

ROADS TO RECOVERY NEWSLETTER

Created by Dual Recovery at Warren Washington Association for Mental Health to support individuals in recovery

*A newsletter for you
and about you*

SPOTLIGHT TOPIC

Events You Don't Want to Miss!

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DUAL RECOVERY BBQ



*Food, music, games, and don't miss
our dual recovery meeting at 1:30*

AUGUST 16, 2022 | 11-3PM

CRANDALL PARK (PAVILION IN BACK)

GLEN ST, GLENS FALLS

LIMITED TRANSPORTATION AVAILABLE

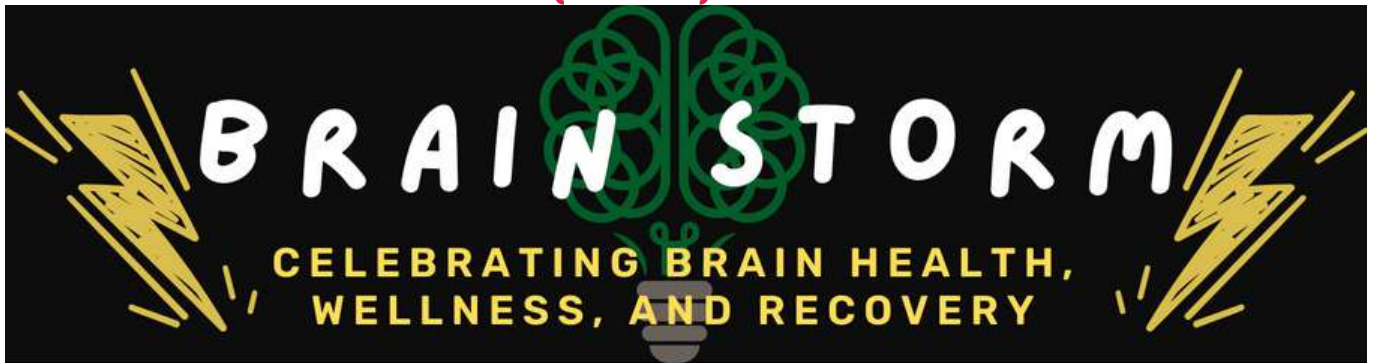
RSVP ENCOURAGED BUT NOT REQUIRED

CALL/TEXT 518-338-9016 | RRYAN@WWAMH.ORG



SUMMER

Events You Don't Want to Miss (Cont'd)



MAIN EVENT

September 9th at Crandall Park in Glens Falls from 10am-2pm.

There will be music, speakers, food trucks, resources, education, yoga, chalk art, cornhole, basketball, and more!

CHALK YOUR WALKS

Beautify your sidewalks/driveways/parking lots the month leading up to the main event, **August 9th-September 9th.**

Chalk inspiring messages and pictures all around Warren and Washington County to start conversations and spread awareness and hope around mental health and addiction recovery.

Need chalk? Contact Rebecca Ryan at 518-338-9016 or rryan@wwamh.org for free chalk.

ENTER OUR CONTEST

Take pictures of your creations and share with us by using the hashtag **#WWCBrainStorm** and tagging **@WWCBrainStorm** on your Instagram and Facebook pages. You can also send photos to rryan@wwamh.org.

There will be **THREE \$50 GIFT CARDS** awarded based on

- most thoughtful
- most creative
- most fun





UNDERSTANDING THE DIAGNOSIS

A Basic Understanding of Personality Disorders

BY GINGER MILLER

According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), a personality disorder can be diagnosed if there are significant impairments in self and interpersonal functioning together with one or more pathological personality traits. In addition, these features must be (1) relatively stable across time and consistent across situations, (2) not better understood as normative for the individual's developmental stage or socio-cultural environment, and (3) not solely due to the direct effects of a substance or general medical condition.

