

Connections

The Newsletter of the Connections Program

A Partnership between the Health District of Northern Larimer County and SummitStone Health Partners

Guide for Living 12 Step Support Groups

Submitted by: Arleen Brown, LCSW, CACIII

Do you know about this fabulous support group that began in 1974? Well, if you do, thanks for your referrals. If you do not, let's catch you up on how this program can be useful for your clients. Yes, Guide for Living is a 12 Step program, modeled after the 12 steps of both Alcoholics Anonymous and Al-Anon, two of the most successful personal growth programs ever. However, Guide for Living does not have alcohol dependence as a focus. Instead, the group deals with "general living problems."

Anonymity is a fundamental part of the Guide for Living community. Everything that is said in a meeting or member-to-member is confidential, not repeated, even if a member leaves the group. Freedom and trust are nurtured in the group by the agreement of anonymity. As a reminder of that agreement, the Anonymity Pledge is said at each meeting.

Guide for Living is a coming together of people to help each other and to understand themselves by practicing the 12 steps and 12 Traditions.

The first step states: "We admitted that we are powerless over certain areas of our lives – that our lives had become unmanageable." In other words, the Guide for Living member recognizes for themselves that they have a problem or issue that is causing them problems in their lives. They want help, support and new tools. They identify the area that they want to study and work the program around, such as relationships, finances, addictions, grief, injuries or illnesses, etc. It can be absolutely anything. Sometimes, while working on one issue, they may find that there is something else that they chose to work on also or they decide to work on general living problems. If a person feels that an area of their life is weak, that they would like to improve and understand themselves better or if they like where they are but want to expand their awareness of what is going on around them, they can work their program around this.

A topic is usually presented at each meeting. Members may share about the topic or introduce a new topic. Generally speaking, there are 5 guidelines for meet-

ings: 1. talk in the first person. 2. avoid giving advice, 3. wait for each person to finish talking before the next person shares, 4. respect and appreciate what others have to say, 5. no one is ever required to talk, and 6. The only requirement for membership is a desire for growth.

Members are urged to try our program. It is suggested that someone attend at least 6 meetings before they decide if the program is right for them.

Individuals are also encouraged to attend different meetings to find the best fit for them. Attending meetings and working the steps will show individuals how to find solutions that lead to serenity. So much of this depends upon our own attitudes and as members learn to place their problems in their true perspective, they find that their problems lose their power to dominate their thoughts and lives.

Guide for Living is a Spiritual program using all 12 steps as tools: it is not religious. Each person defines for themselves what or who their Higher Power is. An individual's religious beliefs are a personal matter, therefore, discussions in terms of any faith are avoided. Although the word God is included in the program, each individual may use a helpful term such as universe, nature, higher power, etc. in place of God.

The 12 Traditions are guides for the conduct and unity of the groups just as the Steps are guides for the lives and growth of individual members.

The Fort Collins groups have both male and female members who will provide visitors with a new member packet when they attend a meeting. Currently the two meetings are at: Lutheran Campus Ministry, 805 S. Shields, in the back room at 7 pm on Tuesday and below Guaranty Bank, 1210 E. Mountain Avenue, in the basement at 12 noon on Thursday. Therapists may refer clients at anytime and everyone is welcome. There is no cost. A basket is passed at meetings to pay for beverages, rent and incidentals. Therapists are urged to attend, to send your clients or to contact a member at info@GuideForLiving.org or 970-290-9391.



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We encourage you to submit short articles (50-500 words) on therapeutic approaches, mental health topics, case studies, or therapeutic book/movie reviews, etc., & will publish them as space allows. We reserve the right to edit all submissions.

July-August 2018

Connections

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Submissions printed in *Connections* do not necessarily reflect the views of the Connections Program. Our editorial staff do not check the credentials of individuals wishing to submit groups or other listings. If you have concerns regarding credentials or other issues, please contact the group leader or author of the article directly. The purpose of the newsletter is to offer information on community happenings of interest to mental health and human services providers and updates on services available through the Connections Program. Thank you.

Connections Updates

Meet our new staff members!



