

# From The Past To The Future

Preparing To Launch

**MOVEMENTTOCHANGE Inc.**

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**OPENING MINDS WITH  
CLARITY AND RESPECT**

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## MOVEMENTTOCHANGE Healing and Wellness

**MOVEMENTTOCHANGE brings the terms “Healing and Wellness” together to reframe recovery for people who have experienced trauma and emotional distress.**

### **What is MOVEMENTTOCHANGE?**

MOVEMENTTOCHANGE is the Healing and Wellness Movement to change that opens minds with clarity and respect. *ASPIRE TOWARDS HEALING & WELLNESS Blueprint to Building a Balanced and Worthwhile Life* provides the framework. Using our simple and powerful “Healing and Wellness” model we provide the structure for a range of resources and opportunities. MOVEMENTTOCHANGE is the only organization that teaches and mentors people in “Healing and Wellness”.

### **What is Healing and Wellness?**

“Healing and Wellness” is gaining back your hope and belief to be okay while learning how to live a balanced and worthwhile life, after having a traumatic experience or any life challenge. The Scholle Model<sup>®</sup> takes the phrase “Healing and Wellness” to bring new possibilities to living a better life.

### **What is The Scholle Model<sup>®</sup>?**

The company’s services are based on The Scholle Model<sup>®</sup> *ASPIRE TOWARDS HEALING & WELLNESS Blueprint to Building a Balanced and Worthwhile Life* is The Scholle Model<sup>®</sup> (TSM). This comprehensive healing and wellness model is a first of a kind. Its resources are living, continuously growing, adding new experiences and incorporating new needs. During its over 40+ years in development, it continues to learn from personal experiences then from mental health and holistic healing approaches, political and social activism, wellness, educational, business, social and spiritual models. It provides the structure to ask the right questions at the right time and encourages everyone, including the vulnerable person, to seek and find their own answers.

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### What do we offer?

"We provide seminars, courses, speakers, mentoring and consulting for individuals and groups seeking mental health and wellness, health care facilities wishing to improve their mental health services, and companies wishing to improve their employees' health and productivity."

The curriculum expands on information, knowledge and skills that support healing environments, wellness communities and the dilemmas of people recovering from the diagnosis of "mental illness" as well as those who are first starting to seek help.

The model, curriculum and services are based on Eva Scholle's healing journey and collaborated by others who had similar hurdles to overcome. It is supported by the grassroots movement of individuals who have been through the mental health system, families and professionals wanting to help, as well as those who are not directly involved in this field.

During mentoring, as Eva Lapides brings the terms healing and wellness together to reframe psychiatric recovery a transformative experience occurs. She knows the needs of people who want to heal and have a chance to live life. Her motto has become "Once you gain the recovery belief, drop the word and choose living."

### How does it work?

We don't dismiss what anyone says as there is always truth in what people say. One needs only to find the kernel or the essence of what is there. The Scholle Model<sup>®</sup> is about finding what is hidden within us. It is a strategic and sustainable approach to eliminating or minimizing the factors which give rise to distress and loss of well-being.

### Does it work?

We offer an educational approach based on changing language and perspective, gaining more knowledge, living life based on standards, and practicing what we aspire towards. We work on shifting our approach and are privileged to see other people shift their approach to distress and their lives. The result is we have and see increased healing potential with improved responses to everyday life's susceptibility.

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## MOVEMENTTOCHANGE Start-Up

### The Request, Seed and Outgrowth From

In January 2009 nothing was available to answer, “What will my experience be like with this facility or service?” Mr. James Bopp, Executive Director of Rockland Psychiatric Center, asked James Rye, Executive Director of The Empowerment Center if he knew of someone capable of doing finding this answer. Mr. Rye approached Eva Scholle, Board President of The Empowerment Center, if she would be willing to develop what subsequently is called *An Experience Audit*. She agreed. As an audit needs a standard, she easily put together the initial *Healing and Wellness Model* within a month as she had been developing it for over 20 years. When a co-board member, Paulina Magnetti, Director of BPCARC Inc., NAMI Bronx President and MHANYS Board Member, saw it in March she was so impressed that she requested the development of a *Healing and Wellness Curriculum* and gave the first seed money.

James Rye, James Bopp, Paulina Magnetti, Psychiatrist Alvin Yapalater, M.D. and an expert in protecting the rights, dignity and freedom from forced treatment of people with mental and physical disabilities Aaron David Frishberg, Esq. asked for a NEW PARADIGM FOR MENTAL HEALTH WELLNESS. They told Mrs. Scholle that she was the one who had the knowledge, skills and background to create it as this already has been her life’s work.

April 2009 was a big month. Charles R. Macedo, Esq, created the legalities and trademark of the proprietary materials and named it The Scholle Model®. MovementToChange was incorporated on the 21<sup>st</sup> as the organization which provides Healing and Wellness Education and Services for Mental Health and Wellbeing. Research and first-person interviews helped with the development of a set of surveys and the initial Healing and Wellness curriculum based on this new Healing and Wellness Model. Seed money was subsequently given for more surveys and analytics. Professionals, laypeople, members of the Mental Patients Liberation Alliance, Donald B. Ardell of Seekwellness.com and Mark Millard of Wellbeing Wizard, and others contributed greatly to its development. And by the end of the year an additional 108 survey responses were received and analyzed.

