

THE WELLNESS CONNECTION

JULY 2023
Issue nine

MIRACLES HAPPEN



IMPORTANCE OF HOME

Having a place to call home is something as basic as breathing. Home is where one is welcomed and fully accepted. Home is where one can feel safe and grow. This is a dream of almost every person; however, home in this sense is not available to everyone. Due to housing shortages and increasing costs of construction which outpace most income producers' budgets, homes have become unaffordable for the working class.

Not only is housing insecurity an economic concern, but it can negatively impact human health. Whether it's difficulty paying rent, overcrowded living conditions, eviction, or homelessness, housing insecurity exposes individuals and

families to increased stress and mental and physical health problems. The high cost of housing or a lack of affordable housing can force households to make difficult sacrifices to pay rent, such as forgoing medicines, medical appointments, and healthier food options. In some cases, households resort to doubling up with another household, leading to overcrowded living conditions. Overcrowding can adversely affect children's development and behavior. Some research suggests that distress from overcrowding can cause children to withdraw and reduce their motivation.

A 2021 article in Evidence Matters reported that housing

CONTINUED ON PAGE 4

WOOD RIVER VALLEY CARES

PART 2

The following is the second part of the list, completing the guide to our community's resources which was presented in the previous issue of the Wellness Connection. Please remember there is a mental health crisis hotline, 988, which is available 24/7 with trained professionals to assist you.

HOSPICE AND PALLIATIVE CARE OF THE WOOD RIVER VALLEY

The Mission of HPCWRV is to provide excellence in serious illness and end-of-life care and bereavement services, as well as support and education for patients, families, caregivers, and the community.

Literature Dealing with Grief and Loss

Being Mortal and What Matters in the End	Atul Gawande
The Year of Magical Thinking.....	Joan Didion
A Grief Observed	C.S. Lewis
Bittersweet	Susan Cain
The Body Keeps the Score	Bessel van der Kolk

NAMI: NATIONAL ALLIANCE FOR MENTAL ILLNESS

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI works to educate, support, advocate, listen and lead to improve the lives of people with mental illness and their loved ones.

Literature for Understanding Mental Illness

An Unquiet Mind: A Memoir of Moods and Madness	Kay Redfield Jamison
The Center Cannot Hold: My Journey Through Madness	Elyn Saks
Me, Myself and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia	Kurt Snyder
What is Mental Illness?	Richard McNally, MD
A Brilliant Madness	Patty Duke
The Body Keeps the Score	Bessel van der Kolk
Healing: Our Path from Mental Illness to Mental Health	Thomas Insel, MD, Director of NAMI
You Are Not Alone: The NAMI Guide to Navigating Mental Health	Ken Duckworth, MD

HIGHER GROUND

Higher Ground is a national nonprofit with the mission to bridge the gap between disability and belonging for those impacted by trauma, physical injury or disability. With headquarters in Sun Valley, Idaho it helps transform lives across the country. The programs strategically combine outdoor recreation activities with therapeutic processes to help all participants and family members confront current struggles and develop skills to find success in daily life. Adaptive sports programs are available for people of all abilities, veterans and first responders.

Literature for Understanding Trauma

What My Bones Know: A Memoir of Healing from Complex Trauma	Stephanie Foo
War and the Soul: Healing our Nation's Veterans	Edward Tick
How Heroes Heal: True Stories of Transformations from Wounded Warriors to Victorious Heroes	Marilyn J. Wooley
A Dog Called Hope: A Wounded Warrior and the Service Dog Who Saved Him	Jason Morgan

5B SUICIDE PREVENTION ALLIANCE

The 5B Suicide Prevention Alliance, in collaboration with other community services, builds a resilient Blaine county through increasing awareness, understanding, and action around suicide prevention. It focuses on educating our community about knowing and understanding the signs of emotional distress while promoting and emphasizing the importance of everyday healthy habits.

