

# Today's Vision... Tomorrow's Reality

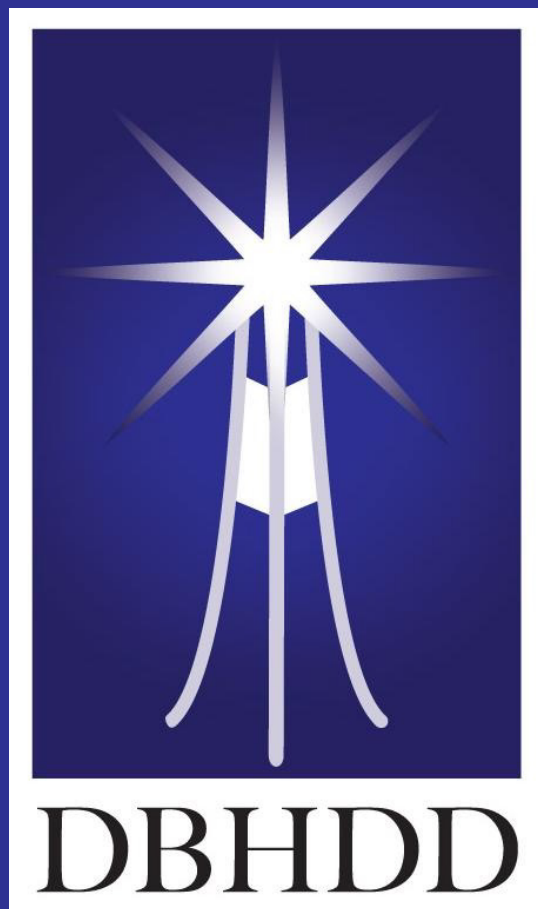
## 19<sup>th</sup> Annual Spring Fling



**GEORGIA ASSOCIATION  
OF  
COMMUNITY SERVICE BOARDS**

*Sea Palms Resort  
St. Simons Island, GA  
May 22-24, 2016*

*Georgia Department  
of  
Behavioral Health &  
Developmental Disabilities*



*Proudly Sponsoring:*



*Today's Vision...  
Tomorrow's Reality*



*TODAY'S VISION...  
TOMORROW'S REALITY*

**Georgia Association of Community Services Boards  
19<sup>th</sup> Annual Spring Fling  
May 22-24, 2016  
Sea Palms Resort  
Saint Simons Island, GA**

**Sunday, May 22, 2016**

4:00 p.m. - 6:00 p.m.	<b>Registration</b>	<b>Conference Hall</b>
5:30 p.m. - 7:00 p.m.	<b>Dinner</b>	<b>Ballroom</b>
7:00 p.m. - 7:15 p.m.	<b>Welcome and Kick Off</b>	<b>Ballroom</b>
	Robyn Garrett, Executive Director Georgia Association of Community Service Boards Douglasville, GA	
7:15 p.m. - 8:00 p.m.	<b>Living in Recovery</b>	
	Kevin Hines, Author "Cracked Not Broken" Margaret Hines, Wife and Caregiver Alpharetta, GA	
8:00 p.m. - 9:00 p.m.	<b>Talent Show</b>	<b>Ballroom</b>
9:00 p.m. - 9:30 p.m.	<b>Door Prizes</b> <i>Must be present to win</i>	<b>Ballroom</b>

