

Peer Advocacy In Oneida County



"I'm a better person today than I was yesterday and I'll be a better person tomorrow than I am today"
Unknown

Have you ever considered using your recovery experience to help coach others on their recovery journey?

Certified Recovery Peer Advocates (CRPA), do just that! Lived experience is one of the most valuable gifts we have to walk with someone on their journey as a coach. Your lived experience might be your own substance use history, it might be that of a loved one, or any path that led you to navigate services and pathways to recovery. When we have lived experience, we know what it feels like, what buttons might get pushed, where it gets confusing, what it's like when we might want to give up, and how hard we work when we get up, every time we fall.

Center for Family Life and Recovery, Inc. will be accepting applications for peer scholarships to receive training, mentorship, wellness support, and job placement support. If you are interested in becoming a Certified Peer Recovery Advocate, please reach out to our Recovery Coordinator, Erin Wiggins for an application, initial interview, and information on joining our Peer Collaborative! She can be reached at ewiggins@cflrinc.org

What is your heart's desire?

Navigating the commitments of treatment, family, financial stability, stable housing, career growth and opportunities, and mental health in recovery, can leave a person feeling overwhelmed and just wore out! In my own recovery experience, healing my traumas and letting go of the only way to cope with my big emotions, left me feeling burnt out, uncertain and scared! It was suggested by my support network to start mapping out my purpose and heart's desires. Having a vision of my life purpose to work towards, eased my feelings of uncertainty, reduced the worry and anxiety of the unknown, and offered encouragement in the moments when I doubted my efforts in recovery.

I encourage those who are reading this to day dream! What brings you joy? What makes you cry? What do you feel empowered to contribute in this lifetime? What sparks your creativity? What is your source of motivation and determination in your recovery journey? If you had a magic wand, what would your life look like? I encourage you to not overthink the limitations that you may see before you today, allow yourself the freedom to dream for the future you!

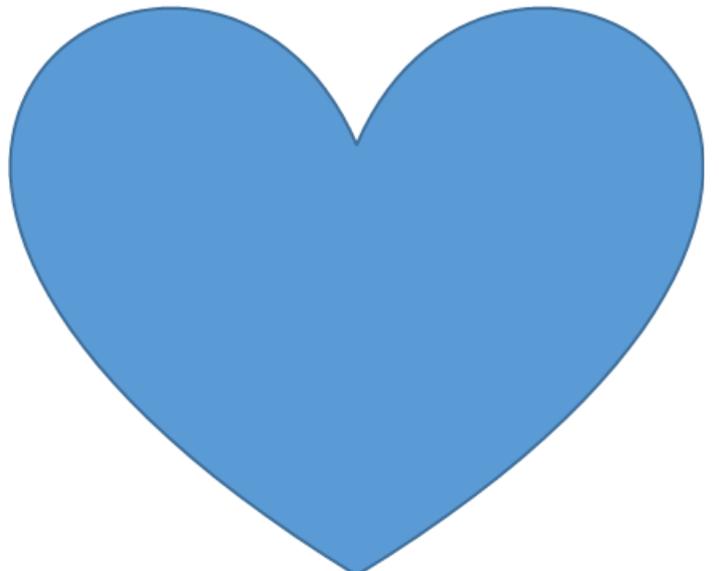
Map your "Heart's Desire" in the heart and carry this with you wherever you go! Write inside your heart whatever brings joy to your life in recovery, your goals, your dreams, or use the questions above to help guide your vision! Stay encouraged my fellow recovery warriors!! I believe in you!

Erin Wiggins

Woman in Recovery, Certified Recovery Peer Advocate

Peer Collaborative

Peer Services focuses on the strength of using a person's lived experience to support others and walk with them on their journey. We are coaching someone in their journey, using their strengths, readiness, and challenges, to help them move in their time and ability. We want all of our peer professionals to have access to the skills and training to help people achieve their goals most successfully! We help building basic coaching skills, rolling with resistance, de-escalation, crisis management, personal wellness, and so much more! We find peers who are engaged with the collaborative build these skills faster and with more confidence, increasing employability while providing support to navigate the newness of a field that continues to develop before our eyes! If you'd like to join us in the Peer Collaborative, please email Erin Wiggins at ewiggins@cflrinc.org





Wellness Through Art

By Katie Burns

Bringing projects into the community has a great way of bringing people together! Community connection in recovery is a big piece of our wellness and what better way to do that than through fun, art projects with our network! In a couple of the photos above, it shows our 315 recovery rock painting. Participants painted words or phrases on their rocks as well as some holiday themed ones! During the second part to that group we will walk all over the city to hide them! This is great because it also enhances our physical wellness! We have also created some beautiful spray paint art photos. This is so easy and fun for the whole family! Focusing on an outlet that we are passionate about in recovery can really bring us hope! Our community takes pride in their masterpieces!



Tim's Sudoku

Fill in the blank squares so that each row, each column, and each 3x3 block contain the numbers 1-9.