Literature for Understanding Suicidal Ideation

Dead Serious: Breaking the Cycle of Teen Suicide	Jane Leder
Suicide and Mental Health	Rudy Nydegger PhD
Night Falls Fast: Understanding Suicide.....	Kay Redfield Jamison
Why Suicide: Answers to 300 Frequently Asked Questions about Suicide, and Attempted Suicide	Eric Marcus
Silent Grief: Living in the Wake of Suicide	Christopher Lucas and Henry M. Seiden
The Harvard Medical School Guide to Suicide Assessment and Intervention.....	Douglas Jacobs MD

There is hope.



Talk with us.



You left ground and sky weeping, mind and soul full of grief.
No one can take your place in existence or absence.~ Rumi

GRIEF

GRIEF IS NOT DEPRESSION

Since the height of the pandemic, people have been dealing with intense grief issues. Grief is not just triggered by the loss of a loved one, but by a major loss such as a job or career, a relationship, a pet, your home or even the loss caused by losing someone to dementia or Alzheimer's disease. Grief and loss shatter your world in many ways, usually beginning with a paralyzing shock.

Unfortunately, as the diagram illustrates, grief is not a linear process; there is no schedule to determine when or if you will work through it. One moment you will feel as if you have moved past the stage of denial. "Wait. What just happened?" And then it is right back in your face demanding to be acknowledged.

Grief may make you realize the depth of feelings or what you truly valued in your life by how intensely you react. It may come in small waves; you may try to ignore it, but it returns when you are not expecting it. You may see a clip of a film, hear a verse of a song or a familiar expression and it can strike and sometimes be painful. This is not a bad thing; it is all part of the process. Over time hopefully the pain will decrease, and the roller coaster of feelings will mellow.

Grief is different from depression as it will lessen over time and can be likened to a scar on your heart. Depression is pervasive; it impacts your sleep, your sense of self-worth, lack of interest in daily activities, and may last for weeks or even a lifetime. Grief is an intense emotional response to an event, whereas depression may result from a genetic predisposition, early childhood traumas, or other environmental influences.

Your grief is your own. Realize that your heart is broken and recognize why. You can carry your grief with you as long as you want. You only need to release it when you are ready; if you are never ready, you may need professional support. Navigating through the pain is unpredictable. Remember the diagram; progress may be slow, confusing, and looping back on itself, but there will be progress.

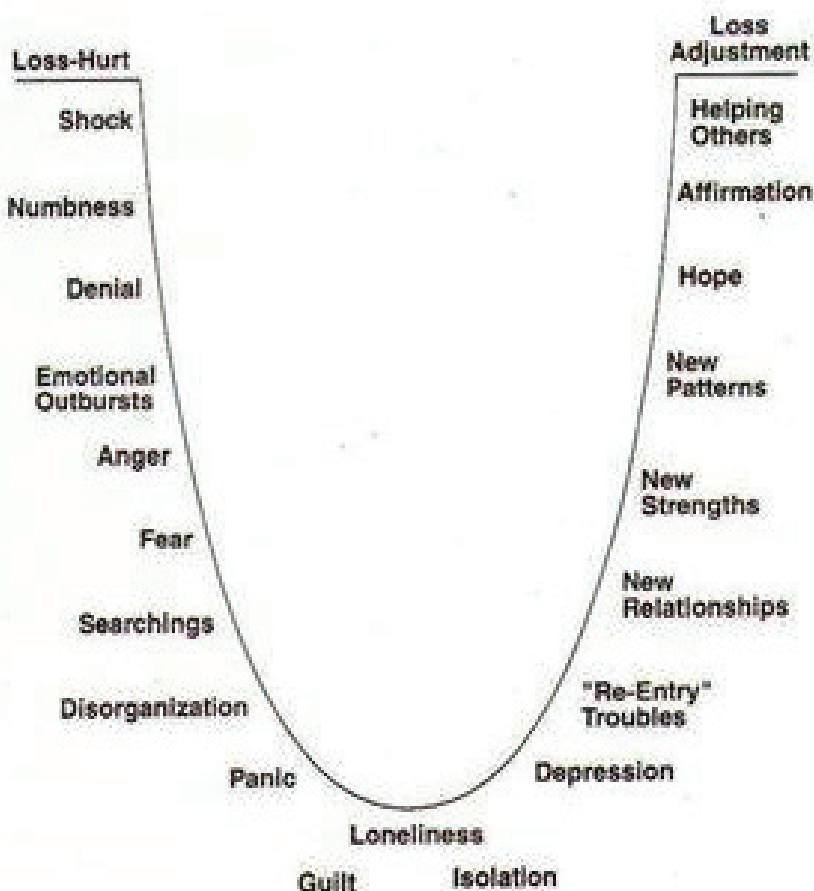
The author is the late Marcus Hepler, LSW, CADC, former counselor at RERC.