**Monday, May 23, 2016**

7:00 a.m. - 8:15 a.m.	<b>Breakfast</b>	<b>Ballroom</b>
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8:15 a.m. - 8:30 a.m.	<b>Welcome &amp; Opening Remarks</b>	<b>Ballroom</b>
	Emory Pitts, Consultant Macon, GA	
8:30 a.m. - 9:30 a.m.	<b><u>Recovery on Fire</u></b>	<b>Ballroom</b>
	Bill Carruthers, Director of Peer Programs Savannah Counseling Center Gateway Behavioral Health Services Savannah, GA	
9:30 a.m. - 10:30 a.m.	<b>Georgia Mental Health Consumer Network/ Georgia Council on Substance Abuse/ RESPECT Institute of Georgia</b>	<b>Ballroom</b>
	Roslind Hayes, Statewide Coordinator Peer Support, Wellness, and Respite Centers Georgia Mental Health Consumer Network Decatur, GA	
	Chris Johnson, Program Coordinator Georgia Council on Substance Abuse Atlanta, GA	
	Joel Slack, Director, RESPECT Institute of Georgia and President, Slack Consulting Montgomery, AL	
	<b>Intellectual/Developmental Disabilities Self Advocacy Workshop</b>	<b>Musgrove</b>
	June DiPolito, Chief Executive Officer Pineland Community Service Board Statesboro, GA	
10:30 a.m. - 11:00 a.m.	<b>Break/Snack</b>	<b>Conference Hall</b>
11:00a.m. - 12:00noon	<b>Health and Fitness</b>	<b>Ballroom</b>
12:00 noon - 1:00 p.m.	<b>Lunch</b>	<b>Ballroom</b>

1:00 p.m. - 1:15 p.m.	<b>Door Prizes</b> <i>Must be present to win</i>	<b>Ballroom</b>
1:15 p.m. - 2:15 p.m.	<b>CPS/CARES/Respect Institute Peer Panel</b>  <b>Intellectual/Developmental Disability Peer Panel</b>	<b>Ballroom</b>  <b>Musgrove</b>
2:15p.m. - 3:15 p.m.	<b>Achieving Employment, Building Careers</b>  <i>Special Surprise Guest</i>	<b>Ballroom</b>
3:15 p.m. - 3:45 p.m.	<b>Break/Snacks</b>	<b>Conference Hall</b>
3:45 p.m. - 4:45 p.m.	<b>MH/SA Recovery Lived Experience Testimonies</b>  Volunteers from audience	<b>Ballroom</b>
	<b>State and Community Resources for Intellectual/Developmental Disabilities</b>  Dan Howell, Director of Division of Developmental Disabilities Department of Behavioral Health and Developmental Disabilities  Katherine McKenzie, Regional Services Administrator-DD Region 5 Field Office Department of Behavioral Health and Developmental Disabilities	<b>Musgrove</b>
4:45 p.m. - 6:00 p.m.	<b>Prepare for Beach Outing</b> <i>Pick up Dinner Boxes then grab your beach gear</i>	<b>Conference Hall</b>
6:00 p.m. - 9:00 p.m.	<b>Surf N Turf Activities on The Beach &amp; In The Ocean</b>	<b>Massengale Park Public Beach</b>







## If you need help, please locate one of the following hosts:

- Judith Masching, RN
- Dr. Aundria Cheever, Clayton CSB
- Bill Carruthers, Gateway BHS
- June DiPolito, Pineland CSB
- Melvin Harris, River Edge CSB
- Emory Pitts, Macon, GA
- Robyn Garrett, GACSB
- Josiah Conrad, GACSB
- Lyly Trinh, GACSB



### **MEDICAL NEEDS**

1. FIRST find your staff person
2. Then have staff person contact nurse if needed:

***Judith Masching RN***

**\*Staff: See back of your name badge for her cell\***

**If you are unable to contact her, call Lyly Trinh who has also been listed.**

## Objectives:

- To educate attendees on the following:
  - Living mentally well
  - Caregiver health
  - How motivation impacts recovery
  - Certifications for Certified Peer Specialists (CPS)
  - Certification for Certified Addiction Recovery and Empowerment Specialists (CARES)
  - Getting involved with The Respect Institute
  - Sharing personal stories of disability, recovery and lived experience
  - State and community resources for individuals with disabilities
  - Team building and team work
  - Anger Management
  - Independence with housing supports
  - Importance of exercise and healthy living
  - Socialization skills and networking
  - Fellowship

## Please Read Carefully:

- Prevent the spread of infection: **WASH YOUR HANDS AFTER USING THE BATHROOM, SMOKING AND BEFORE AND AFTER EATING.**
- Please be aware of your bathroom etiquette and behavior
- No smoking inside any bathroom on the campus
- No smoking except in areas designated outside of buildings. Please put your butts in designated receptacles at all times.
- Please do not over fill your plates at meal/snack times nor hoard food.
- Staff attendees please stay with or know where your attendees are in the event an emergency should happen.
- Participants are asked to please be courteous to the presenters by refraining from taking phone calls, sleeping, talking, or moving about during the sessions.

