

MOVEMENTTOCHANGE, INC.
HEALING AND WELLNESS

**OPENING MINDS WITH
CLARITY AND RESPECT**

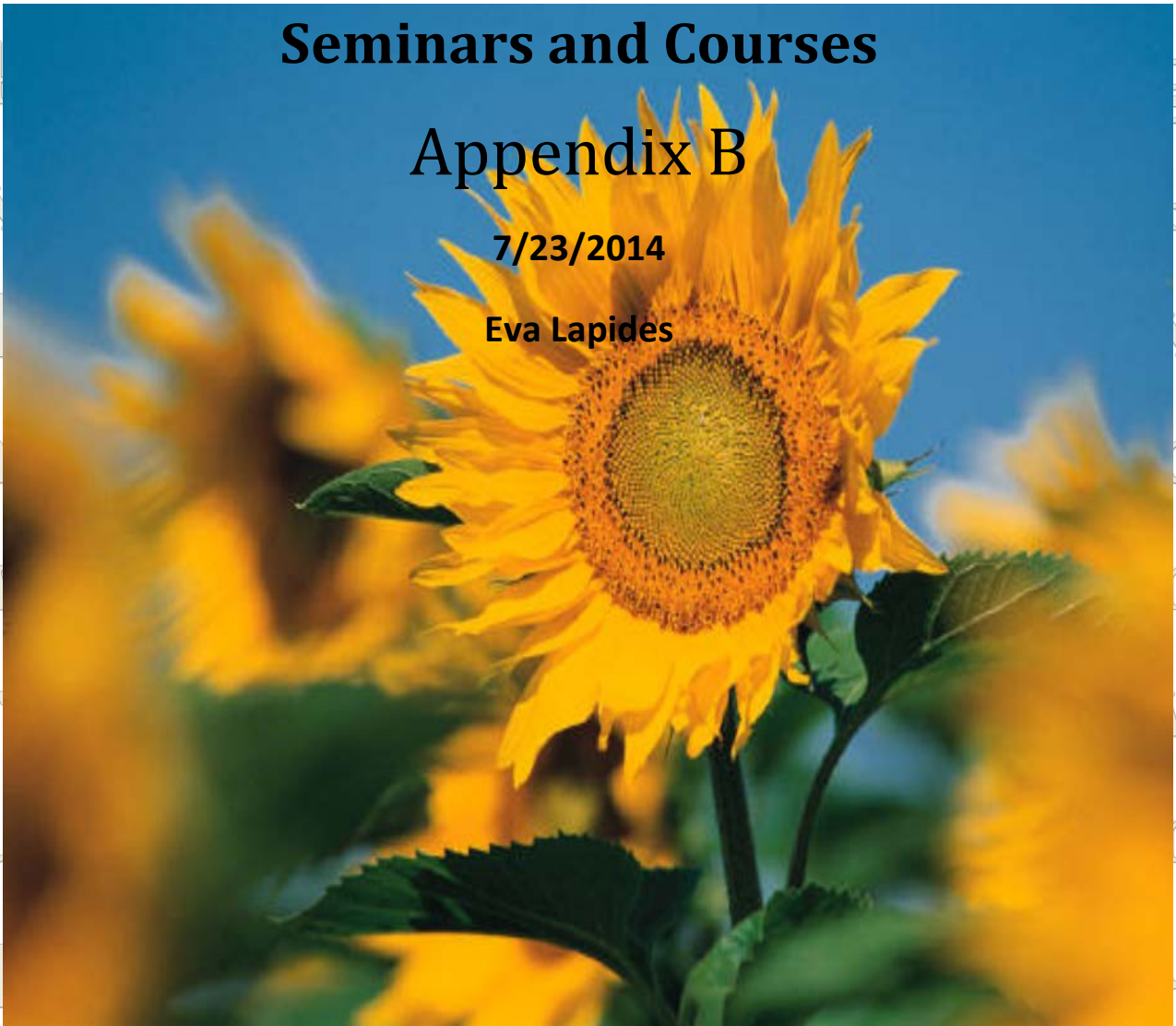
**Feedback and Development
from**

Seminars and Courses

Appendix B

7/23/2014

Eva Lapidis





Feedback from Seminars and Courses

2009-5-12 24th NYWRAC Training – AM Workshop 13 & PM Workshop 14 people

Focus: Clarifying Definitions – By clearly separating each word with care and precision we gain better understanding.

Please spread the word to others! Eva knows her job well.

- **The Scholle Model** is a good set of tools for working with (serving) others in a professional and humane manner. It clarifies in a very succinct way simple steps toward helping others that become complicated as you tailor them to each person. From it I learned how to treat people with kindness and how I was not treated with kindness. I learned that human respect, kindness and satisfying human needs and such is an important aspect of advocacy.
- There is a difference between recovery, wellness and healing and they all have **their own processes**. We **separated the meanings of the words** in order to understand them better, to use them to get better. Recovery, health, wellness includes the process of **overcoming the stigma of a psychiatric diagnosis**. We can expand **our outlook from different levels** – from my level and information from others. We shouldn't have to deal with **mediocre actions and reactions**. I think we must **heal our self before teaching others**, because when we are healthy only then can we understand or relate to others in a healthy way, because it is hard to know what healthy really is otherwise.
- I learned to be in touch with my feelings and how to react to them, how to relate to others who may have symptoms they are unable to cope with, how I may help to open some doors of understanding and how to come to a Healing Journey.

2009-11-9 Surveys

“Do you choose Psychiatric Help?” and “Do you seek out psychiatric professionals?” 108 responses

2009-11-10 25th NYWRAC Training, Nyack – 16 people

Premier Presentation of the Basic Learning Series

Focus: Reframing Recovery

16 people worked together to create definitions for Healing, Wellness, and Recovery and then to reframe recovery.

