



The Vision of The  
Grapevine Center,  
Inc.

**Blending good  
people with better  
choice for the best  
recovery.**

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# Heard It through The Grapevine

November 2009 Issue

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## Upcoming Events

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**December 1st, 2009** Western Penn-  
sylvania Drop-In Center Coalition meet-  
ing and dance- 11Am - 2:00 PM

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**December 4th, 2009** Kraynaks—vans  
leave at 9:30 AM

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**December 15, 2009** Butler CSP 12 PM  
2 PM

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**December 15th, 2009** Grapevine  
Christmas Party 2 PM—4PM

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**December 17th, 2009** Hartwood  
Acres Leave at approximately 5:30 PM

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## Grapevine's New Certified Peer Support Services Initiative

Just what are Peer Support services. Peer support is based on the principles of consumer choice and the active involvement of the consumer in all phases of their recovery journey. Peer support services are specialized therapeutic interactions conducted by current or

former consumers of behavioral health services who are trained and certified to offer support and assistance in helping others in their recovery and community integration process. Peer support is intended to inspire hope in individuals that recovery is not only possible, but probable.

The service is designed to promote empowerment, self determination, understanding, coping skills, and resilience through mentoring and service coordination supports. This allows individuals with severe and persistent mental illness and

**CONTINUED ON P -2-**

## Peer Support Services Cont'd From P-1-

Co-occurring disorders (like alcohol and/or drug addiction) to achieve personal wellness and cope with stressors and barriers encountered when recovering from their disabilities. In brief, peer support involves the mentoring of a given consumer by another consumer who has been trained and certified to do so. Research has demonstrated that this treatment modality is at least as effective as any of the traditional therapeutic methods. Grapevine is now accepting referrals. If you are interested, Please see Betty Peoples or Betty Paffrath.



### Consumer Rights

- To be treated with dignity & respect
- To have your medical records kept private
- To take part in decisions about your care
- To have your treatment & risks explained to you
- To help set up your treatment plan
- To ask for a change in your treatment plan
- To choose your provider from a list of Health Choices providers
- To see your medical records & discuss them with your provider
- To ask for a copy of the Medical Necessity Criteria
- To ask about the qualifications of your provider
- To receive services without regard to age, gender, race, color, religion, ethnicity, or sexual orientation

## Grapevine's Consumer Satisfaction Family Team Program

Every consumer that receives Behavioral Health Services in Butler County, at any facility, or by any provider is given the opportunity to evaluate those services through an interview and survey with Grapevine's CFST (Consumer Family Satisfaction Team) . In fact, the **opportunity** to do this survey is required by Butler County and Value Behavioral Health. In each case the consumer makes up her/his own mind whether she/he will do the survey or not. Many cooperate with this survey process. The reason for carrying out this survey program is to insure that the services the consumer receives are appropriate regarding his or her perceived therapeutic needs and comfort level of the services received; i.e., what the consumer thought and felt about her/his treatment experience. The whole process of surveying and reporting is something like a report card that is turned into Butler County and Value Behavioral Health. It is in this way that the providers of behavioral health services get feedback from the consumers they serve. It is in this way that changes in treatment modalities, strategies, etc. can be changed and improved by the providers. Ms. Frances Mayer is the coordinator of this program at Grapevine Center. She has worked at Grapevine for two years and has been the coordinator of CFST for one and a half years.



## POETRY CORNER

### Mothers love

BY Tammy Hatcher

Mothers are sweet

Mothers are kind

Mothers are always on your mind

Mothers are mothers in so many ways.

### You

By Tammy Hatcher

When the sky is blue I look at  
You and think  
About the things  
I love to do  
But all you can do is  
Think of you.