Grief

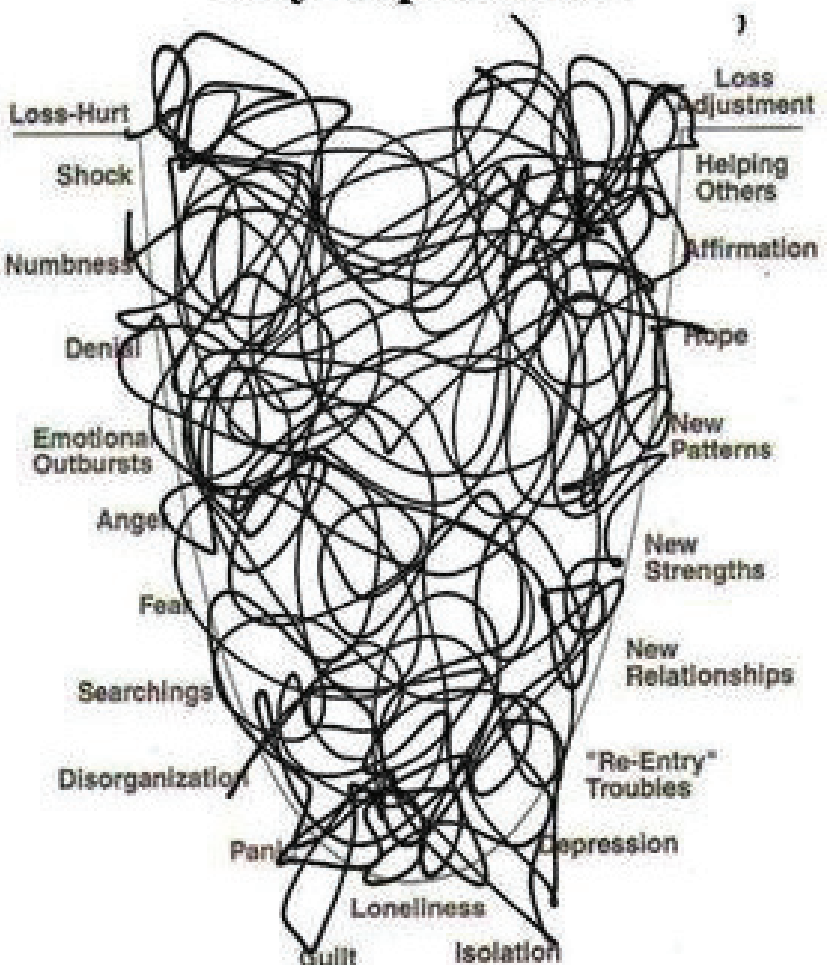
by Gwen Flowers

*I had my own notion of grief.
I thought it was the sad time
That followed the death of someone
you love. And you had to push through it
To get to the other side.
But I'm learning there is no other side.
There is no pushing through.
But rather,
There is absorption.
Adjustment.
Acceptance.
And grief is not something you
complete,
But rather, you endure.
Grief is not a task to finish
And move on,
But an element of yourself-
An alteration of your being.
A new way of seeing.
A new definition of self.*

STAGES OF GRIEF



My experience



Goodbyes are only for those who love with their eyes.
Because for those who love with their heart and soul there is no such thing as separation. ~ Rumi

Importance of HOME

CONTINUED FROM PAGE 1

insecurity not only has devastating and long-lasting social and economic consequences, but it also can have adverse effects on mental health, including increased rates of depression and suicide. One study found that those without permanent housing were more likely to visit the emergency room or require hospitalization for a mental health condition.