- Eva does an excellent job and the presentation was very good. She knows her job well. It was fascinating, had new concepts, and was enlightening with a lot of very informative and high level of quality information. She is absolutely knowledgeable, excellent for the presentations, a positive role model who can relate to everyone, and it is all pulled together with her enthusiasm. **The books are** well put together, visually interactive, organized very well, very interesting and very good. Keep up the good work.
- **Most relevant topics** - Satisfy human needs with kindness; Learning what healing and wellness was about; Recovery, what is recovery; Awareness tool for healing; How to seek total well-being mentally; Definition and explanations; The importance of language; Human needs and wellness; Putting those things in perspective

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2010-1-27 3-Hour Seminar, White Plains – 21 people
1st TEC Management on Healing, Recovery and Wellness
Focus: Refining the definitions and the Model

Developing Healing Approaches

The Scholle ModelSM – “I love it!”

- I highly recommend this seminar and recommend this presenter. The presenter used real life situations and shared personal experience. Our objectives were accomplished by letting us have hope! The presenter was always smiling, very much, and very enthusiastic. She knew the material very well, she designed it! She feels the model wholeheartedly and definitely lives it. Yes, yes, yes! I would like to learn about the model and the advanced series.

Desired Development

1. Give more applications to life.
2. Share how this can be used and implemented.
3. Develop something with less clinical techniques.
4. Answer: How do we get protection from abuse by hospital staff or persons?
5. Answer: How can we improve the communication gap between person and someone whom is responsible for that person?

2010-3-8 Mapleton Clinic, Brooklyn – 34 certificates presented with 40 different people
attending the 4 workshops

Focus: Changing Your Perspective on Recovery

Before we began you answered:

- From what are you recovering? I am recovering from... Acute schizophrenia and some depression; Paranoia and schizophrenia; Bipolar and schizoaffective disorders; Depression; Asthma; Feelings of despair, confusion, anxiety; I got into a lot of fights. I had money when I worked.
- What is happening to you? I am adjusting to being disabled, not working; I am going through troubles; (I feel) schizophrenic (contradictory or incompatible elements); I am feeling very together, hopeful and happy; I am growing in strength and wisdom; My happiness is not as difficult as it may seem.

Our first go around you answered:

- Brainstorming on Recovery resulted in: I would like to emotionally recover... my confidence, hope, ability to be friendly, youth, mental sharpness, happiness, outlook, stability, and good feelings; From not feeling good, my label, how others view me because of my label. I have hobbies to help me recover. I would like to go dancing and go to more clubs. I would like to physically recover... my walking, from asthma and diabetes.
- We reframed by saying: I can recover hope. I can recover my dignity. I can recover my knowing. I can regain control over my live. I can create a new destiny which feels better to me.

After reframing how we recover:

- Our statements included: I feel encouraged because I can recover my dignity. Everyone is unique and special. Once you get beyond my diagnosis you can see I have a lot of love inside of me. Having a diagnosis is alienating from the community. What does alienating mean...It means making us the other. You can't judge a book by the cover and you can't judge me from a diagnosis.

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- Brainstorming what is happening to me: I am feeling...Detached; Happy; Not thinking well, "I can't think"; Overwhelmed with problems; My leg stiffness and poor leg circulation.

On leaving you answered:

- The workshops helped us... define recovery, learn how to handle illness and its objectives, understand my disabilities, learn about people, got me to think and provided me hope. The topic was Recovery. We learned that defining words are important and everything has many different facets. We learned what recovery means and something about relationships. I can recover from my illness. I can have my dignity.

2010-3-15 Mapleton Clinic

- **I heal from...** trauma, loss, illness, stigma, medications, always being tired, stress, insecurity, confusion, aggravations, uncertainty, anxiety and frustration.
- **I can heal...** emotionally and physically.
- **I heal by...** being inspirational and positive.

2010-5-25 26th NYWRAC Training, Mt Vernon –18 people

Focus: Defining Your Journey

- Our journey is going from program to program, becoming able to finish what I start, learning to help myself and others growing through changes, helping others using my own experiences and insight, reaching out to the less fortunate, working for those in need of a kind word, starting over with a new life, finding peace from within and using work as my focus, getting credentials to help kids using my specific and unique vision, finding a job and be successful at it, once again to be able to contribute to the community and my family, recovering and becoming a productive member of society, becoming a successful advocate for those needing empowerment, and then creating political mental health changes.
- I am staying well and out of the hospital, leaving my current state of being to a more well state. I function in life managing symptoms, keep busy, thank the Lord, feel well, and have spirituality. One place leads to another better place as I am dealing with symptoms. We add empowerment education and reconciliation of issues. One state of being leads to another, where I am no longer labeled as disabled. I am well, serene, moving forward, and achieving health and wellness.

You go beyond helping people to understand more than recovery is possible!

- You go beyond helping people to understand recovery is possible and one can recover. As a result of this seminar I have a different perspective on wellness. I learned to reframe recovery and appreciated the models for ensuring wellness. I learned The Scholle Model, applied some of my life to it, ways to pursue healing and wellness, and that recovery is possible for me. The seminar empowered me by finding new definition of words and how I can use them.

This seminar changed my perspective!

- We can recover; I can recover! My perspective changed with differentiating the words recovery, healing, and wellness. I learned a way to understand the difference between recovery and dealing with mental health, and gained new insight into healing and wellness. This leads us into a recovering phase with a different perspective on wellness. It is a way of looking inside of ourselves, unleashing internal barriers in our lives, and knowing the goals that are important to us. It is a new way of looking at mental health, a new way of thinking and of looking at ourselves and our past, a way to focus more on our way of life and purpose.