### Fingers Of Time

By  
Shirley Jackson

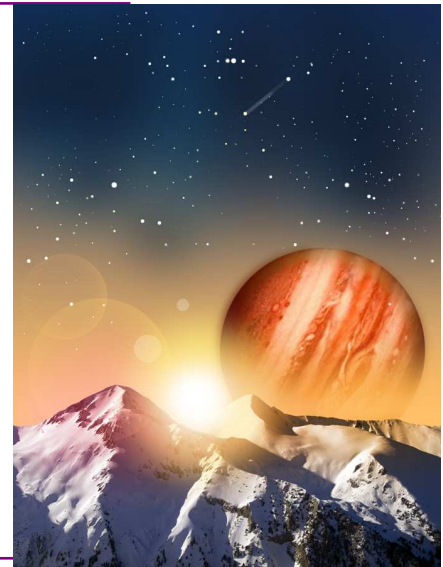
Tree tops sit straight upward  
Appear touching the space of time  
Beneath the sky

The lovely colors of space above  
Above the tips of foliage  
Fingers of green

Embodies the whole universe  
With its crystal transient hues  
Of film colors white, gray,  
And blues

Radiant lights of suns rays  
Penetrates through time and space  
Above and below in between

As fingers of the tree tops under  
Space and time.  
Reach upward. So us all will view  
such focus in science's nature of  
life's kind.

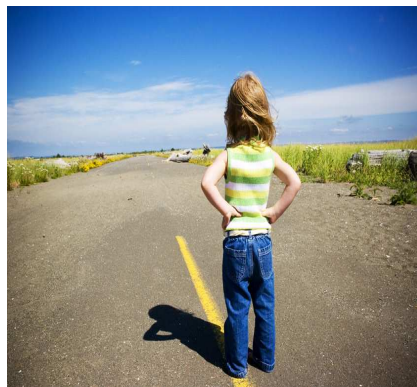


### Recovery

By  
Cherie Greenspring

It took a long time to get ill  
It took many steps to get well  
Sometimes I still relapse  
Into my mental hell  
Keeping my mental health  
Most of the time now at last  
Was a long road of learning to cope  
To deal with the future, the present,  
the past  
Healing through grief and feelings  
I learned to stick with the process  
The present, and as far as the future  
Set aside a lot of its dealings

To prepare, but leave it in spirits  
hands  
And take care of the present mo-  
ment,  
Right then, right there, as it  
stands.



### Optimist

By  
Cherie Greenspring

Being ill and being poor,  
Can't meet the bills,  
Or row to shore,  
Caught in the riptide,  
Awaiting a flow,  
Back to where I need to go.  
I need to do something else,  
Because this isn't working out:  
Yet with underlying optimism,  
I can find enthusiasm.  
Then I'll row and flow and go.

### Thomas Merton's Prayer

My Lord God, I have no idea  
where I am going.  
I do not see the road ahead  
of me.  
I cannot know for certain  
where it will end.

Nor do I really know myself,  
and the fact that I think that I  
am following your will does  
not mean that I am actually  
doing so.  
But I believe that the desire  
to please you  
Does in fact please you.

And I hope I have that desire  
in all that I am doing. I hope  
that I will never do anything  
apart from that desire.

And I know that if I do this  
You will lead me by the right  
road  
Though I may know nothing  
about it.

Therefore will I trust you  
always  
Though I may seem to be lost  
and in the shadow of death.

I will not fear, for you are  
ever with me,  
And you will never leave me  
to face my perils alone.

Found at <http://www.spiritwalk.org/merton.htm>



## Personal Stories

**Elouise Woodward** has been a member of the Grapevine Center for many years. She is also an artist of some note in the Butler area. One of her paintings hangs in the main room of the Grapevine Center, and one also hangs in the Mental Health Association lobby; and she had a showing of her work at the Butler Art Association this past month, as well as, a showing of her work in Harrisburg, PA some months back. Elouise likes to do landscapes, people, animals and studies in what she calls fairy tales.

**Mike Paffrath** has been coming to the Grapevine Center for 3 years. He works on the warmline as a substitute. His main duty is to listen to peers when they need somebody to talk to. For fun, Mike likes to color and draw pictures.

**Sue Steffy** has been coming to the Grapevine for 9 years. Sometimes she volunteers to make coffee or tea. She plays a lot of pool and has won numerous pool tournaments. For fun, Sue enjoys playing pool.

**Michele King** is a consumer volunteering at the Grapevine Center. She will be running a 12-step bible study class. This class will start Wednesdays from 6:15 till 7:30 p.m. Grapevine provides transportation for participants of this group. For fun, Michele enjoys gardening, playing with her dogs, reading her bible, and meeting new people.

