



# INSIGHT

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## DREAM BIG SPARKLE MORE SHINE BRIGHT

Dream big, think big, imagine big, and make big plans. When you begin to do this, you will add excitement to any day. Dream big, work hard, and never stop believing that

we have the power within us to press on toward our goals. We start by breaking our dreams into steps we take to make our dreams a reality. Sometimes it helps to have a per-

son you know who has met a goal. These people can inspire us to keep going to reach our own dreams and goals. You are never too old to set another goal or dream a new dream.

- *Have Fun With Esperanza Clients and peer mentors!*

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## SERENITY QUOTE TO PONDER...

She turns her cant's into cans and her dreams into plans.

-Anonymous





### A. WHEN YOU ARE STRUGGLING WITH MENTAL HEALTH (TAKEN FROM MENTALHEALTH.GOV)

#### **Build a support system.**

Someone like a parent, teacher, faith leader, or health-care provider who:

- Gives good advice when you ask for it
- Likes, respects, and trusts you
- Allows you the space to grow, change, make decisions, and even mistakes
- Listens to you and shares with you both the good and bad

times

times.

- Respects your need for confidentiality
- Lets you freely express your feelings and emotions without judging, teasing, or criticizing
- Works with you to figure out what to do next when a difficult situation occurs
- Has your best interest in mind can help you feel through difficult



### B. WHEN YOU ARE STRUGGLING WITH MENTAL HEALTH (TAKEN FROM MENTALHEALTH.GOV)

**Find a peer group.** Peer support can positively affect individual recovery because:

- People who have common life experiences have a unique ability to help each other based on a

shared history and understanding beyond what exists in other relationships.

- Peers can be very supportive since they have “been there” and serve as living examples that people

can recover.

- Peers also serve as advocates and support others who may experience discrimination and prejudice.

### C. CONTINUED

What's the plan?

**Participate in your treatment decisions.** Get involved in your treatment through shared decision making. Participate fully with your mental health provider and make informed treatment decisions together. Participating fully in shared decisions making includes:

- Recognizing a decision needs to be made

- Identifying partners in the process as equals
- Stating options as equal
- Exploring understanding and expectations
- Identifying preferences
- Negotiating options/concordance
- Sharing decisions
- Arranging follow-up to evaluate decision-making outcomes

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544 SAN BENITO ST

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WE'RE ON THE WEB  
FACEBOOK.COM/  
SANBENITOCOUNTYBEH  
AVIORALHEALTH

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**WELLNESS, *Hope*, RECOVERY**

Esperanza (Hope) Center mission is to provide clients positive reinforcement, wellness and assertiveness to promote recovery and encourage happiness. In that path of recovery to wellness, our mission is one of perseverance to reach our goals and to not worry but be happy.

La mision Centro Esperanza es proveer a clientes estimulo positivo, el refuerzo, servicios conducidos, salud y asertividad para promover la recuperacion y la felicidad. En la trayectoria de la recuperacion a la salud, nuestra mision es una de perseverancia para alcanzar nuestras metas y a no preocuparse sino a ser feliz.



D. Continued

**Develop a recovery plan.** Recovery is a process of change where individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. You may want to develop a written recovery plan. Recovery plans:

- Enable you to identify goals for achieving wellness
- Specify what you can do to teach those goals
- Can be daily activities as well as long-term goals
- Track your mental health problems
- Identify triggers or other stressful events that can make you feel worse, and help you learn how to manage them