## Famous Quotes to Reflect on During the Conference

“A dream is your creative vision for your life in the future. You must break out of your current comfort zone and become comfortable with the unfamiliar and the unknown.”

Denis Waitley

“The greatest achievement was at first and for a time a dream. The oak sleeps in the acorn, the bird waits in the egg, and in the highest vision of the soul a waking angel stirs. Dreams are the seedlings of realities.”

James Allen

“In order to succeed, we must first believe that we can.”

Nikos Kazantzakis

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”

Thomas A. Edison

“Faith is taking the first step even when you don't see the whole staircase.”

Martin Luther King, Jr.

“However far-reaching one's visions or ideas, one must start from where one is.”

Marty Rubin

“Clear visions and positive goals, leads to positive actions and purposeful life.”

Lailah Gifty Akita

“Today, you can take an action that will lead you closer to your visions.”

Lailah Gifty Akita

“When we begin to live in the imagined world of our visions and dreams then we are a step away from its reality.”

Ikechukwu Izuakor

“Visions and words go together only when inspirations connects them!”

Rossana Condolea

“Don't let yourself be paralyzed by fear, which prevents so many people from living out their dreams.”

Mark Fisher



# Create your own Recovery!

*Use this for the "Recovery on Fire" session with Bill Carruthers on Monday at 8:30am*

Please answer the following questions.

1. What would you name it? \_\_\_\_\_

\_\_\_\_\_

2. What would it be made out of? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. What color would it be? \_\_\_\_\_

4. What would be the first thing you taught it to say?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. What would you teach it not to say? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. What is the value of it? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Dimensional Wellness

We look at our bodies, minds, emotions and spirit as if each part is fully separate from the other rather than totally intertwined. Wellness is much more than merely physical health, exercise or nutrition. It is the full integration of states of physical, mental, and spiritual well-being. According to The University of California, Riverside, the following are the seven dimensions of wellness: social, emotional, spiritual, environmental, occupational, intellectual and physical wellness. Each of these seven dimensions act and interact in a way that contributes to the quality of life.

Use the following examples. These examples relate to the Spring Fling activities

- **Social Wellness** is the ability to relate to and connect with other people. It is the ability to establish and maintain positive relationships with family, friends and others that contributes to our **Social Wellness**.

### **Examples of social wellness**

- Attend all the classes and other activities
- Sit at a table with persons you do not know
- Volunteer
- Assist another person who needs help
- Participate in the talent show
- Introduce yourself to someone you do not know
- Make someone comfortable who appears nervous
- Help someone who needs help understanding the conference agenda
- Share your past experiences of a past Spring Fling with others
- Hold a door open for someone
- Talk with a speaker and/or introduce yourself
- Thank the speaker for their time and information they presented
- If someone appears lost help guide them to their destination

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- **Emotional Wellness** is the ability to understand ourselves and cope with the challenges life can bring. This is being able to acknowledge and share feelings of anger, fear, sadness or stress; hope, love, joy and happiness in a productive manner contribute to our **Emotional Wellness**. "Feelings are neither good nor bad, they just are".



### Examples of emotional wellness

- Be present for the speakers presentations
  - Develop coping skills and stress management skills by watching others
  - Learn to breathe deeply and use affirmations
  - Take notes of the material presented by the speakers so you can review notes after the Spring Fling event ends
  - Share a part of the presentations with others such as your CSB
  - Take a chance and get out of your comfort zone
  - Trust others
  - If shy introduce yourself to another person at the conference, even if it is only one person
- 

- **Spiritual Wellness** is the ability to establish peace and harmony in our lives and to realize a common purpose that binds creation together and contributes to our **Spiritual Wellness**. To be vital and healthy you need to have a spiritual life. We need to have values and beliefs which we live by and strive to achieve. These values must be integrated into our work lives, home lives and social lives.