**Barb Gale** has been coming to the Grapevine Center for 4 months. She plays games and will sometimes drink a cup of coffee. For fun, Barb enjoys going to Kennywood Park.

**Amber Smith** has been a consumer volunteering at the Grapevine Center for 3 years. Some of her duties include answering the phone, making coffee, sweeping the floors, and helping people out when they need it. For fun, Amber enjoys walking and playing with her dog. **Victor S.** has been a consumer

volunteering at the Grapevine Center for 2 years. Some of his duties include signing consumers in, making coffee, and helping to clean up. For fun, Victor enjoys going to church and helping out there. **Michele Frye** has been a consumer volunteering at the Grapevine Center for 4 months. Some of her duties include making coffee, answering the phones, signing consumers in and out, and clean. For fun, Michele enjoys walking and exercising.



## Recognizing The Warning Signs Of Suicide

**Every 18 minutes someone in the U.S. dies by suicide. Every 19 minutes someone is left to make sense of it.**

### **Suicide—Shocking Statistics:**

**\*Suicide is the third leading cause of death for young people between the ages of 10—24.**  
**\*The fastest growing group completing suicide is children between the ages of 10—14 (a 99% increase from 1980-1987)**  
**\*90% of all people who die by suicide have a diagnosable psychiatric disorder at the time of death. 60% of all people who die by suicide suffer from major depression—the most treatable of psychiatric illnesses.**  
**\*Firearms account for 60% of all suicides. Firearms are used in more suicides than in homicides.**

Depression carries a high risk of suicide. Anybody who expresses suicidal thoughts or intentions should be taken very seriously. Do not hesitate to call your local suicide hotline immediately. Call 800-suicide (800-784-2433)

If you or someone you love has clinical depression, it is important to recognize the warning signs of suicide. Suicide prevention is highly possible, and there are signs to look for that say someone may be contemplating a suicide attempt.

The best way to prevent suicide with clinical depression is to know the risk factors for suicide and to recognize the warning signs of suicide. Take these signs seriously. Know how to respond to them. It could save someone's life.

### **How prevalent is suicide?**

Suicide accounts for more than 1% of all deaths in the U.S. each year. In 2001, suicide was the 11th leading cause of death in the U.S.

Among young people aged 15 to 24, suicide is the 3rd most common cause of death. Four times as many men die by suicide as women. And 73% of all suicide deaths are white males.

### **Are there risk factors for suicide?**

Risk factors for thoughts of suicide can vary with age, gender, and ethnic group. Risk factors often occur in combinations. Over 90% of people who die by suicide have clinical depression or another diagnosable mental disorder. Many times people who die by suicide have a substance abuse

problem. Often they have that problem in concert with other mental disorders. Adverse or traumatic life events in combination with other risk factors such as clinical depression, may lead to suicide.

### **Other risk factors for suicide include:**

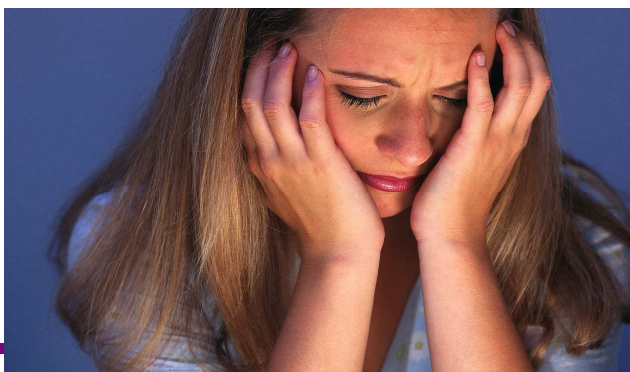
- One or more suicide attempts
- Family history of mental disorder or substance abuse
- Family history of suicide
- Family violence
- Physical or sexual abuse
- Keeping firearms in the home
- Incarceration
- Exposure to the suicidal behavior of others

### **Warning signs that someone may be thinking about or planning to commit suicide:**

- Always thinking or talking about death
- Clinical depression that gets worse; e.g. deep sadness, loss of interest, trouble eating and/or sleeping
- Having a “death wish”, tempting fate by taking risks that could lead to death; e.g., driving fast or running red lights
- Losing interest in things one used to care about
- Making comments about being hopeless, helpless, or worthless
- Putting affairs in order, tying up loose ends, changing a will
- Saying things like “it would be better if I wasn't here” or “I want out”
- Sudden, unexpected switch from being very sad to being very calm or appearing to be happy
- Talking about suicide or killing one's self
- Visiting or calling people to say goodbye

Be especially concerned if a person is exhibiting any of these warning signs and has attempted suicide in the past. According to the American Foundation for Suicide Prevention, between 20% and 50% of people who commit suicide have had a previous attempt.

