p Extraordinary Exp 6p-7:30p Depression /Bipolar 6	10a Peers Supporting Peers 11a -12:30 Art in Our Lives 12p Lunch/Nutrition 1p Emotional Wellness 2p Anxiety & Depression 7
10a Peers Supporting Peers 11a Written Expression 12p Lunch/Nutrition 1p-2:30p Get Crafty ! 1p-3p My Recovery is Epic 10	10a Peers Supporting Peers 11a Boundaries 12p Lunch/Nutrition 1p Computer Lab 1p All Recovery 2p Neuro-Diverse Universe 4p-7p D&D 6p-7:30p 12 Step NA 11	10a Center Advisory Committee 11a Peer Training 11a Roughout Ranch 12p Lunch/Nutrition 1p-3:00p WRAP -it-up!  12	10a Peers Supporting Peers 10:30 Aqua Golf 11a Wellness Tools 12p Lunch/Nutrition 1p-4p Gaming 2p-3:30 Extraordinary Exp 6p-7:30p Depression /Bipolar 13	8:30a PS WORKGROUP 10a Peers Supporting Peers 11a-12:30p Art in Our Lives 12p Lunch/Nutrition 1p Emotional Wellness 2p Anxiety & Depression 14
10a Peers Supporting Peers 11a Written Expression 12p Lunch/Nutrition 1p-2:30p Get Crafty ! 1p-3p My Recovery is Epic 17	10a Peers Supporting Peers 11a Boundaries 12p Lunch/Nutrition 1p Turtle Bay 1p All Recovery 2p Neuro-Diverse Universe 4p-7p D&D 6p-7:30p 12 Step NA 18	10a Peers Supporting Peers 11a Peer Training 12p Lunch/Nutrition 1p-3:00p WRAP -it-up!  19	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition- Cal Fresh 1p-4p Gaming 2p-3:30p Extraordinary Exp 6p-7:30p Depression /Bipolar 20	10a PSP– Fire Drill 11a -12:30p Art in Our Lives 12p Lunch/Nutrition 1p Emotional Wellness 2p Anxiety & Depression 21
10a Peers Supporting Peers 11a Written Expression 12p Lunch/Nutrition 1p-2:30p Get Crafty ! 1p-3p My Recovery is Epic 24	10a Peers Supporting Peers 11a Boundaries 12p Lunch/Nutrition 1p Computer Lab 1p Library 1p All Recovery 2p Neuro-Diverse Universe 4p-7p D&D 6p-7:30p 12 Step NA 25	10a Center Advisory Committee 11a Peer Training 12p Lunch/Nutrition 1p-3:00p WRAP - it - up!  26	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition 1p-4p Gaming 2p-3:30p Extraordinary Exp 6p-7:30p Depression /Bipolar 27	8:30a PS WORKGROUP  Center Celebration 10a - 1p 1p Emotional Wellness 2p Anxiety & Depression 28

**For transportation support or info about groups contact Ava Blass @ 530-351-2854 or [ablass@kingsview.org](mailto:ablass@kingsview.org)**  
**For info about Activities or WRAP contact Christina Falosk @530-701-6476 or [cfalosk@kingsview.org](mailto:cfalosk@kingsview.org)**

**WRAP - It - Up! Wednesdays 1-3** is an opportunity to learn about WRAP without the structure of the traditional group setting. We will cover WRAP topics and concepts at a pace set by the group. Interactive conversations and activities give us another way to use this powerful tool. This is a great group if you are new to WRAP or have been working on your own WRAP and want to dive in deeper. This group is for EVERYONE because we all need good mental health.



Shasta County Health & Human Services Agency

Sponsored by: Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding for this project is provided through the Mental Health Services Act.



## Group Descriptions

**12 Step Narcotics Anonymous: (NA)** Narcotics Anonymous is open to anyone who wants to recover from addiction. The only requirement for membership is a desire to stop using drugs.

**All Recovery Meeting:** Come find community, as we learn skills to support our recovery. This meeting encourages all pathways to recovery. *This group is open to all people in recovery with substance use, and allies to those in recovery.*

**Anxiety & Depression:** Gain skills to manage anxiety & depression while creating a community of support.

**Art In Our Lives:** Bring out the Artist from within! Self-expression through Art is healing. We will focus on unleashing our creativity as we explore and work with a variety of mediums in a safe space. Art is for EVERYONE and EVERYONE at ALL levels of experience and skill are welcome.