The DSM-5 lists ten personality disorders and categorizes them into three clusters, A, B, or C:

- Cluster A includes Paranoid, Schizoid, and Schizotypal Personality Disorders
- Cluster B includes Antisocial, Borderline, Histrionic, and Narcissistic Personality Disorders
- Cluster C includes Avoidant, Dependent, and Obsessive-Compulsive Personality Disorders

According to Psychology Today, their division into three clusters in DSM-5 is rather vague and imprecise because they rarely present in their classic "textbook" form, but instead tend to blur into one another. As with any given personality disorder, most will likely blur with other personality disorders within its cluster. For instance, in cluster A, paranoid personality may blur with schizoid and schizotypal personality disorders.

It has been found that majority of people with a personality disorder never come into contact with mental health services, and those who do usually do so in the context of another mental disorder or at a time of crisis. While personality disorders may differ from other mental disorders, like schizophrenia or bipolar disorder, they can, by definition, lead to significant impairment. They are estimated to affect about 10 percent of people, although this figure ultimately depends on where clinicians draw the line between what's thought to be a "normal" personality and one that can lead to significant impairment. Characterizing the 10 personality disorders can be difficult and diagnosing them reliably can be even more difficult. For instance, how far from the norm must personality traits deviate before they can be diagnosed? How significant is "significant impairment"? And how is "impairment" to be defined?

Whatever the answers to these questions, it is important to gain as much understanding of our diagnosis as we can. There can be a number of different factors that go into making a diagnosis, and if you ever feel that you have been misdiagnosed, it is okay to ask questions or get a second opinion. Are you familiar with the document, "Patient's Bill of Rights"? Sometimes we get a copy of it at our doctor's office or the hospital. These are granted and enforced by law and we *should* be familiar with them. Have you ever read them? We have the right to question our doctors so that we can understand. We have the right to get second or even third opinions if we feel the need to. They are called **opinions** and doctors are imperfect humans too.

According to the American Patient Rights Association, here are some of your rights that you should be aware of:

- **The right to be treated with Respect**
- **The right to obtain your medical records**
- **The right to privacy of your medical records**
- **The right to make your treatment choice**
- **The right to informed consent**
- **The right to refuse treatment**
- **The right to make decisions about end of life care**





HEALTH & WELLNESS

Becoming Your Own Inspiration

BY GINGER MILLER

Have you ever had a time when you recognized you needed or wanted a change? Maybe it was the desire to rearrange your living room - where did the idea come from, where did you get the inspiration to do it? Maybe the idea of a friend, some magazine pictures, or social media. Perhaps the desire for change was regarding school or work. Where did you get your inspiration? A colleague, a friend, a counselor, a professional? Who do you turn to when you want the change to be within you - maybe an attitude, behavior, or thought process? Would you turn to the same sources?

Before I got into recovery I was continuously looking for outside validation. I needed to feel like others approved of me and found my thoughts, ideas, or actions worthy of having or doing. I lacked self-confidence and self-esteem. I was creating an expectation based on someone else's reality. I was also usually setting myself up for failure or at the very least a huge let down. Today, validation for me is like icing on cake - it makes life a little sweeter, but the cake is delicious even without it.

It was a slow process getting to this point. As I learned more about who I am and who I want to be and worked toward that I gradually found myself not needing the validation as much, and I found that as I accomplished things, I had a genuine sense of achievement. What an awesome feeling. That in turn helped build the self-confidence I needed. Reminding myself *why* I started something when I start to drag in completing it sometimes helps me realign and inspire myself to keep going - I still appreciate encouragement, kind words and reminders of course, but I don't rely on them anymore. Here are some things that have been helpful in building the ability to become my own inspiration - at least most of the time.

One of the first things I had to do was build a foundation - if I didn't figure out where I was standing so to speak, it would be difficult to know how to get where I wanted to go. I had to learn more of who I am and what my values are. I had to identify 'the good, the bad, and the ugly' as they say, the challenges and the successes I've had. Then I had to accept those things instead of dwelling on or beating myself up over the ones I didn't like, or downplaying the positive. I even had to learn to embrace them so I could use them in positive ways. This was a difficult and BIG step for me, especially since I had trouble seeing the good in myself and beating myself up seemed to come so easily to me. It took encouragement, support, and time. Later, I also saw how much courage it took to look at those things. So now, I could map out the steps to my goal.