Individuals without secure housing more likely than others to become physically or mentally ill. Contrary to popular belief, mental illness does not cause homelessness; rather, homelessness worsens mental health and exacerbates symptoms of mental illness. The mortality rate of people experiencing chronic homelessness is 4 to 9 times higher than that of people who do not experience homelessness.

The Family Options Study showed the positive impacts of housing assistance on the health of families in need. It concluded that it increases housing stability, reduces exposure to domestic violence, and reduces food insecurity. The study further acknowledged that housing stability has a positive impact on the well-being of children, including a reduction in behavioral problems. *(Source: huduser.gov)*

Idaho's ongoing housing crisis has been especially acute in Blaine County, where more than 46% of residences are used as second homes and short-term rentals, according to the 2020 census. Blaine County organizations are working to ease this housing insecurity through a group of non-profit agencies.

ARCH Community Housing Trust

Since 2005, the Advocates for Real Community Housing (ARCH) have remained committed to its mission of developing permanent solutions to housing affordability, ARCH improves the quality of life for hardworking families who, in a more

typical community, would not need housing assistance. We ensure that the people who serve this community can afford to live here.

Blaine County Charitable Fund

The Blaine County Charitable Fund provides rental assistance in emergency situations so families can avoid the trauma of eviction. It also assists with extraordinary household expenses such as emergency medical care or transportation needs that cannot be delayed and upfront costs of a new rental, such as deposits or utilities.

Blaine County Housing Authority

The Blaine County Housing Authority offers assistance in placing people in income-based affordable housing, both rentals and purchases. It offers short term housing at the Lift Tower Lodge.

Ketchum Housing

Ketchum Housing working with the Blaine County Housing Authority is working to increase access to housing for residents at varying income levels to ensure the vitality of the Ketchum community.

Lease to Locals

Lease to Locals provides grant money to be used as rental assistance to tenants in housing owned by landlords whose properties qualify. The program is less than one year old and was established as part of Ketchum's Housing Action Plan in partnership with Lease to Locals in Truckee, CA.

Wood River Community Housing Trust

Wood River Community Housing Trust, Inc. (WRCHT) is an Idaho nonprofit corporation formed specifically to resolve the lack of housing in the Wood River Valley. Its mission is to acquire or develop affordable rental housing for the middle-income workforce.

MISSION STATEMENT

The Wellness Connection was developed to provide timely information on mental health issues, such as addiction, depression, grief and trauma, and showcase the community nonprofit services. We will highlight the services of a different nonprofit organization each month to give the community a better understanding of the broad scope of services offered. We will present stories of hope and encouragement as well as essays on related topics. We welcome your feedback. Contact us at RERCjournal@gmail.com

RESOURCES

RAINBOW'S END RECOVERY CENTER
WWW.RAINBOWSENDRECOVERYCENTER.COM | 208 879-2267

MEN'S SECOND CHANCE LIVING WWW.MSCLHOUSE.ORG | 208 481-0182

"988" IS THE NATIONWIDE PHONE NUMBER
 TO CONNECT DIRECTLY TO THE 988 SUICIDE AND CRISIS LIFELINE

12 STEP GROUP MEETINGS, MENTAL HEALTH GROUP MEETINGS
 THE SUN CLUB WWW.SUNCLUB.ORG

NAMI WWW.NAMI-WRV.COM | 208 481-0686

THE ADVOCATES FOR SURVIVORS OF DOMESTIC VIOLENCE & SEXUAL ASSAULT
WWW.THEADVOCATES.ORG | 208 788-4191

ST. LUKES MENTAL HEALTH SERVICES WWW.STLUKESONLINE.ORG
 208 788-2134

THE SUICIDE HOTLINE | DIAL 988

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