### Examples

- Respect each person's spiritual beliefs and lifestyle
  - Don't force religion on others
  - Take time to pray, meditate and reflect on your own time
  - Commune with nature
  - Write poetry
  - Read inspirational materials
- 

- **Environmental Wellness** is the ability to recognize our own responsibility for the quality of the air, the water and the land that surrounds us. It is making a positive impact on the quality of our environment, be it our homes, our communities or our planet contributes to our **Environmental Wellness**.

### Examples

- Take walks and enjoy the beauty of the island
- Be sure your cigarette butts are placed in nearby receptacles and not thrown on ground, or on parking lot, or left on other surfaces such as tables, steps and railings
- Smoke only in designated areas
- Keep the grounds clear of litter

- Be sure to place any liter items in nearby receptacles
  - Reserve water and electricity in your rooms
- 

- **Occupational Wellness** is the ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives leads to Occupational **Wellness**.

**Examples:**

- Attend classes located on the agenda that help obtain a personal fulfilled life
  - Learn about Peer Specialist opportunities
  - Lead a group at your CSB with the educational material you received at the Spring Fling
  - Talk with others who live independently
  - Talk with others who are working
- 

- **Intellectual Wellness** is the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment. The desire to learn new concepts, improve skills and seek challenges in pursuit of lifelong learning contributes to our **Intellectual wellness**. The foundation of our thoughts is the beliefs and values we have developed over time. These beliefs and values must be identified, reviewed and changed if we want to change our thought patterns and subsequent actions.

**Examples:**

- Read handouts and pamphlets distributed at the Spring Fling
  - Attend workshops
  - Write down the important aspects you have acquired at the Spring Fling
  - Join with others to discuss conference topics
  - Attend the men's and women's groups
  - During free time enjoy a game of cards and/or similar activities
-

- **Physical Wellness** is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress. It is that behaviors have a significant impact on our wellness and adopting healthful habits. It is important to have routine checkups, a balanced diet, exercise, etc. while avoiding destructive habits such as tobacco, drugs, alcohol, etc... Our body is the physical container for our organs, systems, brain, mind, emotions and soul. Our bodies are made up of organs, systems, tissues and cells. Choose optimal **Physical Wellness**.

**Examples:**

- Take walks and exercise on the island, beach and/or near the hotel
- Get restful sleep each night
- Wear sunscreen
- Eat healthy
- Limit sweets to one serving
- Drink plenty of water
- Limit intake of sweet drinks such as tea and soda
- Use seat belts
- Attempt smoking cessation
- Take your own medication
- Report any illness to staff, hosts or nurse

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In the article “The Eight Dimensions of Wellness” written by the University of Pittsburgh, an eighth dimension of wellness is mentioned. It is financial wellness.

- **Financial Wellness**  
The ability to live within one’s means; to be prepared for short-term and long-term financial emergencies.

**Examples:**

- Monitor spending
- Spend money wisely
- Remember your priorities

References:

Seven Dimensions of Wellness: The University of California, Riverside ([www.ucr.edu](http://www.ucr.edu))  
The Home of Vibrational Health ([mary@mkprojects.com](mailto:mary@mkprojects.com))  
The Eight Dimensions of Wellness. University of Pittsburgh

# Work Sheet

Name \_\_\_\_\_ CSB \_\_\_\_\_

Enter the contest to win a prize!!!!!!

Write one activity in each wellness area that you have performed during the Spring Fling 2016. This form will be collected on the last day of the Spring Fling. After you hand in this completed activity you will be given a ticket for the raffle. Your work sheet will be returned after the drawing.