I've tried many times to make changes in several aspects of my life over the years but for the most part the only real successful changes were ones that I was willing to fight for and willing to put the work into. When it comes to the work part, I've also noticed that for me, if the action needed to accomplish the goal is something that becomes tiresome or becomes something I really don't like doing, I'm likely not going to stick to it. For example, I've tried to lose weight by counting calories. I started out excited at the thought of losing weight, but it didn't take long before I became so annoyed with counting the calories, it felt almost like I was punishing myself so I would just give up. I've had more success when I learned about looking at the nutrition values of food and finding the ones I like the taste of.

Another thing I learned was that if I focused on the outside motivator more than the inside motivator, I'll probably lose the motivation. An example of that could be on a day that my depression symptoms have me feeling like not getting out of bed and showering. When I reason with myself that I will look better if I get up and take a shower, I'm less likely to do it because the depression is telling me that I don't care how I look at the moment. However, if I reason with myself using an internal motivator, that I will feel fresher and that it can be just a quick shower, I'm more likely to do it and once I start, I end up taking a longer shower and becoming more motivated to continue with my day.



Becoming Your Own Inspiration (Cont'd)

Here's the scary part... making the commitment and making a 'map'. Writing out the steps I plan to take and why can make it feel more solid, and it gives me something to reignite my motivation in case it starts fading. It can also be helpful to share that commitment with others so that they can be supportive, and help hold you accountable. Knowing that other people know what I'm trying to accomplish motivates me from inside – I want to prove I can be successful, not only to myself but others as well. That is part of why support groups work for some people in recovery. It can be a powerful motivator when your success inspires others to keep working toward their goals too, and that in turn motivates me to keep going. Isn't that a wonderful cycle – encouraging each other through our own success?!

Whatever my goals are, being my own inspiration means I have to show up for myself, be patient, and give myself grace when I need it. I remind myself often that change doesn't happen overnight, but it does happen when I stay compassionate toward the person you are doing it for: Me!

Here is a little recap of what worked for me that might help you get started:

- Know what your why is – **why do you want this?**
- Build a foundation – think about who you are and who you want to be
- Be willing to work at and even 'fight' for your goal
- Look at if or how much you rely on others for validation
- Find a way to work at it that doesn't make you want to quit
- Focus on the internal motivation more than the external motivation
- Make the commitment – write it down and share it with someone
- Remember that your progress and successes encourage others
- Most importantly, don't forget that change takes time. **Be kind and compassionate to yourself through the process.**