On May 31, 2009, the premier Healing and Wellness workshops which were held at The Empowerment Center’s 24<sup>th</sup> NYWRAC Training introduced what had been developed thus far and focused on differentiating the definitions among recovery, healing and wellness. They offered their encouragement.

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“Please spread the word to others. The Scholle Model® is a good set of tools for working with others in a professional and humane manner which clarifies in a very succinct way simple steps toward helping others that can become more complicated as you tailor them to each person. I learned that human respect, kindness and satisfying human needs and such is an important aspect of advocacy. 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.”

From this training, Andy Chaleff became MovementToChange first intern and the need to define Peer Advocacy crystalized creating The Empowerment Center’s first article published on October 14, 2009 in the City Voices.

On October 27, 2009 The Empowerment Center’s membership voted to add to its purpose the promotion of healing and wellness derived from an understanding from The Scholle Model® as an integrated system for individual and community wellbeing at its annual memberships meeting and to partner with MovementToChange. It was determined prudent to have MovementToChange as its own entity separate from The Empowerment Center in order to insure income for Eva Scholle and avoid potential conflict of interest.

In November 2009, The Scholle Model was unveiled to the public at Jacobi Medical Center in the South Bronx, the first printing of *Perspective on Psychiatric Recovery: Introduction to Recovery, Healing and Wellness* was created and The Scholle Model logo was designed from a 1984 Scholle art piece. And in December, Meetings with New York State Commissioner Michael Hogan and Westchester Commissioner Dr. Grant Mitchell revealed their enthusiasm for The Scholle Model® which was called “A Simple and Powerful Model Feasible at Every Level of the Mental Health System of Care”.

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## MOVEMENTTOCHANGE Research and Development

**More than five years have been devoted to research and development. MOVEMENTTOCHANGE now has well-documented state-of-the-art courses, materials, and experiences.**

### Selected Highlights

- Preliminary surveys and analytics were in 1992, 2006, and 2009 with seminars and courses continuing to captivate more data.
- The Healing and Wellness curriculum has been used and validated in a multitude of settings with more than 300 people who have attended MovementToChange seminars and courses to-date.
  - In 2013, four 6-month courses at a state psychiatric center with 75+ people engaged in the process, 42 graduates, and impressive results.
  - In 2009, a 4-week course in a Brooklyn mental health clinic given with 34 certificates presented and over 40 different people attending.
  - Two 6-day intensive courses were given, one in 2011 and the second in 2014.
  - Eleven seminars were given at NYWRAC Trainings for 173 people.
  - In 2010-2011, four different focus-group seminars were given for The Empowerment Center and invited guests for 51 people.
  - In 2013, fifteen focus groups to individuals who also contributed their stories.
  - Eight people interned.
  - And one-to-one consultations have been given.
- On April 21, 2009, MovementToChange was incorporated as the only organization providing Healing and Wellness Education for Mental Health and Wellbeing, The Scholle Model became registered for wellness, healing and mental health on April 6, 2010, The Scholle Model logo was designed on November 11, 2009, and two years later MovementToChange logo was designed. The Empowerment Center voted to add to its purpose the promotion of Healing and Wellness as an integrated system for individual and community wellbeing at its annual memberships meeting and to partner with MovementToChange on October 27, 2009, and it was unveiled at The Alternative Healing in Your Community Conference in the Bronx on November 2, 2009.

### Documentation

- Appendix A – MOVEMENTTOCHANGE Timeline
- Appendix B – Feedback and Development from Seminars and Courses
- Appendix C – Research References (compilation to be completed)

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## MOVEMENTTOCHANGE Current Status

After five years devoted exclusively to research and development in healing and wellness, **MOVEMENTTOCHANGE** is proud to showcase its well-documented state-of-the-art courses, materials, and experiences to the public for the first time.

### Awaiting

- Moving primary efforts of development to showcasing it to the public.
- New website is currently in development and ready soon for on-line publishing.
- Posting links to previously written materials.
- Article has been submitted to Psychiatric Rehabilitation Journal for peer-reviewed in a relevant professional community for publication.
- *Definitions Dictionary* with “Person-Centered Empowering Words that Guide” is under review and available soon.
- Facilitator’s Guide of *For When Things Go Wrong* available soon.
- The first Peer Specialist completed the Healing and Wellness training and is qualified to mentor others and teach a specific curriculum as a Healing and Wellness Mentor. Certification soon to be presented.
- More training and supervising of people to become Healing and Wellness Mentors.
- Upcoming weekly courses and individualized mentoring.
- Funding.