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2010-6-28 2nd TEC Advocates on Pre-Advance Directive– 13 people

2010-10-23 27th NYWRAC Training – 20 people

INCREASE YOUR QUALITY OF LIVING: THE JOURNEY TO WELLNESS

OUR EXPERIENCES ARE PAINFUL JOURNEYS

- *My experience is a painful journey for me. Sometimes it is debilitating depression versus manic chaos and out of touch with reality. Hearing other stories helps me to make the connection.*
- *Recovery is a process with points of reference. One keeps recovering, a step, a step, it is continuous. It takes time and patience. We start to get better from any illness. Anyone who helps me along the way is with me on my journey. Every journey of people is a different destination. Recovery is being free with the belief of hope. It is opposite than inpatient. It is working toward living a peaceful and productive life at peace with myself rather than living with sadness, despair, and chaos raiding my world like a phoenix rising from the ashes, having overcoming obstacles with self-confidence, coming through on the other side.*
- *I'm not good with a diagnosis. I am separate than it. I've dealt with my disability and am in my healing state. My mental instability and illnesses is not having faith, coping with the world and SAD. It is the hardships of adjusting to life on new medications. Lead me to peace of mind, I want to not to be a slave to the system. I want to become more autonomous, be able to keep going, be happy and help others. Tiredness from medications stops me from keeping going and hinders. I want to make friends, enjoy, live, and have happiness.*
- *Stigma and discrimination is debilitating. It lowers self-esteem, stops us in our path, presumes we will be wrong and someone else knows better, labels us, and gets us to believe many things we know true about our self is not true. We become a victim of condescending where psychiatrists think they are god and media turns us into murderers because we are off meds. It is oppression and keeps us from getting anything.*

Discover the journey to wellness.

- Discover what it means to define wellness, how to live it and increase your own quality of living. Discover a way to look at recovery with the help of wellness and healing. Discover the journey to wellness. Recovery, healing and wellness, for me in a nutshell the theme is about self-empowerment as well as helping other people find their own empowerment. To us it is awareness, education, and the differences among recovery, healing, wellness, spirituality, hope, and mental health.

It changed the way I think about my health and wellness.

- I learned a lot about human needs and how to evaluate my own needs, about feelings and reasons to go forward, about kindness, different ways to get what I need, how to deal with my path and get closer to wellness. I learned many aspects of recovery and my own well-being, changed the way I think about my health and wellness, learned about abuse and recovery, and that I have rights in spite of being handicapped. I learned to interact with people and live life. In my heart, this is much of what I have believed in the first place.

2011-5-17 28th NYWRAC Training – 13 people

- What you want to say, I understand, it's simple and easy to understand and very interesting.

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2011-6-29 3rd TEC Staff Training – 2 Workshops: 7 & 6 people
Healing and Wellness Seminar: Psychiatric Recovery & FOR WHEN THINGS GO WRONG (using the workbook)

Here is what they said about the Pre-Advance Directive workshop...

- Thought provoking seminar. I learned options, and about Pre-Advance Directives with tools and resources to advance our health and wellness, keeping ourselves well, and understanding more about personal well-being. The systematic uncovering and supporting of particular issues was impressive. I took an introspective look at an important aspect of my life. I learned about Pre-Advance Directives, more about my personal well-being and keeping myself well. Eva F. Scholle is a teacher who believes what she is talking about.

2011-9-21 5-Day Intensive Course – 5 people

Testimony of Benefit

Find New Ways of Viewing Things

- This training opened our minds to a new way of seeing ourselves and which needs to overcome. It will be an empowering experience for you since its path to healing and wellness is self-directed.

We recommend you take this training:

- **If you...** are interested in a journey of self-discovery which can improve your life;
- **If you...** want to learn a dynamic method that can address any difficulty in life when things go wrong and arrive at effective solutions in a way where you see new possibilities that empower rather than limit;
- **If you...** want to feel empowered, gain insight, and figure out how to both put more into your life and get more out of it.

We practiced digging deeper and raising the bar for a transformative experience.

- A powerful model for self-empowerment and change, I experienced it as self-reflection leading to an enlightening experience. I believe the Pre-Advance Directive Empowerment Model Self-Reflection Plan can prevent potential crises. Much of the current methods or treatments impose unnecessary limitations upon those seeking treatment. I saw how the language used in these current treatment modalities and philosophies is reflective of just that. I learned that I have a lot more to do in my life in order for me to be happy and fulfilled, and I can actually do it! We confirmed the importance of asking question, not only to ask questions but to ask the right kinds of questions, practicing digging deeper and raising the bar on question asking, constantly be willing to raise the bar. Thinking in a brand new way, through exploratory questions including asking “how do I see myself and others”, we formulating pertinent questions to reveal the heart of the problem in my life. I gained knowledge, awareness, insight, and perspective on my life. I had a transformative experience which I can see would benefit countless others.

It was an eye opener for me without endless hours in a therapist’s office!

- Anytime something goes wrong in my life, I need not rely upon endless hours in a therapist’s office and turning to potentially harmful and ineffective traditional models of recovery. This training, in fact, sets in motion a new way of thinking which keeps my mind fine-tuned to be aware of negative and limiting attitudes from within and without, to prevent setbacks and crisis in my life. Communication skills are one of the most important dynamics in our world. This training opened up my mind even further in this area. I think the training was also an eye

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opener for me. It was an eye opener for me! I can apply this material to myself as well as to my job working as an advocate. I can also apply this in my personal life and have better relationships. This will impact our physical health, emotional wellness and every dimension of wellness... financial... etc., work and family balance, and extended family relations.

I learned a new way of thinking! I grew!

- My expectation was to have a new opportunity to learn something new, perhaps take that information and take it further. I anticipated learning things in the area of personal growth and progression. I came to expect to learn new terms and coaching techniques. But I learned more, that I can actually use this for myself and have personal growth, see where I'm stuck in my life and how I can make changes. Now I see where I'm at in my life, how I can reflect and make changes, and gain more clarity. I learned a new way of thinking! And I grew!
- My expectation prior to beginning the seminar was to learn a new practicum or method of understanding healing and wellness which was much less involved and deep as this seminar turned out to be. This method has generated in me a new way of thinking that exposes the true nature of the problem not readily identified in other recovery models. It's potential to help many has greatly surpassed my initial expectations.