Social Wellness	Emotional Wellness	Spiritual Wellness

Environmental Wellness	Occupational Wellness	Intellectual Wellness

Physical Wellness	Financial Wellness	





## **The Ground Work for Acquiring**

### **Vision 101: Overcoming Shyness**

*All visions and dreams start within each of us. Some individuals see a future vision as frightening and scary. Other individuals look forward to the challenges and hard work that accompanies the motivation toward the growth of change. Visions and dreams do not need to be large ones. There is not only one vision or dream in life but many happening at the same time. The goal is to take the easiest vision and work to accomplish it and make it a reality. Below are the eight basic steps to help you feel comfortable around people. All visions begin with Vision 101.*

#### **1. Convince yourself to take action.**

Attempt to shake someone's hand first or, wave your hand first or say hi to someone first; this will make you more confident or boost your confidence around people.

#### **2. Reject the rejection.**

Don't be afraid to be rejected. You're not doing a weird thing by making the first move. You're just trying to be friendly.

#### **3. Take a deep breath.**

If you are around a stranger and feeling uncomfortable, taking a deep breath can help you relax.

#### **4. Smile.**

Smiling will break the tension between you and the person you're talking to. It's helpful for relaxing yourself and especially for the stranger.

#### **5. Don't forget, the person may be nervous like you.**

You have to comfort yourself and also the person you're talking to.

#### **6. Find a way to talk about common traits.**

Same favorite TV show? Same favorite color? Same celebrity crush? It makes it easier to socialize and also helps to show that the two of you have similar interests.

#### **7. Try not to reject a conversation.**

If someone tries to strike up a conversation with you, try imagining that they are one of your friends. If you feel really uncomfortable, try to end the conversation in as inoffensive way as possible (possibly by apologizing that you don't have the time to talk because you have something urgent to do).

#### **8. If you're still feeling so stressed out or nervous, try to make speech in front of the mirror before you go out.**

That will help you to explain yourself clearly and it makes your self-esteem higher.

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Reference:

How To Overcome Shyness: Why the most effective solution to shyness isn't greater self-confidence

Posted Jun 19, 2011

Alex Lickerman MD Psychology Today

## **Vision 102: Making People Comfortable Around You**

*Everyone doesn't have the knack of making others feel instantly comfortable in their company. It is an ability which only a few people have. Here are a few tips to make a person feel comfortable in your company.*

### **1. Seem interested**

You can make someone feel comfortable in your company only if you make that person feel like you are interested in him or her. If you don't show interest in that person's conversation or presence, you will come across as cold, distant or nonchalant. By showing people that you are interested in listening to them and you want to know more about them, you will be able to put them to ease instantly.

### **2. Initiate conversations**

One of the easiest ways to make someone feel comfortable with you is to ask questions, start conversations and initiate talks about things which will help them to open up. If you know someone's likes and dislikes, professional background or personal choices, it will become easier for you to initiate a conversation. If you don't have any background about a person, you can ask questions to make him or her feel at home.

### **3. Have a welcoming body language**

Keeping your arms crossed, not maintaining eye contact and not making any hand movements while talking are considered to be signs of cold body language. Doing these things can make a person very uncomfortable. Display a warm body language when you want to put someone at ease. This includes nodding while talking, smiling a lot and keeping direct eye contact.

### **4. Check if that person is comfortable**

If you are meeting someone for the first time and you want to ensure that he or she is comfortable, you should ask them upfront. Ask if they need anything or if there is any way in which you can help them. Do this even if you know that they don't need assistance with anything. This will give that person a feeling that you are empathetic and helpful and you can be approached anytime for anything.

### **5. Be nice to everyone around you**

If you are trying to make someone feel comfortable, make sure that you keep your behavior consistent with everybody. You cannot choose to be extremely warm to one person and completely cold to another. This will send mixed signals about you, making you come across as a hypocrite. Be nice to everyone so that you can build your reputation as a person who likes to make everyone feel at home.

### **6. Know the limits of someone's personal space**

In your attempts of making someone feel comfortable, make sure you don't cross the limits of that person's personal space. Don't be overly friendly, don't stand too close to someone or don't put an arm around anyone to make them feel comfortable. These actions may seem more offensive than friendly.