**Boundaries: BACK BY POPULAR DEMAND!** Personal boundaries are vital in order for us to thrive and be in healthy relationships. Boundaries are a way for us to practice self-care and self-respect. In a supportive, non-judgmental group we explore and learn new skills that can help us align our words with our actions when it comes to setting our boundaries.

**Center Advisory Committee Meeting:** Your voice matters! Bring ideas, suggestions and solutions to improve, engage and empower our community. All are welcome to attend. Meets the 2nd and 4th Wednesdays of each month.

**Computer Lab:** Learn basic computer skills, create/use email, internet research and social media.

**Depression/Bipolar :** If you have ever felt alone on your recovery journey through mood disorders, this group might be for you. This group can provide strong support as we navigate these challenging experiences together. Sharing strategies, tools and lived experience we create a community that supports healing. This stigma-free zone is a place you can be yourself and be supported.

**Emotional Wellness:** One definition of emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. What does emotional wellness mean to you? Join us as we explore our emotional health and learn coping strategies that can support healthy relationships and contribute to a satisfying life experience.

**Extraordinary Experiences:** This group is a resource for support for people who experience non-consensus reality - Specifically, created for people who hear voices, see visions, negotiate alternative realities, or have other unusual perceptions that are often labeled as psychosis. You are safe here to speak freely and be supported in your experiences in this non-clinical setting. *This group is only open to those with extraordinary experiences.*

**Gaming:** It's **GAME TIME!** Laugh out loud & have some fun. It can be so good for us to socialize with others who are also on a journey of wellness. We will be playing a variety of games like Nintendo Switch, Scrabble, **D&D (2 sessions each week)**, Uno, Chess, and so much more! If you have a game you want to play BRING IT and teach us! Don't know how to play? No worries, we'll show you the ropes. Check it out! We heard you loud and clear! **We've added another D&D session to our calendar on Tuesdays 4-7 pm.**

*Call Christina Falosk at 530-701-6476 to sign up.*

**Get Crafty!:** Join us for some fun and easy crafting! This group provides easy to follow projects that produce a finished product you can be proud of! Even if you don't think of yourself as Crafty!

**Library:** The library is an amazing wealth of resources. Yeah, the books are great, but did you know that they also have 3D printers, Virtual Reality, sewing machines, and even a podcast studio!

**Lunch/Nutrition:** Eat your lunch and learn about nutrition. Cal Fresh makes a visit on the 1st and 3rd Thursdays of the month with great information about how to make healthy eating one of your wellness tools.

**My Recovery is Epic:** E: engaged, P: peer developed, I: individualized, C: community-centered. The EPIC program is a peer-led, life skills curriculum to help people of all ages who struggle with addiction to drugs or alcohol or are in recovery from a substance use disorder.

**Neuro-Diverse Universe:** The extraordinary diversity that exists in humans is cause to celebrate. Join us as we explore the possibilities and learn strategies that can help us navigate life in a world created for neurotypical people.

**Peer Supporting Peers: Monday - Friday 10-11 in person and on Zoom, Saturdays Zoom Only 11am -**

Start your day in a safe and non judgmental space with your peers supporting one another. Creating community is healing and this group is a great way to get to know other members, hear about upcoming center news and get involved in SMWC.

**Peer Training: (NEW UPDATED CONTENT)** Learn the principles of wellness, recovery, peer support, communication, ethics and boundaries. (*This group is for any member interested in a career in Peer Support or wishes to be part of the Center Support Team.*)

**PS WORKGROUP:** Support for those who work in the field of peer support.

**Wellness Tools:** Explore hundreds of tools to support your wellness & recovery.

**WRAP It UP - WRAP Review: An opportunity to ask all the questions and get support in the areas YOU want to cover.**

**WRAP Seminar I:** Wellness Recovery Action Plan. A self-directed program to learn skills to manage mental health, physical health, chronic pain, anxiety & depression, substance use and ANY area of your life you would like to work on. This is a 8 week workshop. Each session will be 2 hrs. Each week builds on the previous one. You must attend 7 of the 8 sessions in order to receive a certificate. The certificate is a requirement if you want to become a WRAP Co-Facilitator in the future. *Please contact Christina Falosk if you are interested. 530-701-6476*

**Written Expression:** Explore the written word as it provides an opportunity to express ourselves in a variety of ways. This group is a safe space to learn new skills, try out ideas, learn from experience and embrace new wellness tools. All skill levels welcome.