	7		3	6	2			4
6	3	1	5	8				9
							6	
1			2		6			5
	5			7				2
2			1		9			8
		5						
3				9	1	4	5	2
7			8	4	5			3



Answer:

6	8	1	5	4	8	2	9	7
2	5	4	1	9	7	8	6	3
7	9	8	3	2	9	5	4	1
8		7	9	6	3	1	4	2
1		2	3	8	7	4	6	5
5		4	9	6	2	8	1	3
3			6	9	1	4	5	2
9			7	4	2	8	3	6
4			5	2	6	3	9	8

Jonathan Fenton's Recipe:

For less than \$20 you can make my Kielbasa Stir Fry:

- 1 package bacon
 - 2 pounds green beans
 - 1 large kielbasa link
 - 1 tbsp minced garlic
- Fry up bacon and keep all of the grease. Cook green beans and garlic until beans are soft, and kielbasa until done in bacon grease.

Enjoy with a side of my Cheezy Fiesta Potatoes:

- 5 lbs. russet potatoes
 - garlic powder
 - onion powder
 - Montreal steak seasoning
 - Montreal chicken seasoning
 - 1 can Frito-Lay Mild Cheese dip
 - Sour Cream
- Peel and cube potatoes and in a large container add seasoning and shake well until coated. Fry in deep fryer until golden brown and soft. serve topped with cheese and sour cream.

Families are Dynamic

Ethan Babcock and Rachel Gould

“The only person you can change is yourself, and you can see the reactions to the changes you have made”

In a recent family group, we discussed the difference between codependency and interdependency, exploring how codependency is similar to addiction, while interdependency is similar to recovery.

In the Family Are Dynamics group session, Lila Boyer shared, “Codependency is excessive emotional or psychological reliance on a partner, typically one who requires support on account of an illness or addiction”.

When you have spent so long taking care of somebody else, you start to rely on that role. You do not know who you are when you do not have to care for your loved one. Ultimately, we cannot stop somebody from using or relapsing. We can support our loved ones, but we cannot control it.

Codependency can happen in any kind of relationship, including family, work, friendship, romantic, peer, or community. I have personally been on both ends of a codependent relationship, one where I was so focused on caring for somebody else that I lost sight of myself, and one where the person was so busy caring for me, that it negatively impacted their own health.

In my experience it is very hard to navigate relationships and stay on the desirable side of interdependency. In a past relationship of mine I was always trying to help and support my partner in a way that I thought would ease her stress and anxiety. I would take on projects that I knew needed completing, fixing her issues one small step at a time. I even got to the point in one relationship to fight with my family over things they had said to her. I realized shortly after that I was losing myself and I was the only one fighting these issues. Ultimately, we separated and I was able to rekindle relationships I had lost with myself and improve my own health physically and mentally. I was spending so much time trying to keep someone afloat that I was too deep to swim up with this weight on top of me.

Lila shared “Interdependency is the quality or condition of being interdependent, or mutually reliant on each other”. An interdependent relationship is where two people take care of each other. As you can imagine, this is much healthier than a codependent relationship. Interdependency includes consistency and predictability of attitudes like respect and trust of commitment. Both parties involved participate in outside activities to bring a healthy balance and growth to their relationship. Interdependency is also inclusive of stable self-esteem while sympathizing with each other and you can help and support each other but you do not take on their problems as your own.

Healthy relationships require interdependency to thrive. There is a time to support, a time to love, and a time to communicate with each other but there must be boundaries. People deserve the opportunity to discover themselves through the hard moments and the joyful ones especially an individual with addiction. You as well deserve peace that comes with balance of these principles.

Your turn! I know I did not know to think about this concept until later in life, and by then, I realized I never really thought about what it would look like:

How would you describe an interdependent relationship?

What would that look like to you?



If you would like to join us in our Family CRAFT and Wellness group where we explore concepts like this to help family members move forward, we'd love for you to join us on zoom! Tuesdays at 1pm each week! 1:1 services are also available for families impacted by substance use disorders. Reach out to Ambi Daniel for the log in links or more information adaniel@cflrinc.org

Michelle Engelbrecht's Creamy

Tuscan Chicken with Pasta

2Tbsp olive oil (or vegetable oil)
1 Lb chicken breast
1 small jar of sundried tomatoes in oil
Minced garlic to taste (I use 1 tablespoon)
1 teaspoon oregano
¾ cup of chicken broth
1.5 cup of heavy cream
¾ cup parmesan cheese

6 oz bag of baby spinach

1 box Penne Pasta

1. Season chicken with salt and pepper, and heat oil in skillet
2. Cook chicken breasts until golden brown on both sides and cooked through, remove from pan
3. Add oil, garlic, sun dried tomatoes and oregano. Stir and cook for one minute

4. Add Chicken broth and Heavy cream and bring to a simmer. Allow it to simmer for 2-3 minutes, then add Parmesan and cook until melted
5. When cheese has melted stir in the baby spinach, cook for 1 minute
6. Then stir in the cooked Penne pasta , and serve over the chicken.