The Materials Used In This Training:

- **For When Things Go Wrong**
"A very useful and thought provoking tool that drew me into self-reflection to help me reveal both my needs and what I can offer then helped me gain clarity in my life." It lays out a dynamic method that uncovers the essence of the problem, targets it, and ushers the individual who is using the book into a transformative life-changing experience.
- **What is Your Trauma?** Putting Our Story into Words
What is Your Trauma? Helps in putting our story into words; It breaks into deep feelings and is a pathway to self-discovery. The book suggests a full-participatory experience to give to the user a voice, a vehicle to get in touch with their trauma or experience it in an empowering way. It helped me to see negatives as positives, and see where I can point the finger in my life, then how I can move on.
- **Aspire towards Healing and Wellness**
"Aspire towards Healing and Wellness helped me gain the knowledge and *For When Things Go Wrong* showed me how I can change." It is an "excellent model that works; a direct path or line to healing and wellness with no detours and roadblock; attacks the roots of the problem in my life instead of putting a Band-Aid on it." "I can use and apply this material to my life." It's "a process of self-reflection that led me into an epiphany"; "an oasis in a dry and thirsty land of ineffective and limiting methodologies"
- **Power Points, Charts, Handouts**
Excellent, clear and organized Power Point of ideas lead from conceptual to concrete and create excellent talking points. They provide an overview of the in-depth material with clarity and succinctness. Helpful visuals highlight the important words and concepts, give tools which help enhance our life, helps with awareness, explain deep concepts in clear and succinct ways, and witness a dynamic process. The handouts are excellent reference materials, helpful guides and reminders of the usage of language and the ideas employed, helped with opening our minds and in asking better questions to figure out solutions.

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Eva is a dynamic and personable presenter.

- Through life experience and compassion Eva led me to a point of understanding which I previously had not known. As one of the most creative people, she teaches you know-how to look at things outside the box and offers many different tools, while sharing her own wisdom. Eva is a very warm and enthusiastic teacher and person, very professional and treats people with dignity and respect. With skill in getting her trainees to open their mind, she challenges themselves. She has an invaluable understanding of healing and wellness, the sensitivity to language, and awareness of traditional limiting attitudes and philosophies all in combination. Her warm and caring personality makes it easy to be attentive to her ideas. I always feel empowered and valued in my interactions with her.

2011-11-23 29th NYWRAC Training – 17 people; Presenters: Greg, Eric

Focus: Dropping the Word and Responding to Events Differently

Pre-Advance Directive → how to facilitate positive decisive changes for times of crises

Self-Reflective Plan → how we can better react when or before we face an eventual crisis without it turning into an emergency

- Connect to recovery and re-instill hope that healing and wellness are possible and very real. Become enlightened about how to can achieve wellness and healing. Learn tools to effectively deal with a crisis situation, open your mind to see things differently, and learn how to work things out. Get information about mental illness, be informed about different types of psychiatric recovery, and be introduced to healing and wellness. Understand the difference of various words used, their meanings, and what this mean to us. See a different view for the advancement in handling your mental health as you get a different view of meeting directives to advance in your mental wellness. Understand about health and wellness, mental health and wellbeing, wellness and recovery.

Healing and wellness is the future.

- This class “gives clarity, understanding, and is communicative.” “It will empower people and be effective for people’s lives.” “There are options in our recovery.” We learned to “cope with strategy.” “We can be over comers.” We also learned “a means to extend advocacy to nurse a peer back to health.” The class was “very up lifting, very informative and gave me clarity.” It “should have more time then one day!” I cannot think of anything to add at this time. I was very much informed by the presentation. “Keep developing programs that continue to meet people’s expectations.” “Spread it across the U.S.A.” “Healing and wellness is the future.”

I learned:

- “I do have options and I don’t need to be labeled.” “I have choices in my own wellness.” “I learned about different types of recovery as parts of my rehabilitation.” “I learned about different forms of trauma, the trauma of mental illness, as well as the concept of double addiction.” “I learned to be open-minded and cope with difficult times, to become more positive, patient and proactive.” “We do not have to become overwhelmed by any crisis that comes up in our lives.” “Psychiatric recovery is possible if you have hope.” “People look at things differently and think differently.” “My point of view counts and can dictate the outcome of any situation that I am faced with.” “Providers do not have all the answers as they claim. This is a recipient-focus alternative which is in my opinion more credible.” “Wellness is the open definition.”

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- I learned about puzzling words, new vocabulary, positive words and terms, and the meaning of them. I learned how to have hope, be direct and not to judge, understand my mental health and wellbeing, how to evaluate stressors and about viewpoints, to focus of wellness and how to stay well. I learned to open my mind with clarity to view my condition with a new method related to terminology which is also according to advocacy. I gained knowledge to organize my goals and direction in which to plan strategies in continuing to be well.

Class demystified the myths about mental illness.

- This was “an informative and enlightening seminar.” “I expected definitions of recovery and the full meaning of terms and that was given. “I expected to understand more about my illness and how to go about my life understanding what I have. “I became more knowledgeable and empowered, able to help others, and get well.” I learned how to cope with stressors in life without them turning into a crisis which could become an emergency.” My expectations were met for a one-day class. “My expectations were for everything which it was: the meaning and definition, the explaining of information.” “I was very pleased with the approach pertaining to experiencing the mental health system.” “This class demystified the myths about mental illness.”

This workshop is worthwhile!

- “This workshop gave me a sense of freedom and more enlightenment.” “I can be more positive, overcome my condition, gain more knowledge and information, and have more clarity.” “I learned the differences of certain terms, clarified distinctions in meanings, and this changed my knowledge of recovery.” “Distinguishing between truth and fact according to America enlightened me to work through my condition.” “I confirmed to myself that I’m on the right track.” This workshop confirmed my beliefs, goes along with my philosophy, and both changed and confirmed my perspective. “There is always hope for recovery.”

To me, dropping recovery and replacing it with wellness and healing means that...