INSPIRATION & MOTIVATION



**WORRY LESS,
SMILE MORE.**

**More powerful than the will
to win is the courage to
begin.**

~ Orrin Woodward



**The more anger towards the past you
carry in your heart, the less capable
you are of loving in the present.**

~ Barbara DeAngelis

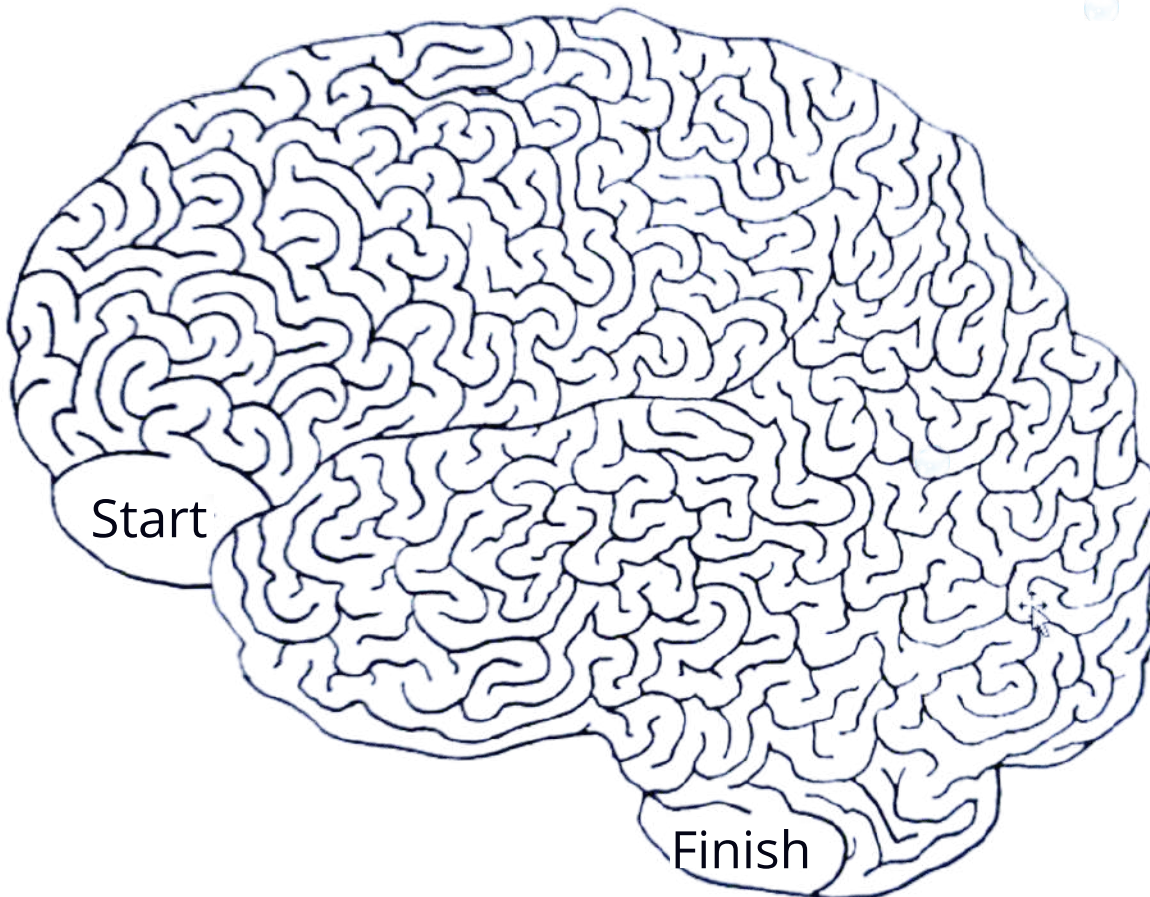


**You are the
artist of
your own
life. Don't
hand the
paintbrush
to anyone
else.**



THE FUN SPOT

Getting 'stuck' in our own mind or thoughts can be a tough place to be.
Can you make it through this brain maze???



WWAMH FARMER'S MARKET IS NOW OPEN

We are offering produce as it becomes available – all produce is first come, first served. Please place your order to kwinne@wwamh.org and let us know what day you would like to pick it up. Orders will be available for pickup every Monday and Tuesday from 12-3pm at 230 Maple Street (held at reception) in Glens Falls.

Here is what is currently available:

- Rhubarb (5 stalks) - \$1.00
- Sauce Tomatoes – .50
- Slice Tomatoes – .50
- Bell Peppers - .50
- Poblano Pepper - \$1.00
- Eggplant - \$1.00
- Yellow Summer Squash – \$2.00
- Zucchini - \$2.00
- Fresh Basil (2ft stalk) - \$1.00
- Yellow Onion - .50





THE AUGUST CHALLENGES



CHALLENGE #1

Brain Story Chalk Your Walk

Here's a **SWEET** deal! Chalk your sidewalk or driveway, write encouraging phrases, draw a picture, encourage recovery, encourage mental wellness, or anything positive you want to chalk then take a picture of it with your phone. Don't have chalk? We do! Just ask and we will supply the chalk while supplies last. Show us your picture and win the Stewart's ice cream gift card (everyone that enters the August Challenge gets a gift card) then enter the picture in the Brain Storm Contest and have a shot at one of **three \$50 gift cards!** This means you will have a chance to win **two** prizes for participating in our "Chalk the Walk" campaign!!!