Fabiana Di Camillo, MA, LAC, CTTS has been working in the behavioral health field in different capacities for over 17 years. She has lived in Fort Collins for 11 years. Prior to that, Fabiana lived in the North East and in South America, and is a native Spanish speaker. Fabiana is a Licensed Addiction Counselor, a Certified Tobacco Treatment Specialist and has been trained in DBT, EMDR level I and II and is currently working towards EMDRIA certification. Fabiana has been a Tobacco Treatment Specialist on the Health Promotion Team for the last two years and most recently joined the Connections CAYAC and Adult Teams as a Behavioral Health Provider.

Fabiana's passion is to provide person centered clinical services to diverse and typically underserved populations as part of a highly functioning and cohesive treatment team. Fabiana feels very fortunate to be part of the Connections Adult and CAYAC teams where she is able to make a difference by providing hope and resources to those struggling with mental health and substance use issues.

Fabiana has a deep love of yoga, hiking, backpacking and natural hot springs. Living in Colorado gives her access to all of those fulfilling activities. Fabiana loves spending quality time with her husband, daughter, her active border collie and her two loving cats.



Ana Pasini has been a bilingual family advocate for the Child Advocacy center for over 12 years. She has been passionate teaching children in PSD (kindergarten through third grade) ways to be safe as well as implementing the adult prevention program of educating adults how to recognize and better protect children from sexual abuse. Ana has also enjoyed being a bilingual family mentor for the Head start Program. Ana has recently joined the CAYAC team as a family navigator, providing clients care coordination and support. The best part of her job is connecting families and children to services in our community, as well as working with a talented group of coworkers.

Ana has lived in Colorado for over 30 years, and had the pleasure of raising her two daughters, ages 21 and 18. Some of her passions are fostering dogs for the Animal House rescue, yoga, being outdoors, reading and volunteering on the board for Kids at Heart.

Connections Adult team is moving!

It's the end of an era! Connections will no longer be located in the SummitStone Health Partners building on Oak Street.

As of July 9th, we will be located at **425 W. Mulberry Street**, just across the street from the Mulberry Pool and the Lincoln Center. Our main number will still remain the same at 970.221.5551.

Come by and say hi!! Stay tuned for more to come!



Resources for the Professional

Job Opening

Job
Opening!

Health District Tobacco Treatment Specialist—Regular full-time position (20hrs/wk) with benefits.

Responsibilities: Provides in-person tobacco cessation counseling for individuals and groups based on current best practices. Facilitates community presentations and conducts outreach to healthcare providers.

Required: BA/BS in behavioral science, health education, nursing, or related field. Minimum 2 years of experience in counseling or education. Occasional evening hours. Certification in Tobacco Treatment or willingness to complete certification training program upon hire.

Desired: Former smoker. Bilingual (English/Spanish) skills.

Starting salary: \$23 - \$27 per hour

For to view the entire job description, visit <https://www.healthdistrict.org/jobs>.

OCD Consultation Group

Consultation/supervision group with a focus on treatment of OCD and related disorders.

Facilitator: Amy Indermuehle, PsyD

When: The 2nd Tuesday of each month from noon-1:30pm

Where: 109 Coronado Court, Building 7
Fort Collins, CO 80525

Cost: \$40 per group

To register or to learn more, contact Amy at 970.222.0524 or by email at amy@facemyanxiety.com.



Resources for the Community

International Overdose Awareness Day Event—Save the Date!

The International Overdose Awareness day Event will be held on **Friday, August 31st from 2:00-8:00pm** at Civic Center Park in Fort Collins. Hosted by the Naloxone Champions Work Group, this event will feature speakers, music, a memorial event, overdose prevention training and well as local resources!

For more information, contact Jess Fear, MA, LPC at jfear@healthdistrict.org or by calling 970.224.5209.

Resources for the Community

Pathways for Grief and Loss Support Groups and Events

Mindfulness Practice for Caregivers

Getting the support you need while caring for someone you love can help benefit both of you. This workshop is for anyone caring for a loved one and seeking additional support and practical tools to help them cope.