- Based upon Peer Advocacy they make a good connection level official. And design, show and advocate the best models for recovery. Inmates in the prison system should also be treated by healing and wellness until deemed well and some will be well enough to be released.
- Giving the reinforcement of my road to confirm my beliefs in the healing and wellness of my wellness goals.
- Healing and wellness means getting better.
- Healing and wellness will take on a holistic approach. Within the framework of a holistic approach, many factors will be considered in creating a model that is person centered.
- Healing is to get over something that makes you feel better that what you were physically or mentally. Wellness is how you truly feel healthy and having some control and maintaining healthy.
- Hoping, Healing, Wellness = move on in life
- I am able to heal from my illness or condition, I can stay well and continue on my journey to get back to my previously optimal functioning, because I believe that life is not static and change is a natural part of life.
- I can get better with whatever it is that I am going through and maintain a healthy and devoting life.
- I replaced the word recovery because the word recovery, it stagnates the process of my healing and wellness.
- Positive things and changing your thoughts can change your life;

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- Recovery means believing in myself and others while healing is how the process and procedures of medication management and taking care of yourself mentally and physically is the answer to healing myself to be well in society.
- Recovery means hope and believing in yourself. Thinking about wellness and healing allows a person to broaden their thinking.
- Recovery sounds temporary. Healing and wellness sound more permanent.
- Tackling hardships with love and positive belief.
- There is more hope
- We proactively look for internal healing and wellness. Recovery implies that we were sick - have returned it to wellness.
- You can have the will, desire and belief it is possible to get better, to be healthy and able to achieve a normal healthy life in every aspect in one's life in the realm of emotion, mental, physical and psychological.

After taking this workshop, I think differently about the ways I would react to difficult events.

- A crisis situation is the battle itself. I prefer to fight to move forward because I believe the aftermath will be positive and rewarding. I acknowledge that mental health symptoms can be ameliorated with medication without shame. I allow the facilitator to expose his presentation so I can absorb more information from a different style and perspective. I am opened minded and seek to learn that there are four viewpoints to every situation. I gained insight by understanding what may happen to present the problem, the motives or reasons, and insight to understanding a person. I understand because a person has problems the solution is neither a pill nor the state that they are mentally ill. I will ask for help for difficult events. I will keep ideas and opinions in forefront. I will keep in mind we are a person first, not a consumer, patient, etc. I will react to emergencies and crises in a professional manner by learning the definitions, know how to deal with a crisis before and aftermath, as well as pay attention to not make judgments. I will be very cautious and careful in this matter. I will think first before I react. Try and get my power back. Explain and be respectful. Be proactive, not negative. I might even double check my facts. If things go a little wrong, work through it. Be calm. It might work its way out. I will try not to act impulsively and take my time, but not to the point of sulking. I will learn from the experience and adapt to new situations positively. I will power think, take action, do differently, and be in control. I will try to have more patience to turn a negative into a positive. Rather than panic when a difficult situation springs up, I step back and look at the situation from another angle. I also try to take into consideration all the possible outcomes and choose the most likely solution that befits my most basic needs. Some situations can be handled without considering excessively heavy treatments. I don't believe only in meds but meds and psychotherapy together. This training has allowed me to explore other options in dealing with hardships. The options that were presented enabled me to look at a particular difficult situation positively rather than negatively. Well, today's workshop enabled me to continue in the implanting of the knowledge provided in my daily life functions and where the resources can be found to keep myself and others well.

2012-1-23 The 5-Step Process to Create Options and Opportunity for Living

The process described is a combination of novel approaches that addresses mental health problems which is part of The Empowerment Center's culture and has contributed to its success.

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ENGAGE WITH SOME TRUST: 1 - Trauma-Informed Care makes the person-to-person connection, by engaging someone in comfortable, trustworthy and transparent manners, which helps that person to CONNECT TO ANOTHER.

DO SOMETHING: 2- Advocacy does something, by asking, (1) “What happened? (2) What do you want? (3) What have you done so far?” which helps a person to RESPOND BY ADDRESSING A CONCERN.

REFLECT WITH PERSPECTIVE: 3- Pre-Advance Directive “For When Things Go Wrong” answers the question “what can you do?” when something goes wrong, doesn’t work, or is not what you expected. It challenges people to get to know themselves better to create a personal understanding on how to do it differently. Empowerment, here, is when a person can see life situations differently and do better. This is personal research and a plan that helps a person to KNOW HOW TO DO IT DIFFERENTLY.

CHANGE THE MINDSET: 4- Healing & Wellness changes the self-paradigm by (1) discovering “life is doable”, (2) gaining the understanding of how “I can have a life”, and (3) feeling “I can do it”, which helps a person to BE MOTIVATED TO MAKE THE BETTER LIFE DECISIONS.

CREATE THE CHANGE: 5- Environments for Living is change and growth in progress by continuously building knowledge, having success, and gaining confidence to create an enlightened and meaningful life of healthy relationships and good resources. Enlightenment is seeing your vision, realizing how it is real, and using that to energize you to work harder to CHANGE YOUR LIFE DIRECTION.

2012-5-8 & 16 30th NYWRAC Training – 12 people; Presenter: Greg

A Seminar in Life Improvement – 2 workshops, one for the elements and the other for exploring the workbook – learn more about difficult situations and ways to improve life under various situations.

“Pre-Advance Directive → is somewhat like DBT but in a different and more holistic way for a more spiritual and ethical approach.”

Self-Reflective Plan → helps to deal with issues before they need to be dealt with.

- I learned a new way to look at problems I’m trying to solve and a structure for problem solving.
- Changes can be made in a peaceful and respectful way and we can change our self in order to move forward.
- Deal better with certain situations; be open-minded and willing to receive both positive and constructive feedback, become responsible.
- How this might be helpful on the “hotline”
- How to deal with and handle certain situations, improve aspects of my own life that need it, and redirect my life.
- I can have a change in life if I set a plan, with follow through, and by reaching out when needed.
- It is important to have values and standards to live up to. I can learn from my mistakes and upgrade my standards. Having higher standards will help me reach my goals.
- Seek insight and perspective. Always keep an open mind.
- Self-esteem, plans for a better life
- There are different steps to survival. It is not about being a door mat for all and a door mat for no one. The essence of preparation is what to have in place.

My expectations were met.

- I expected a tutorial on crisis management. I was afraid we would be told what to think, but that was not the case. I look forward to bettering my education, reaching out and interacting

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with the people who know where I want to go in life. I look forward to reaching and achieving my goals: To grow, expand my useful knowledge, learn to enjoy, keep it real with myself and others, continue to move forward and reach my goal. We continued the discussions of standards and growth and how to better our lives. My expectations were met.

Workshop was worthwhile.

- This workshop helped me realize the importance of self-reflection. I learned about respect of oneself, more about setting standards, and improving ones circle of influence. This workshop was worthwhile.

