

February 2023

PHONE

507-333-5840

Friendship House Voice

IMPORTANT CHANGES TO STAKEHOLDERS!

(SEE ATTACHED FLYER)

NEW AT THE CLUBHOUSE!

Women's Group and Healthy Living Group:
Topics will include ways to improve mental and physical health.

Mental Health Trends of 2023

Trend 1: Trauma-informed Care

Trend 2: Reduced Stigma around Mental Health Issues

Trend 3: Social Media Boundaries

Trend 4: Holistic Approach to Mental Health

Trend 5: Mental Health Apps

Cont.



Horizon Homes, Inc.

Mobile Crisis Services

South Central Crisis Center

Call: Crisis Services,
at 877-399-3040

Clubhouse Bingo! How do you win bingo?

- *Volunteer*
- *Attend Clubhouse Groups*
- *Exercise Bike/Wii Bowling/Walking Group*
-



RT:

Mary Jo & Friend

RAD Zoo



RT:

Eddie and Dino

RAD Zoo



Brent Bishop,:

Seeking balance in a life of challenges unchosen.

Mr. Bishop is a multi-diagnosed person, who has faced the life challenges that come with such conditions to seek balance. Along with the challenges he has used the benefits of his conditions to manage life. Having become a Metamorphic writer and a Storyographer, he is able to share the challenges and adventures of a Mentally challenged life.

The series that will be shared in this news letter are Metamorphic stories he shared of his life in an international on-line seminar for person with issues, their friend and families and mental health professionals. Brent's metaphors helped others to understand the challenges in an easy to comprehend and empathetic manner. Allowing easier absorption to modify perception and behavior of each or the parties to the class. "Families Working Together"

Continued:

Life is a learn as I go experience - LAIGo - or LAYGo (Learn As You Go)

As children we play with toys, blocks, dolls, Legos etc. With Legos we can create our own world. As a child I built boats, castles, buildings, people etc.. I was proud of my creations. But then life would happen, sibling, pet or parent, would come by and my creation was destroyed. The nice thing about Lego's I could rebuild, or build something different.

For me life has needed a LAIGo (Learn As I Go) attitude, as I create one life only to have it fall apart and needing to create a new one. With bipolar (depression and mania), it is not easy to build a stable life. Just as when one I first learning to build with Legos it is not easy to build a stable structure. It takes time and experience to see what blocks serve one well and which do not.

From the time I was 21 to 44 my world needed much building and rebuilding, having had about 20 different jobs, a failed marriage and 5 or 6 house moves. All typical of a Bipolar life. I was not Learning As I went very well, repeating the same mistakes, building and breaking.

In my 40's I finally started to look at my blocks and looking to see which helped, which did not and which caused me problems. And I decided to pursue my dreams, not trying to do what I was supposed to do and doing it poorly, but pursuing what made me happy.

One of my dreams was operating a youth hostel in Ireland, where I had lived when I was 22 and a country I had citizenship. With my new wife, we moved to Ireland and found a hostel to operate. I/we operated the hostel for about 10 years. It was the first time since I left home, that I had stability, same house, same work for 10 years.

I was able to make use of my good blocks: creativity, kindness, adventure, writing, event organization, arts and crafts, renovating, guest relations etc.

As for my bad blocks, that I need but are difficult for me to manage: attention to detail, filling out forms, cleaning, laundry, housekeeping, bookkeeping, organizing things, making phone calls, daily routines, taxes etc.

For the bad blocks, my wife and students who came to improve their English in exchange for assisting with hostel operations, enjoyed these tasks. As well as, learning carpentry, art, renovating, painting, cooking and etc. from me. It provided a great balance and stability for me.

One of my hostel helpers, knowing my love of Legos gave me a set and I built a house with them. I was 51 years, and I had finally had built a stable life, so I thought..



Until a week later, my wife came home from a 3-week trip, where I had 250 flowers waiting for her, only to be informed she wanted a divorce. She was having her own mental health issues. Then 2 years later the Great Recession came reducing my bed stays from 7,500 per year to 2,500 per year, and the 10-year lease was up in 2010, and was not worth renewing. My stable life had ended.

The next 4 years were Bipolar again moving from country to country, almost killed by the Slavic mafia, while trying to help a girl in distress. Returning to the USA for Mental and Medical help. I needed to reorganize my Legos. I needed to Learn As I was Going, once again.

My fears, anxieties, and panic had isolated me, to a state of depression. Not the outgoing dynamic person I preferred. Travel and moving about, where some of my main Legos, to keep me from depression. So I ventured out again. The panic, fears and anxieties were tamed and my Legos were now rearranged, to where I could travel, and help others while helping myself. Which I have done now for the last 7 years. This has come to an end, and now I have my fears, anxieties and panic as I try to build a new Lego life. Writing these metaphors for the newsletter, is a helpful Lego. Thank you for helping me manage my life as you seek ways to do the same for yourself or loved ones.



Brent at far back, with ex-wife, hostel helpers to the photos right and guests to the photos left. Doorus House Youth Hostel, Ireland. Brent's LAIGo Land for 10 years.

Along with his Metaphoric stories of the Mental condition, Storyographies of his treatment through travel and engagement with others, which has brought him balance, and shows one of many ways self-awareness and taking on the challenges of life can bring balance to one's condition of being

What is a Storyographer?

As a Storyographer, I combine stories with photos of my day's discoveries. I never know what the story will be until it reveals itself. For the places and people I write about it helps their self-esteem, and increases other's awareness of their lives. For me photography and storytelling, get me out of myself. Helping me to reduce anxiety, panic and manage my Bipolar. When I travel I have little depression and my mania, is satisfied with activity. It brings me a balance, it helps the people I meet to share their world, and helps my readers to discover life beyond their own.