Information taken from Web MD



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**We're on the Web;  
[grapevinecenter.org](http://grapevinecenter.org)**

# Dear Betty



**Betty will answer questions submitted to her through her mailbox. You may submit any type of question.**

**QUESTION: Could we organize a golf outing?**

**Reply: Yes. Depending on whether there are enough people interested and only after the winter weather has passed. However, individuals will have to be responsible for paying their own fees; e.g., greens fees, club rentals, golf cart, etc.**

**Question: When will the Bird Man be coming back for another show?**

**Reply: He will be back in the spring or early summer.**

## Mary Lou's Corner

### Pumpkin Dessert

- 1) 9"x13" cake pan
- 2) 1 box yellow cake mix  
(measure 1 cup dry cake mix & put aside)
- 3) mix with remainder of mix 1 egg & 1/2 cup melted butter
- 4) press into greased & floured cake pan 5) bake 10 min. @ 350.

### Filling:

- 1) Beat 3 eggs
- 2) Add 1/3 cup of milk, 2/3 cup sugar, 1 teas. Cinnamon, & 29 oz can of pumpkin.
- 3) Mix together & pour over cake mix in pan

### Topping

- 1) 1 cup remainder of dry cake mix, 1/4 cup sugar, 1 teas cinnamon, & 2 tbs melted butter
- 2) Mix together and add 1/2 cup chopped nuts
- 3) Sprinkle over filling
- 4) Bake @ 350 for about 55 min. until knife comes out clean as though baking pumpkin pie.



## In Memoriam

In loving memory of our dear friend  
Jayson Cramer who died on November  
6th from his injuries from a tragic street  
accident.

### A Life Taken Too Soon

You were much too young to go. There  
is still so much sorrow. We know that  
you'll look down on us, And make sure  
we're alright.

You always had the biggest heart,  
Even on that fateful night.  
But now you're in a better place.  
And soon we'll see you there.  
You will never be forgotten Jayson,  
Just know we'll always care.



### To Know You By Cherie Greenspring

Jayson I am sorry I didn't get to  
know you better.  
Now, though it seems all too late,  
I'm writing you this letter.  
Many knew and loved you, and  
They know and love you still,  
As you leave as soul upon a new  
Voyage on the crest of an ocean's fill.  
An ocean filled with love and mercy,  
Sparkling with other souls.  
A new place to be where you can feel free,  
Out of the darkness where you feel whole,  
And light and clean as only one  
So pure and precious would,  
When lifted from the pain above  
Your physical self and this world.  
Someday Jayson, I'll go too, and  
Meet you on that side,  
Where as a soul I'll knock  
Upon a door where-in you preside  
I'll float to the place in the light of heaven,  
And ask if you would care  
To get to know me like a friend  
By sunlight on golden stairs.

### JAYSON CRAMER MAY 11, 1988 - NOVEMBER 6, 2009

### In Our Eyes By Cherie Greenspring

In our eyes we see the end of a young life  
And we miss you and want you back here  
In your eyes you are starting anew  
And you go on without any fear  
In our minds eye we feel some shock  
And a sense of tragedy  
In your eyes as soul you arise  
To a kind of magical, heavenly, majesty.  
We see someone who left this world  
Abruptly, without us, alone.  
You, perhaps see yourself in strong hands  
Of warmth and love, right at home.  
We might cry and hurt and grieve  
But you might feel such love.  
You see all our hearts and rest  
In the hands of the greatest love.  
You're in the heavens we only see  
In dreams at night, asleep.  
A richer world where alive and beautiful  
You feel, and complete.  
So while our hearts are sad we let  
You go on to that brand new life.  
Where you've got a chance for new opportunities  
Away from our problems and strife.