We have changed expectations.

- We can look at the different points of views when things go wrong, and understand how to make changes in ourselves and for each other. We can learn how to raise our standards, better our interactions, and change our point of view. We can combat the crisis situations and obstacles in life, have respect, will power, motivation, and anticipate. We can figure out how to improve, know the viewpoints and our standards. We can gain understanding of standards and interactions, work with changing expectations, deal better with crises and situations in life. We can prepare ourselves for what to do before a crisis arises, plan and organize for unexpected things, become able to control and maintain a group under pressure.
- Preparations help when things go wrong in my life. There is always more ways to look at a situation. Talk to friends, hang around with a friend, watch a good movie, and make people laugh. I've learned that regular self-reflection will help me deal with any issue that may arise and keep me stronger for the tasks at hand. Thinking... 'What makes me feel better...?', 'I can be pro-active and my plan is to....', and 'How do I view the world?' Consider the viewpoints. "Things shall pass and I can take a thought and make it into reality." Respect is important. Preparation gives vitality. Look at the whole picture of things. Be honest, open minded and willing to change. Take leadership in your life, synchronize the mis-happenings along with the loss of things you thought you were expecting, sacrifice, make plans ahead of time, learn from mistakes, have an emergency backup, keep cool, listen to suggestions and take them seriously, be prepared to motivate your obstructions or obstacles and keep going, be a leader and have success in your life.

2012-10-18 31st NYWRAC Training, Nyack – 16 people

A Perspective on Psychiatric Recovery

"The stigma of 'mental illnesses' and the indifference towards patients can now be addressed."

- Consider possibilities that create positive living. I know I need to be assertive. I can see that changing my vocabulary to describe myself makes a huge difference on how I am treated and how I treat myself. I realize that we are the same in terms of being people, but at the same time we are different.
- Hope is the most important part of self-recovery. I continue to still have emotionally charged areas of pain. I can acknowledge how strong I am, my own inner strength which others speak of that I couldn't understand before. I gained a new understanding of our society and a broader perspective on ways to aid myself and others. I learned a great deal of knowledge, great knowledge and very valuable, that could only be shared from the heart of a kindred spirit. I can achieve a better life, so I need to look to go after it and get a better future.
- I learned about basic needs with the kindness approach, the importance of hope, the importance of language and how we communicate, a practical knowledge about the Peer

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Movement and Peer Advocacy, and topics of advocacy, wellness, recovery, what is recovery verses healing, and how to relate to others through healing and wellness.

- I now realize I have talent and abilities. I was thinking that I didn't, as that doesn't go along with the current mold of trauma recovery. I understand that all those labeled as "mentally ill" and "in recovery" are in fact human beings with life experiences, issues, strengths, etc. I need to try and become aware of the language people want to use, although I see that there are gray areas in certain situations.
- I was introduced to the model "Aspire toward Healing and Wellness". This place that uses it, I can belong and feel at home in it, empowered. Positive living is found through a process. I learned of hope and wellness, empowerment and "the shared experiences", in helping to improve quality of care for people who suffer with "mental illness". Medication might treat symptoms. However, it doesn't cure it.
- Thank you for sharing with us so much about living life with honesty, integrity, and hope. We now understand the segregation we put on ourselves with terms and the way we can overcome. We understand who we are and what our role is in helping others. Continue to teach us how to view ourselves and the peers we will represent in the hospital through to the recovery from "mental illness".
- We find hope and wellness in what we perceive as recovery. We know who we are, we understand trauma recovery and that certain stigmas are unacceptable. We can reframe how we view ourselves and others, and so can you. We teach hope as the core objective in all psychiatric recovery or trauma recovery models as hope is imperative.
- We were helped to understand through materials, questions and discussion what psychiatric recovery and hope is in real terms! Please inform us of how to approach the healing process with each individual.
- Words are very important. The appropriateness of language is very necessary. We empower ourselves by changing the words we use to describe ourselves and talk to ourselves. The power of life and death lies in the tongue. Speak Life!

Practical knowledge and inspirational!

- I'm not sure what I expected. I was keeping an open mind. Actually, I was pleasantly surprised by her presentation. It was very educational and informative. I broaden my knowledge of recovery, healing and wellness. And it was interesting and enriching. "I was able to self-assess and was reassured. This gave HOPE!" "It is very inspiring to see someone live a better life." "I feel the empowerment in a REAL way!" I expected another great speaker with great stories who's inspirational and knowledgeable. I attended today as I do every day, open to learn and grow. I believe that I did just that. I encourage you to continue to refine that which is already great.
- The seminar went by very quickly; hard to believe it is already over. It was very absorbing, my interest was full, and it moved along well. I learned new ideas and see that some other perspective is needed in the system. This is it. It confirms with my perspective and then adds to it. I now understand, I'm in the best place at the best time along my journey and I'm not alone. It validated what I feel, strengthened my perspective, and I feel supported. It shined a lime light of many ways. I came away with more knowledge. I learned about various perspectives of psychiatric recovery, more about advocacy, and things that contribute to my own growth. I can identify with and grow within this community of healing and wellness. Eva is beyond great! Eva

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absolutely related to me as an individual and was willing to talk with me one-on-one. She is very warm and totally engaged! As a presenter, she related to me as a person, made eye contact and asked questions. She took the time to listen to different opinions and let us give her feedback. Eva has a strong presence. She is very enthusiastic and personally engaging! Eva has overcome a lot. She has been through it all and GETS it. I relate to her as a role model as she has been down the same road. Eva is so knowledgeable and I have more questions for her. She made time fly with a very good pace. This seminar has been very informative, inspiring and awesome! Was great! Come back!

- Continue having this workshop in the peer advocacy component so people can drop the labeling of self and others. It is worthwhile and added to the advocacy training. I learned a lot. It helped me be open-minded concerning my health. It continues to grow as she addresses more issues that catch her attention. Come back again! You gave so much practical knowledge and are inspirational. I want more time to go further in depth, maybe more time with the learning terms so there can be more inter-activity, and more instruction of the information on those big boards that looked so very interesting.