CHALLENGE #2

Recovery Resources

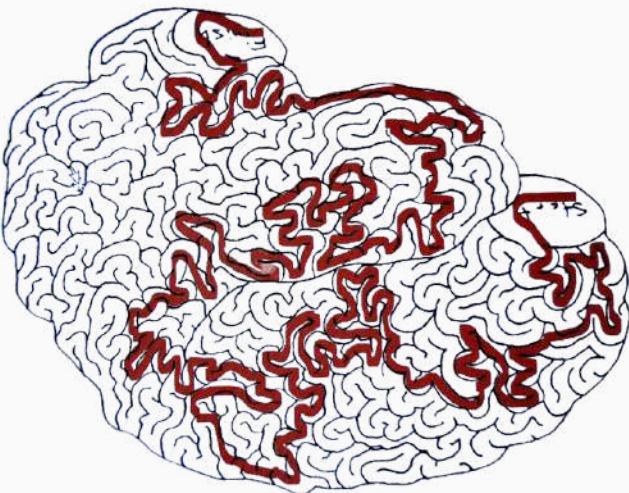


The article in this month's Health & Wellness section, *Becoming Your Own Inspiration*, offered several ideas on becoming YOUR own inspiration. Did you try any of them? Tell us what you tried and let us know if it helped. Or do you have something different that you do to inspire yourself? Tell us what you do to inspire yourself.

Everyone who chooses to participate in any of July's challenges and writes to us before July 25th will win a Stewart's Ice Cream gift card! You will also see your response next month in our "Your Voice" section! If you don't want your name on it just let us know and we will put "anonymous" on it.

Email us at: gmler@wwamh.org or mail it in to "WWAMH Dual Recovery" at 230 Maple Street, Glens Falls, NY 12801 to participate.

Brain Maze Answer Key



Info on 988

What is the 988 Hotline for?
988 connects the public to mental health crisis counselors who are part of the National Suicide Prevention Lifeline network. Call, text, or chat 988 when you'd like emotional support, are thinking about suicide, or if you are worried about a friend or loved one. People call to talk about lots of things: substance use, depression, emotional distress, anxiety, stress caused by financial worries, relationships, sexual identity, abuse, mental and physical illness, and loneliness to name a few. Crisis counselors will listen to you, provide support, and connect you to resources if necessary.

- Spanish-speaking counselors
- Translation and interpretation services
- Services for Veterans

RECOVERY

Resources

WEBSITES

- Al-Anon and Ala-teen Groups** – Hope and help for families and friends of alcoholics: al-anon.org
- Alcoholics Anonymous (AA)** - Local group schedule and information: district13.aahmbny.org
- Celebrate Recovery (CR)** – Celebrate Recovery is a Christ-centered, 12-Step recovery program for anyone struggling with hurt, pain or addiction of any kind: celebraterecovery.com
- Debtors Anonymous** - Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others: debtorsanonymous.org
- Digital Recovery Support** -Online recovery support groups are available daily. They are open to anyone who is dealing with substance use, mental health conditions, and any other quality of life concerns. Meetings are led by peer recovery support specialists who have firsthand experience and understand what you're going through: www.recoveryanswers.org
- Gamblers Anonymous (GA)** – Online services for anyone struggling with a gambling addiction: gasteps.org
- Grief Recovery After a Substance Passing (GRASP)** – For those who have lost someone to substance use or addiction: grasphelp.org
- In the rooms** - A global online recovery community who share their strength and experience with one another daily through live meetings, discussion groups, and other tools in the rooms: intherooms.com
- My Recovery** – Online 12-step meetings: myrecovery.com
- Narcotics Anonymous (NA)** - local group schedule and information: narcotics.com
- Overeaters Anonymous (OA)** – Online support groups for anyone who wants to stop eating compulsively: oarecovery.com
- The Phoenix** – Recovery community organization offering daily live stream cross-fit, yoga and meditation every two hours through the COVID Crisis: thephoenix.org