### Products Presently Available

- Published books authored by Eva F. Scholle
  1. WHAT IS YOUR TRAUMA? Serious Toy Book For Adults And Young Adults
  2. FOR WHEN THINGS GO WRONG Empowerment Model Pre-Advance Directive and Self-Reflective Plan Workbook
  3. PERSPECTIVE ON PSYCHIATRIC RECOVERY Introduction to Recovery, Healing and Wellness
  4. ASPIRE TOWARDS HEALING AND WELLNESS Model
  5. ASPIRE TOWARDS HEALING AND WELLNESS Workbook 1 – Aspiring Towards
- Since June 2014, a product introduction video is currently available on YouTube.
- Individual or group training and mentoring
- Seminars, courses, and semester study programs customized for specific needs
- How to “Do a Healing and Wellness Audit” and “Establish a Healing and Wellness Culture”
- And various other written materials

### Revenue to Date From

- Four 6-month courses
- Workshops and book sales
- Surveys and analytics

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## MOVEMENTTOCHANGE Future Vision

### MOVEMENTTOCHANGE recognized as the de-facto standard for Healing and Wellness

1. A major Healing and Wellness launch;
2. Established a financial stable pyramid structure where each mentor continues to personally grow while mentoring, teaching or supervising others;
3. The presentation of multiple venues and platforms which provide portable healing and wellness education across different industries;
4. Healing and Wellness teams in pertinent local and major facilities;
5. Accredited Healing and Wellness School which also gives continuing educational credits for professionals;
6. The prosperity of a Healing and Wellness Retreat Center which provides unique needs of people who are currently in distress;
7. Publish the final (6<sup>th</sup>) book of the "Survival Guide Series To Regaining Your Life";
8. Continue to develop, write and update relevant materials according to presented needs;
9. Continue to collect and publish documented data and statistics;
10. When people want help in any Healing and Wellness aspect they will turn to MovementToChange for consulting, education and mentoring;
11. Healing and Wellness education will become part of mental health promotion strategies;
12. MovementToChange recognized as the de-facto standard for Healing and Wellness education and mentoring throughout the cross section of business, psychology and higher education.

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## **MOVEMENTTOCHANGE Founder and President**

### **EVA LAPIDES**

#### **A New York State Leader for Change**

Eva Lapides has regular involvement with people who are capable of dealing with life's challenges, with people working to change the lives of those in the mental health system, and people who are in the mental health system, attempting to avoid it, or extricate themselves from it. She is continuously working on developing and mentoring new approaches to help people in distress and creating a healthier mental health system. For over three decades she has been helping vulnerable people who receive psychiatric help change their lives by bridging the knowledge gap for people in emotional distress and those who care about them, and helping them recover from the secondary consequences of psychiatric hospitalizations.

Eva is a New York State leader for change who has been helping vulnerable people seeking psychiatric help for over three decades. In the early 1990s, Eva created the ground-breaking Inpatient Task Force Survey uniquely administered by like-minded individuals to those who had experienced Westchester hospitals. During the initial rounds of community reinvestment, she contributed her written concepts which involved into the Peer Specialist position and in its infancy, 1993, worked as one for Westchester Independent Living Center. As a Founder and President of Westchester Consumer Empowerment Center known as The Empowerment Center, Eva has been providing leadership and vision to the Recovery Movement of Psychiatric Survivors since 1994. During the rounds of community reinvestment she developed the catalogue of options which became the vision for what The Empowerment Center is now actualizing.

For a few years, besides being on the Board of Director for Mental Patient Liberation Alliance, she served as its Chairperson. In addition, she was an outspoken Board Member to The Guidance Center and was on various committees in Westchester County. By 2009, she had already aggressively worked to raise standards for people with psychiatric diagnoses. An example of her work was instituting high-quality hospitality at conferences exemplified by the creation of an informal retreat center in her home. In 2009 she developed The Scholle Model® which was developed from a request and subsequently named such by others. While living in Westchester County, she served as Toastmasters International Area Governor and moderated

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televised political debates for the League of Women Voters. When Eva Scholle moved to Rockland County she changed her name to Eva Lapidés.

The process of deinstitutionalization in the 1970s was part of her formal education at Syracuse University which she completed with a double major in Special and Elementary Education in 1979. All part and integral to her formal education was her witnessing, interning, and volunteering in different schools, environmental educational centers, special educational services, developmental centers and psychiatric hospitals. She learned to administer and create assorted types of tests, develop and implement curricula, and assess environments for different standards which were honed through the years.

Familiar with psychotherapy, she trained alongside of her husband in a variety of body work and alternative healing methods. Besides life experience, her research always entails an academic approach, dialoguing and focus groups. Her materials, structured for clarity and hands-on friendliness, have proven extremely effective. She pursues learning and making a better life for others.

### **EVA F. SCHOLLE Author and Awards**

In October 1996 Eva Scholle wrote her first booklet "From Hospital to Recovery" co-sponsored by Westchester Independent Living Center through the Department of Community Mental Health System of Services with 20,000 copies distributed in Westchester and Rockland County by WRAC advocates of Westchester Consumer Empowerment Center. The Scholle Model was created in 2009. She was awarded Woman of the Year from the National Association of Professional Women in 2009 and Woman of the Year in Mental Health in 2010. The Empowerment Center, New York's leading grassroots empowerment and advocacy organization for people who experience psychiatric or emotional distress, presented her with a Lifetime Achievement Award in October 2010. Eva F. Scholle published her first two books in May 2011, and to-date has authored five books with expansive curriculum.

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