2013-5-7 32nd NYWRAC Training – 16 people

- This was a teaching seminar, and it was not total discussion. At the end of the seminar many applauded with a standing ovation. They left with great interest, wanting more. Afterwards we approached the presenter to ask more questions and clarify concerns. There is a lot of information to learn. Yes, we recommend this seminar to all potential advocates. Yes, yes, yes!
- This interesting seminar was an introduction to a full curriculum and my appetite was whet. We discussed a variety of topics around trauma, healing, living and wellness including aspirations, the impact of trauma and hope, freedom from the psychiatric system, healing and learning how to feel better, wellness and living a fuller life. I learned a lot, about coping with adversity, full engagement, holistic approaches, integrity, living wellness, self-esteem, and the courage to change. I learned how to heal and help people to heal, how to recover from issues, how when human needs are not met it impacts the person, more than coping but many ways to balance healing and wellness, that healing and wellness is a holistic approach, the very importance of living a balanced and worthwhile life, and that trauma doesn't last forever. I learned The Scholle Model® Aspire towards Healing and Wellness. The presentation was effective.
- The Scholle Model® presentation affirmed my existence on the "mental planet" of reality I have learned to embrace. We discussed the mind sight to life. Thank you, Eva. You are a good teacher. Plenty of A++ resources. The written information is good and helpful. Sometimes I wanted more, though I also wanted a concise content.

2013-11-12 33rd NYWRAC Training – people

Before taking this seminar students answered.

- I don't have a perspective of psychiatric recovery yet. I like to speak, not write about it. Me, I was admitted to Rockland Psychiatric Hospital for children in 1968. I was 9 years old. I remain in the mental health system until this day. I was hospitalized again in 2011, 2 years ago. I also attend Rockland outpatient in Mount Vernon. My belief is that recovery is possible and I am living proof. I am 50 years old, have been to college, held many positions, been married, have children and live independently. It must be remembered that reality is whatever gets you

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through the day. This I will say is only applicable or acceptable if it does not hurt someone else in which case it is not justifiable. Recovery helps reign in greater positivity and direction of thought so that thoughts are productive as well as acceptable. Me, my psychiatric recovery has been based on others who have determined my need-to-know versus have-to-know information and this has greatly affected my recovery speed. But after a period of time and series of hospitalizations, the knowledge was given. I have found a medication that works and I have somewhat recovered from my illness as I can change my perspective and perception. I accept myself as a recovering survival of mental illness. Psychiatric recovery, to me, is balance. Patience is the most important commodity of those supporting recovery. Excellent nutrition and exercise is a must, and renew tasks or retrain as needed, with whatever interests were, redefined for the present. Examples are art, creative exploration, spiritual, nature, music, writing and workshops or trainings in WRAP, intentional peer support, etc. My recovery is helped by medications, friends and meaningful activities. My psychiatric recovery has been the monitoring of psych meds and utilizing the ones best fitted for me. For me, psychiatric recovery is getting myself as stable as possible with or without meds, and with the help of a psychiatric team. It is being given the tools to understand your mental illness and ways to deal with the real world, which includes independence and hope. You are not your mental illness. We need to move on with our life outside of the mental health system. We do not want to live our whole life as a mental patient!! Psychiatric recovery is to feel calmness with healing, have helpful medications without dangerous side effects, exercise in some form if possible to feel energized, and have belief in the process to progress from the illness. To me, psychiatric recovery is very moving and I'm getting a lot from my recovery. Me, well, I didn't want to get help. Finally, I realized I was going to die. So I went to the psych wards and stopped being in denial, and I did what I was told. I had bulimia, alcoholism, bi-polar, and was a crack addict. Recovery was slow. But, I was healing and started feeling good about myself, one day at a time. I also have God (Higher Power) to thank. I think that psychiatric recovery definitely got me on my feet and living a good life. And now I wanna do the same for others.

Recommendations for the seminar after taking it:

- I hoped to learn something worthwhile, something interesting that I would like to learn about. But, I got a comprehensive look on psychiatric recovery, the different aspects of recovery and wellness, concepts from The Scholle Model® Aspire towards Healing and Wellness, how to cope with adversity, recover from issues, feel better and help others. I learned about wellness, goals that help you achieve this, and ways to heal myself and help other people to heal. It was worthwhile.
- The seminar opened up the fact that I am human and had many other interesting aspects. I learned how to react to situations in a less traumatic way. It was confirmed, there are people like me in the world that need peers, and there are better ways to deal with healing and cope with adversity. My perspective on hope changed. It was very worthwhile.

Recommendations for Eva

- The presenter related to me personally as an individual. She shared a little of her story while validating our feelings, comments and participation. Even though the class was very disruptive and students were disrespectful, her enthusiasm was superbly so. She is a role model as a peer because she is devoted to her work and to taking care of herself, and to me as I am a writer of a memoir and my being is a philosopher.

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- Eva has good insight and is devoted to her work. A++. She has developed all of this since the 80's, like a thesis. Eva's enthusiasm is A++, yes very much (even when the class was loud), great body expressions and laughed at self. She used visuals well and a stupendous amount of writings of which I await to look more thoroughly through. Eva is a very motivated teacher and a pleasure to listen to.