PHONE NUMBERS

- The Trevor Project** - Support for youth in crisis: thetrevorproject.org/hotline: 866-488-7386
- International Bipolar Association Crisis Line**: 1-800-273-TALK (8255)
- National Association of Anorexia Nervosa and Associated Disorders Helpline**: 630-577-1330
- National Center for PTSD Helpline**: 1-800-273-8255
- National Alliance on Mental Illness (NAMI)**: Hotline staff are prepared to answer any mental health questions you may have. You can also text NAMI to 741741 for free support. (800) 950-NAMI (6264)
- Substance Abuse and Mental Health Services Administration (SAMHSA)**: Available 24/7, 365 days a year: (800) 662-HELP (4357). The professionals on the phone can provide treatment information and referrals in English and Spanish.
- National Institute of Mental Health (NIMH)**: Available 8:30am to 5pm EST: (866) 615-6464 or (866) 415-8051 (TTY). Professionals can answer any mental health related questions in English or Spanish.
- Boys Town**: Specially trained counselors are available 24/7, 365 days a year to provide crisis support specifically for children and their families: (800) 448-3000
- Life Line Mental Health Crisis - 988**

PODCASTS

- This Naked Mind** - Some of the episodes discuss alcohol withdrawals, the link between drinking and binge eating, how to deal with loneliness, and more.
- Recovery Rocks** - Our varied paths show listeners that there are a myriad paths to recovery and countless songs to rock out to along the way.
- Mental Health - Hope and Recovery** - They share inspirational true stories and a host of recovery skills. You'll learn about treatment options, coping skills, goal setting, relationships, and mindfulness.
- Mental Illness Happy Hour** - Weekly interviews with comedians, artists, friends, and the occasional doctor.; exploring mental illness, trauma, addiction and negative thinking.

APPS

- Addiction Apps**: Twenty-Four Hours A Day (Free), Quit That! Habit Tracker (Free), NoMo (Free)
- Counseling Apps**: TalkSpace (\$\$) BetterHelp (\$\$) Larkr (\$\$) ReGain (\$\$) TeenCounseling (\$\$)
- Suicide Prevention Apps**: MY3 (Free) notOK (Free)
- General Mental Health Apps**: What's Up (CBT; Free) Mood Kit (CBT; \$)
- Anxiety Apps**: MindShift (Free), Self-Help Anxiety Management – SAM (Free), CBT Thought Record Diary (Free)
- Bipolar Disorder Apps**: IMoodJournal (\$), EMoods (Free)
- Depression Apps**: Talk Space Online Therapy (\$\$), Happify (Free), MoodTools (CBT; Free)
- Eating Disorder Apps**: Recovery Record (Free), Rise Up & Recovery (Free), LifeSum (Free)
- Obsessive Compulsive Disorder Apps**: nOCD (Free), Worry Watch (\$), GG OCD (Free)
- PTSD Apps**: PTSD Coach (Free), Breathe2Relax (Free)
- Schizophrenia Apps**: UCSF Prime (Free), Schizophrenia Health Story Lines (Free)
- Mindfulness & Meditation Apps**: Headspace (\$), Calm (\$), Serenity: Guided Meditation & Mindfulness (Free)
- Wellness**: Wellness Recovery Action Plan (Goal Setting; Free)

THANKS FOR READING! :)

IF YOU WOULD LIKE TO SUBSCRIBE TO
OUR NEWSLETTERS, PLEASE EMAIL US
AT GMILLER@WWAMH.ORG
OR CALL 518-401-5991



WWAMH DUAL RECOVERY SUPPORT GROUPS

EVERY TUESDAY FROM
4:00-5:00 PM AT THE
HOPE & HEALING
RECOVERY CENTER:
2 MAPLE STREET, HUDSON FALLS
ATTEND IN PERSON OR
VIRTUALLY - ZOOM MEETING ID:
844-2214-0148

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MORE INFORMATION & COPIES OF
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