Thursday, August 2nd, 1:30-3:30pm
\$15 per person (book and materials included) Registration is required.

Healing HeARTs: Creative Self-Care Art Group

This group is for adults grieving or coping with a serious illness and would like to create more self-care in their lives. Monthly projects and supplies are provided, and participants may also bring their own.

Tuesday, July 17th from 10:00am-noon—The Masks We Wear
Tuesday, August 21st from 10:00am-noon—Resource Pouch

Circles of Hope: Families Growing Through Grief

Support group for families with young children to learn healthy ways of coping with grief and honor loved ones. Dinner will be provided and free childcare is available by appointment. Please call Tammy at 970.292.1072 to arrange.

Monday, July 9th from 6:00-8:00pm—Developing Skills to Help Cope with Grief
Monday, August 13th from 6:00-8:00pm—Grieving Families and Children

Caregiver Community Group

Caring for an ill loved one is one of the hardest jobs in the world. Join us to build strength through support and connection with others in similar situations. This group is facilitated by social workers and counselors from Associates in Family Medicine and Pathways. No cost to attend, registration is encouraged but not required.

Tuesday, July 10th from 1:00-2:30—The Art of Holding On and Letting Go
Tuesday, August 14th from 1:00-2:30pm—Anticipatory Grief

Summer Memorial Service

Please join us for a special time of remembering as we come together to honor loved ones through music and art. Children and families are encouraged to participate in memory making activities to take home.

Saturday, July 14th, 10:00am

Men's Grief Support

This discussion group is for men who have experienced loss and will address the issues that men experience when grieving.

July 11, August 1 and September 5 from 6:30-8:00pm

Newly Bereaved Support Group

This group focuses on surviving the early days of loss and is geared toward grieving persons in the first six months of grief.

\$30 for group; No cost to Pathways Hospice family members. Registration is required.

Thursdays, July 12, 19, 26 from 6:00-7:30pm
Thursdays, August 2, 9, 16 from 3:30-5:00pm

All groups and events are located at 305 Carpenter Road, Fort Collins, CO 80525

For more information or to register, call 970.663-3500.

You can also visit www.pathways-care.org to learn more.

Resources for the Community

Toadally Kids Garage Band Fundraiser Event

Join Childsafe for their annual Houska Garage Band Event!

Houska Automotive is generously opening their garages for an evening of live music from the Blues DoGS, tasty bites, drinks, a silent auction, kids' activities and more. This family-friendly event is FREE to attend, and donations will be accepted at the door.

The funds raised at this event will be allocated to ChildSafe, Project Smile, Coats & Boots, and Super Hero Underwear. Each of these charities perform truly remarkable work to serve underprivileged or abused children in our community.

When: July 14th from 5:30-9:00pm

Where: Houska Tire & Oil
1005 Riverside Avenue, Fort Collins

To learn more, visit ChildSafe at www.chilsafecolorado.org or view the Facebook event page at www.facebook.com/events/187495662056654/.



Annual Bocce Fundraiser Event

Join Voices Carry Child Advocacy Center for their 17th annual Bocce event!

An afternoon of fun in the sun on the Voices Carry grounds. Enjoy some friendly competition while playing in our Bocce tournament, peruse silent auction items while sipping on fantastic wine and listening to live music! This classic summer event is open to the public and will help raise funds for the amazing work that Voices Carry Child Advocacy Center provides for our community.

When: July 28th from 1:00-8:30pm

Where: Voices Carry CAC
5529 S. Timberline Road, Fort Collins

To learn about ticket options and to register, visit <https://voicescarrycac.zsystems.com/np/clients/voicescarrycac/eventRegistration.jsp?event=695&>



Community Talk: Understanding Consent

Join Hudson Wilkins, MA, LPCC, EMDR with Gray Area Counseling, LLC for a free community talk on:

Being There: Understanding Consent and Effectively Supporting Our Loved Ones to Heal from Sexual Assault

When: Thursday, July 12th from 7:00-8:30pm

Where: Horse and Dragon Brewing Company
124 Racquette Drive, Fort Collins

To learn more and to register, visit www.grayareacounseling.com/events.