2013-12 RPC 6-Month Course Statistics – 42 graduates

17 responses, 36 mottos

2014-4-29 34th NYWRAC Training – 17 people

- This class introduced new concepts, language, the definition of living life within and without the mental health system, and how to deal with recovery through healing and wellness. We redefined recovery to show the distinctions between recovery, healing, and wellness. We moved beyond 'Recovery' as a concept once the critical belief concept was internalized. After learning or understanding what recovery is, its stages, and reframing our journey, we can know how to help our peers learn about recovery. Moving beyond the concept of recovery involves interested, intentional, present and purposeful living. We learned key ingredients in self-awareness, self-empowerment, and healing, and to see or grab an understanding of the process of moving toward change with self-esteem. I learned a lot and gained clarity on how to be who you really are or want to be, how to process recovery and reframe my journey, perspective on the importance of language and communication, as well as living and seeing life, and not to get frustrated. I learned to look at the word recovery differently because there are many ways to see this word, about self-talk and that my self-talk gets in the way of my recovery living, and that I can move toward healing and wellness at any time.
- I've always known empowerment was possible, and each individual can achieve it. I have a better outlook on life. I can see how MY self-judgment affects my perspective. It changed my perspective and I learned new concepts. It expanded my view and opened me more.
- This class was informative, open minded, and worthwhile. It helped me understand recovery. It opened different ways to evaluate our role in lifting ourselves up from the doldrums of rejection. I liked the lesson taught. I learned new ideas and perspective on life and having a satisfying life. I gained personal insight and made a perspective shift. It was fun to learn. Learning and gaining perspective increase my options.
- I learned the process of empowering myself and identifying stumbling blocks to recovery and healing. I learned how to change myself with more tolerance, respect and patience. I believe I understood much of what was said. My expectations changed as the topic was dived into, and though it may not have been in depth with specific information, I found it very simple to take in and expanded it on my own. The material was so valuable and Eva was wonderfully accessible, flexible and taught something that really cannot be taught: it has to be experienced. I want to work with Eva someday.
- I don't know her well enough to relate to the presenter as a role model. But she did a wonderful job. She overcame a lot and did not sell herself short, by writing books and sharing and presenting her knowledge. She's been through a lot, and shared it. She is someone who might understand my plight. She is now a current role model – I didn't know her before today.

Did the presenter relate to you as an individual?

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- Eva was very personable.
- I don't agree on some points, did agree on the recovery issue.
- I felt she addressed me, with eye contact and attention. I do recommend sharing more of your personal story, to make us feel / open up to you and find you relatable.
- My questions were answered so that I understood.
- She did the best she could to meet her goal as a presenter.
- Some of the questions were answered.
- YES, talked to me personally at break when I asked her a question.

How was the pace and flow of the workshop?

- A LOT of material was covered, very organized and expedite, was effective.
- I felt compressed and participants couldn't interact with each other very well.
- There were some distractions.
- Though many felt left out / behind. I feel she did her best to explain topics with the time and resources she was given.
- Too fast paced.
- Very smooth; all questions were answered.

Did the presenter provide you with resources?

- A lot of resources, books.
- Her book and power point handouts. I bought her other books.
- Really excited about getting a copy of this book.
- She handed out a book to me.
- There were other books referred to.
 - Eva is very passionate about the topic, very clear and inspiring. Very enthusiastic. Just right! Yes, the lesson was enjoyable because she is very passionate about her subject matter AND about reaching her audience.
 - Discussions were very informative. Great topics and individual needs were addressed. Eva engaged everyone as much as possible. She was flexible when the discussion went off topic and switched to the process of class while still addressing the text with ease. Thank you for sharing your knowledge with us. It is life changing – it's all I can say in this space.
 - When I asked her to reiterate, she expanded on the ideas. There was plenty of time for feedback. I want more! Her "focusing on language" book – how do I get it? Thank you so much for this great presentation. Keep up the good work! Eva, Eva, Eva 😊 She rocks!
 - This is a good part of the peer-advocacy training. It's about having an open mind with more optimistic thinking. Great presentation, very eye opening. A lot of great material, very in-depth and thorough materials. Sure, I would recommend this workshop. Yes I would, it is all about change. It was very interesting.

2014-6 Feedback from Training for the Specialist– 2 people

MovementToChange Books and Courses

- "MovementToChange books and courses are effective in helping change awareness and practice by providing a lifeboat with a beaconing lighthouse to people who need it." They are a "new refreshing perspective on an old problem, proactive approach, intriguing!" "The healing and wellness model is excellent. It helps me understand more of what I need to live a good life".

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“This curriculum could change how the mental health system works for the better. It can implement positive change throughout the state. I recommend this course to anyone who wants to take it.”

MovementToChange Books

- ***Gateway to Understanding Mental Health and Wellbeing*** – The aspects behind the concept of healing and wellness makes me want to do more and makes me want to be well. I can say I want to feel good, understand, reframe my journey, move on, and do better and... ***Aspiring Towards*** – By reading the textbook, I understand how to deal with difficult problems in life. I can use what I learned if I need insight or am having a tough time. ***Aspire towards Healing and Wellness*** gave me a new perspective of dealing with people and their needs. I am now more sensitive to other people’s needs and more motivated to help them and myself find ways to sustain ourselves.

MovementToChange Course

- **In this 8-day course I learned** the importance and value of language; The term “elephant in the room” and its importance; The impact of using certain words and others which are not to use words, such as “delusional”; About trauma, what causes trauma, and how to handle it; To listen better, not talk at person but with person; That people are going through things; Definition of recovery, advocacy and how it works; Dealing with clinicians in the right way and advocating first for the person; Being holistic and balancing what is happening at the time with my pursuits; To use and teach the empowerment model self-reflection plan and pre-advance directive; And much more.
- In this course, I learned about pre-advance directives, its value and how to do it. We started by seeing that things go wrong and how to connect them. We learned 6 steps for when things go wrong and how they work both together and separately including the pivotal concepts of “how I see myself and others”. Delving into the metaphor of “the car in the ditch” really helped me change my approach and shift my perspective. Throughout, we learned the charts, the steps, and how they apply. Personally, I surprised myself on how much I could concentrate and learn new stuff. I learned steps that really work for me, ways for me to get unstuck and out of bed in the morning.
- **When I started the course I felt stuck** and early on anticipated I might find ways to change my perceptions and vulnerabilities. I learned the components and aspects of a situation, how they are applicable to helping me in my life, and what I want to accomplish. I learned how to motivate myself to not feel stuck. I learned what to do to get unstuck and how to get passed being stuck. I learned more than saying “I can’t and want to do it”, I can say “I will do it”. Now, I feel I can accomplish what I need to accomplish. I feel confident in my abilities. Thanks to learning what keeps me from not doing it. The results have been that my confidence has improved because I learned different strategies in coping with life’s foibles. Eva, I liked hearing your story. You overcame a lot. Sharing was a good way to show the steps to wellness. Your presentation was organized with a logical progression. You helped me open my door to understanding.

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