What are the Mental Health Trends for 2023?

What do they Mean?

Trend 1: Trauma-informed Care

It was reported that “61% of adults have experienced at least one traumatic event in their lifetimes”—there is a need for awareness and treatment of the impacts of trauma. A trauma-informed approach works with the clients strengths to help address and overcome the effects of their trauma.

Trend 2: Reduced Stigma around Mental Health Issues

Since the COVID pandemic happened in 2020 more people are sharing their own stories regarding their mental health. A majority are using their favorite social media or other platforms to discuss their experience to let others know they are not alone. The more we as individuals start talking about mental health the more others will identify their mental health needs and seek treatment. The discussion of how mental health affects our “physical health, thinking capacity, behavior, emotion stability.” It is important to remember there is no shame in mental health and that it is unfortunately “invisible” which is why there is a lack of education to focus on improving mental health issues.

Trend 3: Social Media Boundaries

“Doom Scrolling”, admit it you have done this a few times since the pandemic hit; endlessly scrolling through the many apps you have on your phone. To protect your privacy, mental health, and self-esteem it is important to take a “social media vacation” and start limiting the amount of unhealthy online interactions we encounter.

Trend 4: Holistic Approach to Mental Health

There are many individuals that are looking for more natural ways to improve their mental health. As “mental health isn’t just all in your mind—its in your body, your relationships, and the world around you.” The holistic approach intertwines mental and physical health.

Trend 5: Mental Health Apps

According to the American Psychological Association there is an estimated 10,000-20,000 mental health apps currently on the market.

Trend 6: Transcranial Magnetic Stimulation

TMS—transcranial magnetic stimulation is a gentle non-invasive method of stimulating the brain to produce a favorable response to severe mental health issues when individuals are not seeing progress with “traditional medication options.”

Trend 7: Mainstreaming Mental Health at Work

Since the pandemic, mental health has been increasingly noticeable as individuals struggle through spending all day on Zoom and working from home while juggling family responsibilities, or having to go into a work place where they have an increased chance of being exposed to COVID. With the increase of mental health the demand for services has also increased. According to hitconsultant.net, behavioral health visits are up 17% from pre-COVID levels. In this same article a report from the Kaiser Family Foundation finds that 30% of large employers state their networks (insurance) does not have enough providers to access care in a timely manner. By 2024, estimates show that the U.S. will fall short between 14,280 and 31,109 psychiatrists alone.

Trend 8: Sensehacking

This trend will highlight the crucial role that senses play in our everyday lives. (Senses = sight, sound, touch, smell, taste). Sensehacking will use the power of our senses to improve our mood. Ways to increase your senses at home include; using diffusers, candles or wax melts, and color psychology (the study of colors as a determinant of human behavior. It is unconscious or otherwise, color can evoke emotions, inspire reactions, and change modes of thinking.)

Trend 9: Skychology

‘The psychology of looking up at the sky’. Research has found that looking up into the sky can be utilized as an effective form of emotional self-regulation, help calm anxiety, enhance mindfulness, and feel more present in the moment. The character strengths, “humor, humility, social intelligence, honesty, and kindness” are all part of positive psychology.

Trend 10: Improved health and wellness.

Healthy habits to see in 2023. “Embrace ‘exercise snacks’. An ‘exercise snack’ is 15 minutes of exercise twice a day during the week days. This should be ‘moderate-intensity exercise’ which is physical activity that raises your heart rate and makes you sweat. Find an accountability partner to assist checking in, giving support, and encouragement to complete your tasks to improve your health and wellness. Set healthy boundaries. Clean up your social media feeds. Ask, is this solely entertainment, teaching me new skills, or enhancing my mental health? Focus on lifestyle and health NOT rules and scales. Embrace “sprinkles of joy”. These include buying pens you really love for work or wearing your favorite outfit.





Winter Wordsearch



K N A M W O N S T N X O T F E
K O W I N T E R E C O C O A L
P I C I C L E I Z R R R B K G
C H M B W M I T T E N S M W I
H S G H W S Z I W D Y F E A L
T G H Q R A K E N E Z O R F A
O L X O D S S P R U C E I S U
B O J E V C A R D I N A L N A
O V R N L E B G O T A H I O R
G E T C H I L L Y G Z O M W D
G S P C D O K T Z G Q L K F B
A C T S K A T E X S C L D L S
N I Z M M Y W F E X D Y E A H
C W N L U T G Y N S O A L K B
S D O Q V L Q K H W M Q S E A

WINTER
SNOWFLAKE
SNOWMAN
ICICLE
SPRUCE
HOLLY
CARDINAL
FROZEN
BRRR
CHILLY
SLED
GLOVES
HAT
SKATE
SKI
TOBOGGAN
COCOA
SHOVEL
MITTENS





FEBRUARY BIRTHDAYS!

Joy K.

Arnie S.

Vicki L.



CHANGES TO STAKEHOLDERS!

- Box Lunches will be provided to those who *pre-register* for Stakeholders Meetings. You must have your registration and meal preference submitted to your SCCBI liaison 2 weeks prior to the activity.
- In addition to professional speakers, entertainment will be provided (think live music and games)
- A drawing for a substantial prize will be held at Stakeholders. Each county in the initiative will have a winner. **MUST BE PRESENT TO WIN**
- If you attend Stakeholders, you will be able to come to a “Stakeholders Recap Luncheon” the following week at Pizza Ranch
- **NO GIFT CARDS:** Due to recent changes beyond our control, the SCCBI will *no longer* be able to provide participants with *gift cards!*