### **7. Don't put up a facade**

You have to be yourself when you are trying to make others feel comfortable. Even if you go out of your way to ensure someone else's comfort, don't fake a helpful nature. If you are not genuine, it will come through in your conversations and behavior.

Reference: Tips on How to Make Someone Feel Comfortable With You; August 31, 2013  
Read more at <http://www.theheraldng.com>

## **Vision 103: How to Be More Friendly and Social**

Here are some general pointers on how to act like a friendlier, social person. I'd define 'social' as spending a fair amount of time with other people and enjoying it.

The points in this article describe behaviors.

Be fairly low key about implementing the points below. They should also be thought of as a general approach to how you interact with other people.

Trying to do everything here, or go all out with each suggestion, may be too draining. Only apply the ideas that seem manageable, and don't feel you have to take them to an extreme.

Here are some things you could possibly try:

### **Start conversations with new people**

If you've recently been introduced to someone, or you see some new people around, go up to them and start a conversation. Even saying hi, asking for their name.

Chat back to people who try to talk to you

If someone is trying to chat with you, make an effort to give them something back in return.

### **Take time to talk to people you already know**

If you see someone you know, then go over and find out what's going on with them. Keep in touch with your friends. Maintain your relationships and show you're interested in the other people. If you see someone you know, don't avoid them because you don't feel like talking, or pretend not to notice them because you're worried the conversation will be stilted. Go up to them and chit-chat for a few minutes.

### **Invite people to do things with you/the group**

Be fairly loose and generous with your invitations to people. Be the one to invite people out rather than waiting for them to come to you first. Don't feel you have to know someone for a long time either. If you seem to get along then why not ask them to do something?

Make an effort to bring new people into the fold and make them feel included

If you're out with your longtime friends and there's a new person there, take the time to talk to them a bit, rather than being more aloof and expecting them to make the effort of getting to know you

### **Go to where the people are**

Show you want to spend time with the people you came with. And once you're there, join in whatever they're doing. Don't hang back and focus on something else.

### **Spend more time with people**

Spend time with people more often. Spend longer periods of time with them. Spend time with more of them.

Make nice little gestures towards other people

Perform basic courtesies like holding doors for people.

### **Offer compliments to people**

Don't be afraid to be positive and encouraging. If someone is good at something then tell them so. If someone looks nice, or is well dressed, then say you think so. If you think someone is funny, or an interesting person, then let them know. Again, moderation is essential. The occasional genuine compliment is way better than a constant stream of try-hard ones.

### **Make sure everyone is having a good time when you're out**

Without overdoing it and being a pest, put some energy into making sure everyone is having fun when you're out in a group. If someone seems left out of the conversation, try to maneuver it to a topic they can contribute to. Or if someone seems like they want to say something, but they can't get a word into a lively discussion, casually indicate to everyone that they want to talk. If you're all doing an activity that someone doesn't seem comfortable with, try to coax them to join in or take some time to explain the basics if they aren't familiar with how to do it. Or maybe help form an alternative side activity.

Succeed Socially.com

*Make new friends, but keep the old.*

*One is silver and the other gold!*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

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Name \_\_\_\_\_

Address \_\_\_\_\_

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City \_\_\_\_\_

Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

**TRY TO MAKE "MORE" NEW FRIENDS  
WRITE OR PHONE EACH OTHER**



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

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**19<sup>th</sup> Annual GACSB Spring Fling Event**  
*Today's Vision...Tomorrow's Reality*  
**May 22-24, 2016**  
**Evaluation Form**



1. How many Spring Flings have you attended? \_\_\_\_\_

2. What three things have you enjoyed the most about this year's Spring Fling?

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3. What new topics/activities would you like to see at next year's Spring Fling?

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4. Please give us ideas for improving Spring Flings in the future.

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5. Where would you like future Spring Flings to be held?

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***Thank you for taking the time to complete our evaluation form. Your input is important to us!***

- If you would like to be added to the monthly Consumer Interest Group meeting updates, please PRINT your email below:

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- Please write down any additional comments you may have about the Spring Fling ON THE BACK OF THIS FORM.



